

Toano Icy 8K Run/Walk Points
Saturday, February 2, 2019

Men Overall

Roger Hopper, 28	Norfolk	10
Victor Flemming, 39	Carrollton	9
Joe Kane, 32	Washington, DC	8
William Thompson, 26	Williamsburg	7
Paul Glass, 17	Williamsburg	6
Ryan Doupe, 32	Newport News	5
Rich Saunders, 30	Henrico	4
Greg Lynn, 44	Hayes	3
Matt Franco, 34	Williamsburg	2
Glenn Glass, 15	Williamsburg	1

Joe Kane, 32	Washington, DC	4
Ryan Doupe, 32	Newport News	3
Rich Saunders, 30	Henrico	2
Matt Franco, 34	Williamsburg	1

Men 40-49

Greg Lynn, 44	Hayes	5
Jason Miller, 41	Williamsburg	4
Kyle Aulenbach, 42	Yorktown	3
Paul Scribbins, 46	Gloucester	2
William Pittman, 44	Williamsburg	1

Masters Men 40-and-over

Greg Lynn, 44	Hayes	5
Ken Alberg, 58	Suffolk	4
Jim Thornton, 64	Toano	3
Jason Miller, 41	Williamsburg	2
Will Murray, 63	Williamsburg	1

Men 50-59

Ken Alberg, 58	Suffolk	5
Robert Jean, 54	Williamsburg	4
Tim O'Dell, 53	Toano	3
Raimond Claxton, 53	Richmond	2
Rex Hoover, 55	Williamsburg	1

Men 19-and-under

Paul Glass, 17	Williamsburg	5
Glenn Glass, 15	Williamsburg	4
Isaac Lamprecht, 12	New Kent	3
Nate Pettus, 10	Williamsburg	2
Eddie White, 13	Toano	1

Men 60-69

Jim Thornton, 64	Toano	5
Will Murray, 63	Williamsburg	4
David Pape, 60	Williamsburg	3
Chris Abelt, 62	Williamsburg	2
Steve Altman, 63	Williamsburg	1

Men 20-29

Roger Hopper, 28	Norfolk	5
William Thompson, 26	Williamsburg	4
Conor Jennings, 29	Williamsburg	3

Men 70-and-over

Richard Browder, 76	Port Haywood	5
Stephen Scudder 70	Virginia Beach	4

Men 30-39

Victor Flemming, 39	Carrollton	5
---------------------	------------	---

Men Walk

Bob Curtin, 66	Hampton	5
----------------	---------	---

Women Overall

Christina Sumner, 33	Ashland	10
Katryna Aulenbach, 15	Yorktown	9
Sorena Jean, 16	Williamsburg	8
Emily Honeycutt, 27	Newport News	7
Karla Havens, 56	Plainview	6
Kristina Posner, 20	Doylestown, PA	5
Cannon Jean, 14	Williamsburg	4
Susan Hagel, 45	Norfolk	3
Sarah Howard, 36	Toano	2
Norma Phillips, 58	Williamsburg	1

Women 19-and-under

Katryna Aulenbach, 15	Yorktown	5
Sorena Jean, 16	Williamsburg	4
Cannon Jean, 14	Williamsburg	3

Women 20-29

Emily Honeycutt, 27	Newport News	5
Kristina Posner, 20	Doylestown, PA	4
Jessica Bryant, 24	Williamsburg	3
Mallory Middleton, 26	Newport News	2
Svetlana Goncharova, 21	Williamsburg	1

Masters Women 40-and-over

Karla Havens, 56	Plainview	5
Susan Hagel, 45	Norfolk	4
Norma Phillips, 58	Williamsburg	3
Pamela Eddy, 58	Williamsburg	2
Glenia Williams, 40	Prince George	1

Women 30-39

Christina Sumner, 33	Ashland	5
Sarah Howard, 36	Toano	4
Maura Rust, 39	Poquoson	3
Sarah White, 37	Toano	2
Mary Day, 31	Providence Forge	1

Women 40-49

Susan Hagel, 45	Norfolk	5
Glenia Williams, 40	Prince George	4
Jennifer Gray, 42	Toano	3
Jeanette Primich, 42	Williamsburg	2
Angela Walker, 43	Williamsburg	1

Women 50-59

Karla Havens, 56	Plainview	5
Norma Phillips, 58	Williamsburg	4
Pamela Eddy, 58	Williamsburg	3
Critzina Jean, 50	Williamsburg	2
Linda St. John, 58	Williamsburg	1

Women 60-69

Martha Gullo, 65	Williamsburg	5
Cathy Kaurich, 62	Williamsburg	4
Karen Schenck, 64	Ark	3

Women 70-and-over

Roswitha Goossens-Winter, 70	Williamsburg	5
------------------------------	--------------	---

Women Walk

Svetlana Goncharova, 21	Williamsburg	5
Cathy Kaurich, 62	Williamsburg	4
Michele Motsko, 56	Saluda	3
Karen Schenck, 64	Ark	2

Toano Icy 8K Run/Walk Times**Men Overall**

Roger Hopper, 28	Norfolk	25:58
Victor Flemming, 39	Carrollton	27:20
Joe Kane, 32	Washington, DC	27:41
William Thompson, 26	Williamsburg	28:20
Paul Glass, 17	Williamsburg	29:31
Ryan Doupe, 32	Newport News	29:45
Rich Saunders, 30	Henrico	30:08
Greg Lynn, 44	Hayes	31:02
Matt Franco, 34	Williamsburg	31:56
Glenn Glass, 15	Williamsburg	32:21

Joe Kane, 32	Washington, DC	27:41
Ryan Doupe, 32	Newport News	29:45
Rich Saunders, 30	Henrico	30:08
Matt Franco, 34	Williamsburg	31:56

Men 40-49

Greg Lynn, 44	Hayes	31:02
Jason Miller, 41	Williamsburg	34:28
Kyle Aulenbach, 42	Yorktown	38:53
Paul Scribbins, 46	Gloucester	39:38
William Pittman, 44	Williamsburg	41:26

Masters Men 40-and-over

Greg Lynn, 44	Hayes	31:02
Ken Alberg, 58	Suffolk	33:52
Jim Thornton, 64	Toano	34:13
Jason Miller, 41	Williamsburg	34:28
Will Murray, 63	Williamsburg	35:55

Men 50-59

Ken Alberg, 58	Suffolk	33:52
Robert Jean, 54	Williamsburg	40:26
Tim O'Dell, 53	Toano	41:34
Raimond Claxton, 53	Richmond	42:07
Rex Hoover, 55	Williamsburg	42:56

Men 19-and-under

Paul Glass, 17	Williamsburg	29:31
Glenn Glass, 15	Williamsburg	32:21
Isaac Lamprecht, 12	New Kent	33:39
Nate Pettus, 10	Williamsburg	44:01
Eddie White, 13	Toano	48:31

Men 60-69

Jim Thornton, 64	Toano	34:13
Will Murray, 63	Williamsburg	35:55
David Pape, 60	Williamsburg	36:00
Chris Abelt, 62	Williamsburg	38:47
Steve Altman, 63	Williamsburg	40:40

Men 20-29

Roger Hopper, 28	Norfolk	25:58
William Thompson, 26	Williamsburg	28:20
Conor Jennings, 29	Williamsburg	34:12

Men 70-and-over

Richard Browder, 76	Port Haywood	52:53
Stephen Scudder 70	Virginia Beach	1:09:37

Men 30-39

Victor Flemming, 39	Carrollton	27:20
---------------------	------------	-------

Men Walk

Bob Curtin, 66	Hampton	1:13:30
----------------	---------	---------

Women Overall

Christina Sumner, 33	Ashland	32:37
Katryna Aulenbach, 15	Yorktown	33:44
Sorena Jean, 16	Williamsburg	34:08
Emily Honeycutt, 27	Newport News	34:50
Karla Havens, 56	Plainview	37:23

Kristina Posner, 20	Doylestown, PA	38:05
Cannon Jean, 14	Williamsburg	38:45
Susan Hagel, 45	Norfolk	39:29
Sarah Howard, 36	Toano	41:02
Norma Phillips, 58	Williamsburg	41:05

Masters Women 40-and-over

Karla Havens, 56	Plainview	37:23
Susan Hagel, 45	Norfolk	39:29
Norma Phillips, 58	Williamsburg	41:05
Pamela Eddy, 58	Williamsburg	41:18
Glenia Williams, 40	Prince George	43:05

Women 19-and-under

Katryna Aulenbach, 15	Yorktown	33:44
Sorena Jean, 16	Williamsburg	34:08
Cannon Jean, 14	Williamsburg	38:45

Women 20-29

Emily Honeycutt, 27	Newport News	34:50
Kristina Posner, 20	Doylestown, PA	38:05
Jessica Bryant, 24	Williamsburg	47:15
Mallory Middleton, 26	Newport News	58:20
Svetlana Goncharova, 21	Williamsburg	59:41

Women 30-39

Christina Sumner, 33	Ashland	32:37
Sarah Howard, 36	Toano	41:02
Maura Rust, 39	Poquoson	48:06
Sarah White, 37	Toano	49:10
Mary Day, 31	Providence Forge	56:44

Women 40-49

Susan Hagel, 45	Norfolk	39:29
Glenia Williams, 40	Prince George	43:05
Jennifer Gray, 42	Toano	45:03
Jeanette Primich, 42	Williamsburg	45:15
Angela Walker, 43	Williamsburg	47:10

Women 50-59

Karla Havens, 56	Plainview	37:23
Norma Phillips, 58	Williamsburg	41:05
Pamela Eddy, 58	Williamsburg	41:18
Critzina Jean, 50	Williamsburg	53:42
Linda St. John, 58	Williamsburg	53:56

Women 60-69

Martha Gullo, 65	Williamsburg	52:46
Cathy Kaurich, 62	Williamsburg	1:09:07
Karen Schenck, 64	Ark	1:14:24

Women 70-and-over

Roswitha Goossens-Winter, 70	Williamsburg	52:12
------------------------------	--------------	-------

Women Walk

Svetlana Goncharova, 21	Williamsburg	59:41
Cathy Kaurich, 62	Williamsburg	1:09:07
Michele Motsko, 56	Saluda	1:14:04
Karen Schenck, 64	Ark	1:14:24

Colonial Half Marathon Points Saturday, February 16, 2019

Men Overall

Gregory Mariano, 33	Alexandria	10
Gareth Anderson, 28	Washington, DC	9
Adam Otstot, 36	Williamsburg	8
Roger Hopper, 28	Norfolk	7
Andy Goodstein, 27	Charlottesville	6
Patrick Wachter, 21	Williamsburg	5
Seth Kolosso, 24	Norfolk	4
William Thompson, 26	Williamsburg	3
Drew Midland, 31	Norfolk	2
Blaine O'Reilly, 30	Crimora	1

Men Masters (ages 40-and-over)

Matt Boyd, 48	Fredericksburg	5
Daniel Walker, 41	Norfolk	4
Craig Hymes, 56	Yorktown	3
Paul Pelletier, 53	Williamsburg	2
John Piggott, 53	Williamsburg	1

Men 19-and-under

Paul Glass, 17	Williamsburg	5
Glenn Glass, 15	Williamsburg	4
Kellen Cooper, 16	Williamsburg	3
Lennon Newsom, 16	Williamsburg	2
Carter Thrash, 14	Williamsburg	1

Men 20-29

Gareth Anderson, 28	Washington, DC	5
Roger Hopper, 28	Norfolk	4
Andy Goodstein, 27	Charlottesville	3
Patrick Wachter, 21	Williamsburg	2
Seth Kolosso, 24	Norfolk	1

Men 30-39

Gregory Mariano, 33	Alexandria	5
Adam Otstot, 36	Williamsburg	4
Drew Midland, 31	Norfolk	3
Blaine O'Reilly, 30	Crimora	2
Brian Waters, 36	Henrico	1

Men 40-49

Matt Boyd, 48	Fredericksburg	5
Daniel Walker, 41	Norfolk	4
David Lockard, 49	Hampton	3
Bobby Smits, 44	Chesapeake	2
Jason Miller, 41	Williamsburg	1

Men 50-59

Craig Hymes, 56	Yorktown	5
Paul Pelletier, 53	Williamsburg	4
John Piggott, 53	Williamsburg	3
Tim Collins, 57	Williamsburg	2

Christopher Maestrello, 56 Henrico 1

Men 60-69

David Pape, 60 Williamsburg 5
Bader El-Safadi, 60 Williamsburg 4
Terry Imbery, 61 Williamsburg 3
Eric Everton, 60 Williamsburg 2
Jack King, 60 Henrico 1

Women Overall (top 10 overall awards)

Aga Heller, 42 Warrenton 10
Christin Hoffstadt, 27 Norfolk 9
Erin Swiatocha, 35 Alexandria 8
Amber Yung, 29 Glen Allen 7
Kimberly Basmajian, 37 Richmond 6
Laura Shannon, 56 Williamsburg 5
Stephanie Postma, 38 Williamsburg 4
Megan Doty, 36 Virginia Beach 3
Lisa Osterhoudt, 36 Williamsburg 2
Claire Butler, 35 Phoenix, AZ 1

Women Masters (ages 40-and-over)

Aga Heller, 42 Warrenton 5
Laura Shannon, 56 Williamsburg 4
Tiaisha Myers, 40 Fredericksburg 3
Tracy Dzibela, 41 Fredericksburg 2
Trish Rice, 53 Williamsburg 1

Women 19-and-under

Katie Fosnight, 18 Mantua, OH 5
Finley Stewart, 19 Williamsburg 4
Kaitlyn Farthing, 19 Williamsburg 3
Logan Gill, 16 Midlothian 2
Abby Zebrowski, 16 Hampton, GA 1

Women 20-29

Christin Hoffstadt, 27 Norfolk 5
Amber Yung, 29 Glen Allen 4
Em Stephens, 29 Richmond 3
Austin Curry, 27 Richmond 2
Taylor Chen, 28 Charlottesville 1

Women 30-39

Men 70-and-over

Langston Shelton, 71 Williamsburg 5
William Moore, 72 Williamsburg 4
Sid Busch, 72 Goose Creek, SC 3

Men Walk

Bob Curtin, 66 Hampton 5

Erin Swiatocha, 35 Alexandria 5
Kimberly Basmajian, 37 Richmond 4
Stephanie Postma, 38 Williamsburg 3
Megan Doty, 36 Virginia Beach 2
Lisa Osterhoudt, 36 Williamsburg 1

Women 40-49

Aga Heller, 42 Warrenton 5
Tiaisha Myers, 40 Fredericksburg 4
Tracy Dzibela, 41 Fredericksburg 3
Kelly Cox, 45 Midlothian 2
Erin Pallas, 45 Williamsburg 1

Women 50-59

Laura Shannon, 56 Williamsburg 5
Trish Rice, 53 Williamsburg 4
Debbie McLaughlin, 53 Williamsburg 3
Pamela Eddy, 58 Williamsburg 2
Nancy Delaney, 53 Virginia Beach 1

Women 60-69

Carolyn Harrison, 62 Virginia Beach 5
Carol Talley, 64 Toano 4
Patricia Travis, 67 Williamsburg 3
Kathleen Doswell, 69 Columbia 2
Cathy Kaurich, 63 Williamsburg 1

Women 70-and-over

Heide Moebius, 80 Lancaster, PA 5

Women Walk

Cathy Kaurich, 63 Williamsburg 5
Nancy AtLee, 66 Gloucester 4
Karen Schenck, 64 Ark 3

Colonial Half Marathon Times

Men Overall

Gregory Mariano, 33 Alexandria 1:11:52
Gareth Anderson, 28 Washington, DC 1:12:05
Adam Otstot, 36 Williamsburg 1:12:09
Roger Hopper, 28 Norfolk 1:12:25
Andy Goodstein, 27 Charlottesville 1:12:45
Patrick Wachter, 21 Williamsburg 1:12:50
Seth Kolosso, 24 Norfolk 1:16:17
William Thompson, 26 Williamsburg 1:17:23
Drew Midland, 31 Norfolk 1:17:25

Blaine O'Reilly, 30 Crimora 1:19:25

Men Masters (ages 40-and-over)

Matt Boyd, 48 Fredericksburg 1:23:08
Daniel Walker, 41 Norfolk 1:25:04
Craig Hymes, 56 Yorktown 1:29:04
Paul Pelletier, 53 Williamsburg 1:29:35
John Piggott, 53 Williamsburg 1:29:56

Men 19-and-under

Paul Glass, 17	Williamsburg	1:25:57	Bobby Smits, 44	Chesapeake	1:29:26
Glenn Glass, 15	Williamsburg	1:39:30	Jason Miller, 41	Williamsburg	1:30:34
Kellen Cooper, 16	Williamsburg	1:42:22			
Lennon Newsom, 16	Williamsburg	1:42:26			
Carter Thrash, 14	Williamsburg	1:42:48			

Men 20-29

Gareth Anderson, 28	Washington, DC	1:12:05
Roger Hopper, 28	Norfolk	1:12:25
Andy Goodstein, 27	Charlottesville	1:12:45
Patrick Wachter, 21	Williamsburg	1:12:50
Seth Kolosso, 24	Norfolk	1:16:17

Men 30-39

Gregory Mariano, 33	Alexandria	1:11:52
Adam Otstot, 36	Williamsburg	1:12:09
Drew Midland, 31	Norfolk	1:17:25
Blaine O'Reilly, 30	Crimora	1:19:25
Brian Waters, 36	Henrico	1:22:01

Men 40-49

Matt Boyd, 48	Fredericksburg	1:23:08
Daniel Walker, 41	Norfolk	1:25:04
David Lockard, 49	Hampton	1:29:07

Women Overall (top 10 overall awards)

Aga Heller, 42	Warrenton	1:28:33
Christin Hoffstadt, 27	Norfolk	1:30:12
Erin Swiatocha, 35	Alexandria	1:33:10
Amber Yung, 29	Glen Allen	1:34:43
Kimberly Basmajian, 37	Richmond	1:36:12
Laura Shannon, 56	Williamsburg	1:36:53
Stephanie Postma, 38	Williamsburg	1:38:21
Megan Doty, 36	Virginia Beach	1:38:30
Lisa Osterhoudt, 36	Williamsburg	1:39:55
Claire Butler, 35	Phoenix, AZ	1:40:16

Women Masters (ages 40-and-over)

Aga Heller, 42	Warrenton	1:28:33
Laura Shannon, 56	Williamsburg	1:36:53
Tiaisha Myers, 40	Fredericksburg	1:42:12.30
Tracy Dzibela, 41	Fredericksburg	1:42:12.37
Trish Rice, 53	Williamsburg	1:45:39

Women 19-and-under

Katie Fosnight, 18	Mantua, OH	1:45:15
Finley Stewart, 19	Williamsburg	1:45:15
Kaitlyn Farthing, 19	Williamsburg	1:45:47
Logan Gill, 16	Midlothian	2:18:30
Abby Zebrowski, 16	Hampton, GA	3:16:50

Women 20-29

Christin Hoffstadt, 27	Norfolk	1:30:12
Amber Yung, 29	Glen Allen	1:34:43
Em Stephens, 29	Richmond	1:41:14
Austin Curry, 27	Richmond	1:42:46

Bobby Smits, 44	Chesapeake	1:29:26
Jason Miller, 41	Williamsburg	1:30:34

Men 50-59

Craig Hymes, 56	Yorktown	1:29:04
Paul Pelletier, 53	Williamsburg	1:29:35
John Piggott, 53	Williamsburg	1:29:56
Tim Collins, 57	Williamsburg	1:31:01
Christopher Maestrello, 56	Henrico	1:35:43

Men 60-69

David Pape, 60	Williamsburg	1:41:20
Bader El-Safadi, 60	Williamsburg	1:41:45
Terry Imbery, 61	Williamsburg	1:45:48
Eric Everton, 60	Williamsburg	1:46:18
Jack King, 60	Henrico	1:46:29

Men 70-and-over

Langston Shelton, 71	Williamsburg	1:52:58
William Moore, 72	Williamsburg	2:08:14
Sid Busch, 72	Goose Creek, SC	4:04:21

Men Walk

Bob Curtin, 66	Hampton	3:39:57
----------------	---------	---------

Taylor Chen, 28	Charlottesville	1:49:03
-----------------	-----------------	---------

Women 30-39

Erin Swiatocha, 35	Alexandria	1:33:10
Kimberly Basmajian, 37	Richmond	1:36:12
Stephanie Postma, 38	Williamsburg	1:38:21
Megan Doty, 36	Virginia Beach	1:38:30
Lisa Osterhoudt, 36	Williamsburg	1:39:55

Women 40-49

Aga Heller, 42	Warrenton	1:28:33
Tiaisha Myers, 40	Fredericksburg	1:42:12.30
Tracy Dzibela, 41	Fredericksburg	1:42:12.37
Kelly Cox, 45	Midlothian	1:53:26
Erin Pallas, 45	Williamsburg	1:53:34

Women 50-59

Laura Shannon, 56	Williamsburg	1:36:53
Trish Rice, 53	Williamsburg	1:45:39
Debbie McLaughlin, 53	Williamsburg	1:46:33
Pamela Eddy, 58	Williamsburg	1:56:47
Nancy Delaney, 53	Virginia Beach	1:58:56

Women 60-69

Carolyn Harrison, 62	Virginia Beach	1:48:53
Carol Talley, 64	Toano	2:07:12
Patricia Travis, 67	Williamsburg	2:25:00
Kathleen Doswell, 69	Columbia	2:27:17
Cathy Kaurich, 63	Williamsburg	3:21:03

Women 70-and-over

Heide Moebius, 80	Lancaster, PA	2:29:23	Cathy Kaurich, 63	Williamsburg	3:21:03
			Nancy AtLee, 66	Gloucester	3:49:43
Women Walk			Karen Schenck, 64	Ark	4:04:18

**Jamestown High School Swamp Run 5K Points
Saturday, March 9, 2019**

Men Overall			Michael deVivero, 31	Yorktown	2
Roger Hopper, 28	Norfolk	10	Benjamin Kaurich, 31	Newport News	1
Mark Tompkins, 43	Williamsburg	9			
Paul Glass, 17	Williamsburg	8	Men 40-49		
Luke Tompkins, 14	Williamsburg	7	Mark Tompkins, 43	Williamsburg	5
Andy Riley, 40	Toano	6	Andy Riley, 40	Toano	4
Draven Fernandez, 14	Virginia Beach	5	Greg Lynn, 44	Hayes	3
Logan St. John, 24	Newport News	4	Jason Miller, 41	Williamsburg	2
John Piggott, 53	Williamsburg	3	Rob Goldsmith, 40	Williamsburg	1
Robert Cummings, 15	Virginia Beach	2			
Glenn Glass, 15	Williamsburg	1	Men 50-59		
			John Piggott, 53	Williamsburg	5
Masters Men 40-and-over			Greg Dawson, 53	Williamsburg	4
Mark Tompkins, 43	Williamsburg	5	Paul Pelletier, 53	Williamsburg	3
Andy Riley, 40	Toano	4	Tim Collins, 57	Williamsburg	2
John Piggott, 53	Williamsburg	3	Ken Alberg, 58	Suffolk	1
Greg Lynn, 44	Hayes	2			
Jason Miller, 41	Williamsburg	1	Men 60-69		
			Chris Abelt, 62	Williamsburg	5
Men 19-and-under			Steve Altman, 63	Williamsburg	4
Paul Glass, 17	Williamsburg	5	Rick Platt, 68	Williamsburg	3
Luke Tompkins, 14	Williamsburg	4	Danny Young, 63	Newport News	2
Draven Fernandez, 14	Virginia Beach	3	Jimmy Blount, 68	Williamsburg	1
Robert Cummings, 15	Virginia Beach	2			
Glenn Glass, 15	Williamsburg	1	Men 70-and-over		
			Ken Mitchell, 74	Williamsburg	5
Men 20-29			Ed Sharp, 79	Gloucester	4
Roger Hopper, 28	Norfolk	5	John Strassberger, 74	Williamsburg	3
Logan St. John, 24	Newport News	4	Stephen Scudder, 70	Virginia Beach	2
Matt Slade, 21	Newport News	3	Michael Gontesky, 76	Hampton	1
Men 30-39			Men Walk		
Steve Seiler, 33	Williamsburg	5	John Strassberger, 74	Williamsburg	5
Benjamin Slade, 33	Newport News	4	Bob Curtin Jr., 66	Hampton	4
Scott Sevigny, 36	Newport News	3			
Women Overall			Jeanette Primich, 42	Williamsburg	4
Sorena Jean, 16	Williamsburg	10	Daphne Papaefthimiou, 42	Toano	3
Faith Lohr, 14	Williamsburg	9	Janice Kailos, 58	Williamsburg	2
Emily Honeycutt, 27	Newport News	8	Jean Rushby, 49	Williamsburg	1
Cannon Jean, 14	Williamsburg	7			
Julie Myers, 29	Norfolk	6	Women 19-and-under		
Christine Fernandez, 43	Virginia Beach	5	Sorena Jean, 16	Williamsburg	5
Annika Suh, 17	Virginia Beach	4	Faith Lohr, 14	Williamsburg	4
Ana McBride, 16	Yorktown	3	Cannon Jean, 14	Williamsburg	3
Shea Mansisidor, 10	Williamsburg	2	Annika Suh, 17	Virginia Beach	2
Elena Larcombe, 17	Virginia Beach	1	Ana McBride, 16	Yorktown	1
Masters Women 40-and-over			Women 20-29		
Christine Fernandez, 43	Virginia Beach	5	Emily Honeycutt, 27	Newport News	5

Julie Myers, 29	Norfolk	4	Brenda Barrera, 56	Williamsburg	4
Katie Abelt, 27	Williamsburg	3	Linda St. John, 58	Williamsburg	3
Meghan Madler, 24	Newport News	2	Susanne Cox, 54	Williamsburg	2
Holly Henn, 27	Williamsburg	1	Critzina Jean, 50	Williamsburg	1
Women 30-39			Women 60-69		
Maura Rust, 39	Poquoson	5	Dougie Winthrop, 62	Williamsburg	5
Terri Leonard, 37	Toano	4	Brenda Mitchell, 68	Williamsburg	4
Anna Thomas, 38	Williamsburg	3	Cathy Kaurich, 63	Williamsburg	3
Brooke Scutt, 38	Newport News	2	Jayne Henn, 63	Williamsburg	2
Jennifer Gilliam, 31	Toano	1	Women 70-and-over		
Women 40-49			Roswitha Goossens-Winter, 70	Williamsburg	5
Christine Fernandez, 43	Virginia Beach	5	Pauline Ely, 80	Hampton	4
Jeanette Primich, 42	Williamsburg	4	Women Walk		
Daphne Papaefthimiou, 42	Toano	3	Cathy Kaurich, 63	Williamsburg	5
Jean Rushby, 49	Williamsburg	2	Laura Urban, 39	Williamsburg	4
Tressa Aulenbach, 41	Yorktown	1	Ruth Larson, 56	Williamsburg	3
Women 50-59			Amy Gelhaar, 44	Newport News	2
Janice Kailos, 58	Williamsburg	5	Natalie Bare, 52	Williamsburg	1

Jamestown High School Swamp Run 5K Times

Men Overall			Benjamin Slade, 33	Newport News	21:31
Roger Hopper, 28	Norfolk	16:20	Scott Sevigny, 36	Newport News	21:58
Mark Tompkins, 43	Williamsburg	17:31	Michael deVivero, 31	Yorktown	24:37
Paul Glass, 17	Williamsburg	17:52	Benjamin Kaurich, 31	Newport News	24:48
Luke Tompkins, 14	Williamsburg	18:14	Men 40-49		
Andy Riley, 40	Toano	18:21	Mark Tompkins, 43	Williamsburg	17:31
Draven Fernandez, 14	Virginia Beach	18:33	Andy Riley, 40	Toano	18:21
Logan St. John, 24	Newport News	18:42	Greg Lynn, 44	Hayes	19:06
John Piggott, 53	Williamsburg	18:50	Jason Miller, 41	Williamsburg	19:19
Robert Cummings, 15	Virginia Beach	18:58	Rob Goldsmith, 40	Williamsburg	21:16
Glenn Glass, 15	Williamsburg	18:59	Men 50-59		
Masters Men 40-and-over			John Piggott, 53	Williamsburg	18:50
Mark Tompkins, 43	Williamsburg	17:31	Greg Dawson, 53	Williamsburg	19:34
Andy Riley, 40	Toano	18:21	Paul Pelletier, 53	Williamsburg	19:40
John Piggott, 53	Williamsburg	18:50	Tim Collins, 57	Williamsburg	20:34
Greg Lynn, 44	Hayes	19:06	Ken Alberg, 58	Suffolk	20:44
Jason Miller, 41	Williamsburg	19:19	Men 60-69		
Men 19-and-under			Chris Abelt, 62	Williamsburg	23:26
Paul Glass, 17	Williamsburg	17:52	Steve Altman, 63	Williamsburg	24:12
Luke Tompkins, 14	Williamsburg	18:14	Rick Platt, 68	Williamsburg	25:42
Draven Fernandez, 14	Virginia Beach	18:33	Danny Young, 63	Newport News	26:04
Robert Cummings, 15	Virginia Beach	18:58	Jimmy Blount, 68	Williamsburg	29:51
Glenn Glass, 15	Williamsburg	18:59	Men 70-and-over		
Men 20-29			Ken Mitchell, 74	Williamsburg	30:15
Roger Hopper, 28	Norfolk	16:20	Ed Sharp, 79	Gloucester	34:40
Logan St. John, 24	Newport News	18:42	John Strassberger, 74	Williamsburg	39:41
Matt Slade, 21	Newport News	21:32	Stephen Scudder, 70	Virginia Beach	42:56
Men 30-39			Michael Gontesky, 76	Hampton	50:48
Steve Seiler, 33	Williamsburg	19:25			

Men Walk			John Strassberger, 74	Williamsburg	39:41
			Bob Curtin Jr., 66	Hampton	44:42
Women Overall			Terri Leonard, 37	Toano	30:16
Sorena Jean, 16	Williamsburg	21:07	Anna Thomas, 38	Williamsburg	32:07
Faith Lohr, 14	Williamsburg	21:26	Brooke Scutt, 38	Newport News	32:52
Emily Honeycutt, 27	Newport News	21:32	Jennifer Gilliam, 31	Toano	35:32
Cannon Jean, 14	Williamsburg	22:35			
Julie Myers, 29	Norfolk	22:37	Women 40-49		
Christine Fernandez, 43	Virginia Beach	22:49	Christine Fernandez, 43	Virginia Beach	22:49
Annika Suh, 17	Virginia Beach	22:56	Jeanette Primich, 42	Williamsburg	27:07
Ana McBride, 16	Yorktown	23:53	Daphne Papaefthimiou, 42	Toano	28:07
Shea Mansisidor, 10	Williamsburg	24:02	Jean Rushby, 49	Williamsburg	29:03
Elena Larcombe, 17	Virginia Beach	24:47	Tressa Aulenbach, 41	Yorktown	29:23
			Women 50-59		
Masters Women 40-and-over			Janice Kailos, 58	Williamsburg	28:48
Christine Fernandez, 43	Virginia Beach	22:49	Brenda Barrera, 56	Williamsburg	29:58
Jeanette Primich, 42	Williamsburg	27:07	Linda St. John, 58	Williamsburg	32:52
Daphne Papaefthimiou, 42	Toano	28:07	Susanne Cox, 54	Williamsburg	32:55
Janice Kailos, 58	Williamsburg	28:48	Critzina Jean, 50	Williamsburg	32:59
Jean Rushby, 49	Williamsburg	29:03			
			Women 60-69		
Women 19-and-under			Dougie Winthrop, 62	Williamsburg	31:53
Sorena Jean, 16	Williamsburg	21:07	Brenda Mitchell, 68	Williamsburg	37:17
Faith Lohr, 14	Williamsburg	21:26	Cathy Kaurich, 63	Williamsburg	41:48
Cannon Jean, 14	Williamsburg	22:35	Jayne Henn, 63	Williamsburg	58:55
Annika Suh, 17	Virginia Beach	22:56			
Ana McBride, 16	Yorktown	23:53	Women 70-and-over		
			Roswitha Goossens-Winter, 70	Williamsburg	34:04
Women 20-29			Pauline Ely, 80	Hampton	50:46
Emily Honeycutt, 27	Newport News	21:32			
Julie Myers, 29	Norfolk	22:37	Women Walk		
Katie Abelt, 27	Williamsburg	25:45	Cathy Kaurich, 63	Williamsburg	41:48
Meghan Madler, 24	Newport News	35:35	Laura Urban, 39	Williamsburg	44:09
Holly Henn, 27	Williamsburg	58:55	Ruth Larson, 56	Williamsburg	46:42
			Amy Gelhaar, 44	Newport News	53:13
Women 30-39			Natalie Bare, 52	Williamsburg	53:38
Maura Rust, 39	Poquoson	29:25			

**Lafayette High School Ram Fam 5K Run/Walk Points
Saturday, March 23, 2019**

Men Overall			Jason Miller, 41	Williamsburg	4
Roger Hopper, 28	Norfolk	10	Paul Pelletier, 53	Williamsburg	3
Logan St. John, 24	Newport News	9	Ken Alberg, 58	Suffolk	2
Greg Lynn, 44	Hayes	8	Chris Abelt, 62	Williamsburg	1
Glenn Glass, 15	Williamsburg	7			
Jason Miller, 41	Williamsburg	6	Men 19-and-under		
Paul Pelletier, 53	Williamsburg	5	Glenn Glass, 15	Williamsburg	5
Isaac Lamprecht, 12	New Kent	4	Isaac Lamprecht, 12	New Kent	4
Chris Novakoski, 37	Chesapeake	3	Nicholas Spadaro, 15	Williamsburg	3
Steve Seiler, 33	Williamsburg	2	Carter Thrash, 14	Williamsburg	2
Nicholas Spadaro, 15	Williamsburg	1	Jacob Barton, 17	Williamsburg	1
			Men 20-29		
Masters Men 40-and-over			Roger Hopper, 28	Norfolk	5
Greg Lynn, 44	Hayes	5			

Logan St. John, 24	Newport News	4	Robert Jean, 54	Williamsburg	2
			Terry Packer, 53	Williamsburg	1
Men 30-39			Men 60-69		
Chris Novakoski, 37	Chesapeake	5	Chris Abelt, 62	Williamsburg	5
Steve Seiler, 33	Williamsburg	4	Steve Altman, 63	Williamsburg	4
Darin Stiefvater, 30	Williamsburg	3	Rick Platt, 68	Williamsburg	3
William McCallister, 36	Lanexa	2	Richard Goode, 66	Williamsburg	2
Michael deVivero, 31	Yorktown	1	Jimmy Blount, 68	Williamsburg	1
Men 40-49			Men 70-and-over		
Greg Lynn, 44	Hayes	5	Larry Arata, 74	Williamsburg	5
Jason Miller, 41	Williamsburg	4	John Strassberger, 74	Williamsburg	4
David Glass, 46	Williamsburg	3	Michael Gontesky, 76	Hampton	3
David Berger, 43	Williamsburg	2			
Men 50-59			Men Walk		
Paul Pelletier, 53	Williamsburg	5	John Strassberger, 74	Williamsburg	5
Ken Alberg, 58	Suffolk	4	Bob Curtin, 66	Hampton	4
Tinsley Goad, 55	Williamsburg	3	Jonathan Rust, 14	Poquoson	3
Women Overall			Maura Rust, 39	Poquoson	3
Sorena Jean, 16	Williamsburg	10	Sydney Downs, 33	Seaford	2
Allison Crookston, 17	Williamsburg	9	Women 40-49		
Karen Grabowski, 35	Toano	8	Susan Hagel, 45	Norfolk	5
Cannon Jean, 14	Williamsburg	7	Marjorie Thrash, 43	Williamsburg	4
Ainsley Lord, 14	Williamsburg	6	Alison Grygalonis, 40	Williamsburg	3
Susan Hagel, 45	Norfolk	5	Margaret Tinsley, 47	Williamsburg	2
Lindsay Meadows, 12	Williamsburg	4	Women 50-59		
Jessica Anderson, 37	Williamsburg	3	Tara Dress, 51	Yorktown	5
Marjorie Thrash, 43	Williamsburg	2	Critzina Jean, 50	Williamsburg	4
Maura Rust, 39	Poquoson	1	Linda St. John, 58	Williamsburg	3
Masters Women 40-and-over			Sara Clark, 54	Williamsburg	2
Susan Hagel, 45	Norfolk	5	Women 60-69		
Marjorie Thrash, 43	Williamsburg	4	Patricia Travis, 67	Williamsburg	5
Patricia Travis, 67	Williamsburg	3	Mary Ann Goode, 61	Williamsburg	4
Mary Ann Goode, 61	Williamsburg	2	Shirley Stephens, 62	Williamsburg	3
Tara Dress, 51	Yorktown	1	Cathy Kaurich, 63	Williamsburg	2
Women 19-and-under			Nancy Byrd, 65	Toano	1
Sorena Jean, 16	Williamsburg	5	Women 70-and-over		
Allison Crookston, 17	Williamsburg	4	Pauline Ely, 80	Hampton	5
Cannon Jean, 14	Williamsburg	3	Women Walk		
Ainsley Lord, 14	Williamsburg	2	Cathy Kaurich, 63	Williamsburg	5
Lindsay Meadows, 12	Williamsburg	1	Nancy Byrd, 65	Toano	4
Women 20-29			Karen Schenck, 64	Ark	3
none			Anna Clark, 16	Williamsburg	2
Women 30-39			Sara Clark, 54	Williamsburg	1
Karen Grabowski, 35	Toano	5			
Jessica Anderson, 37	Williamsburg	4			

Lafayette High School Ram Fam 5K Run/Walk Times

Men Overall

Roger Hopper, 28	Norfolk	16:02
Logan St. John, 24	Newport News	18:25
Greg Lynn, 44	Hayes	18:41
Glenn Glass, 15	Williamsburg	18:49
Jason Miller, 41	Williamsburg	18:57
Paul Pelletier, 53	Williamsburg	19:13
Isaac Lamprecht, 12	New Kent	19:18
Chris Novakoski, 37	Chesapeake	19:32
Steve Seiler, 33	Williamsburg	19:48
Nicholas Spadaro, 15	Williamsburg	20:08

Masters Men 40-and-over

Greg Lynn, 44	Hayes	18:41
Jason Miller, 41	Williamsburg	18:57
Paul Pelletier, 53	Williamsburg	19:13
Ken Alberg, 58	Suffolk	20:47
Chris Abelt, 62	Williamsburg	23:29.3

Men 19-and-under

Glenn Glass, 15	Williamsburg	18:49
Isaac Lamprecht, 12	New Kent	19:18
Nicholas Spadaro, 15	Williamsburg	20:08
Carter Thrash, 14	Williamsburg	20:44
Jacob Barton, 17	Williamsburg	22:16

Men 20-29

Roger Hopper, 28	Norfolk	16:02
Logan St. John, 24	Newport News	18:25

Men 30-39

Chris Novakoski, 37	Chesapeake	19:32
Steve Seiler, 33	Williamsburg	19:48

Women Overall

Sorena Jean, 16	Williamsburg	20:36
Allison Crookston, 17	Williamsburg	21:47
Karen Grabowski, 35	Toano	22:27
Cannon Jean, 14	Williamsburg	23:16
Ainsley Lord, 14	Williamsburg	23:31
Susan Hagel, 45	Norfolk	24:11
Lindsay Meadows, 12	Williamsburg	25:24
Jessica Anderson, 37	Williamsburg	26:29
Marjorie Thrash, 43	Williamsburg	27:28
Maura Rust, 39	Poquoson	28:20

Masters Women 40-and-over

Susan Hagel, 45	Norfolk	24:11
Marjorie Thrash, 43	Williamsburg	27:28
Patricia Travis, 67	Williamsburg	29:00
Mary Ann Goode, 61	Williamsburg	29:18
Tara Dress, 51	Yorktown	30:46

Women 19-and-under

Darin Stiefvater, 30	Williamsburg	21:38
William McCallister, 36	Lanexa	23:32
Michael deVivero, 31	Yorktown	24:13

Men 40-49

Greg Lynn, 44	Hayes	18:41
Jason Miller, 41	Williamsburg	18:57
David Glass, 46	Williamsburg	25:32
David Berger, 43	Williamsburg	33:48

Men 50-59

Paul Pelletier, 53	Williamsburg	19:13
Ken Alberg, 58	Suffolk	20:47
Tinsley Goad, 55	Williamsburg	23:56
Robert Jean, 54	Williamsburg	24:09
Terry Packer, 53	Williamsburg	24:47

Men 60-69

Chris Abelt, 62	Williamsburg	23:29.3
Steve Altman, 63	Williamsburg	23:29.8
Rick Platt, 68	Williamsburg	25:53
Richard Goode, 66	Williamsburg	27:05
Jimmy Blount, 68	Williamsburg	28:49

Men 70-and-over

Larry Arata, 74	Williamsburg	28:18
John Strassberger, 74	Williamsburg	38:49
Michael Gontesky, 76	Hampton	50:25

Men Walk

John Strassberger, 74	Williamsburg	38:49
Bob Curtin, 66	Hampton	45:11
Jonathan Rust, 14	Poquoson	1:01:59

Sorena Jean, 16	Williamsburg	20:36
Allison Crookston, 17	Williamsburg	21:47
Cannon Jean, 14	Williamsburg	23:16
Ainsley Lord, 14	Williamsburg	23:31
Lindsay Meadows, 12	Williamsburg	25:24

Women 20-29

none

Women 30-39

Karen Grabowski, 35	Toano	22:27
Jessica Anderson, 37	Williamsburg	26:29
Maura Rust, 39	Poquoson	28:20
Sydney Downs, 33	Seaford	28:32

Women 40-49

Susan Hagel, 45	Norfolk	24:11
Marjorie Thrash, 43	Williamsburg	27:28
Alison Grygalonis, 40	Williamsburg	30:52
Margaret Tinsley, 47	Williamsburg	38:12

Women 50-59

Tara Dress, 51	Yorktown	30:46
Critzina Jean, 50	Williamsburg	32:13
Linda St. John, 58	Williamsburg	33:43
Sara Clark, 54	Williamsburg	50:31

Women 60-69

Patricia Travis, 67	Williamsburg	29:00
Mary Ann Goode, 61	Williamsburg	29:18
Shirley Stephens, 62	Williamsburg	31:03
Cathy Kaurich, 63	Williamsburg	41:01

Nancy Byrd, 65	Toano	41:52
----------------	-------	-------

Women 70-and-over

Pauline Ely, 80	Hampton	50:23
-----------------	---------	-------

Women Walk

Cathy Kaurich, 63	Williamsburg	41:01
Nancy Byrd, 65	Toano	41:52
Karen Schenck, 64	Ark	45:54
Anna Clark, 16	Williamsburg	50:15
Sara Clark, 54	Williamsburg	50:31

**Queens Lake 5K Run Points
Saturday, March 30, 2019**

Men Overall

Keith Schumann, 48	Williamsburg	10
Logan St. John, 24	Newport News	9
Ryan Doupe, 33	Newport News	8
Glenn Glass, 15	Williamsburg	7
Greg Lynn, 44	Hayes	6
Rick Samaha, 61	Williamsburg	5
Paul Pelletier, 53	Williamsburg	4
Jason Miller, 41	Williamsburg	3
Isaac Lamprecht, 12	New Kent	2
Jonathan Torres, 29	Newport News	1

Mike Mueller, 33	Williamsburg	1
------------------	--------------	---

Men 40-49

Keith Schumann, 48	Williamsburg	5
Greg Lynn, 44	Hayes	4
Jason Miller, 41	Williamsburg	3
Philip Roessler, 40	Williamsburg	2
David Anderson, 49	Williamsburg	1

Masters Men 40-and-over

Keith Schumann, 48	Williamsburg	5
Greg Lynn, 44	Hayes	4
Rick Samaha, 61	Williamsburg	3
Paul Pelletier, 53	Williamsburg	2
Jason Miller, 41	Williamsburg	1

Men 50-59

Paul Pelletier, 53	Williamsburg	5
Greg Dawson, 53	Williamsburg	4
Ken Alberg, 58	Suffolk	3
Robert Jean, 54	Williamsburg	2
Michael Gravitt, 53	Gloucester Point	1

Men 19-and-under

Glenn Glass, 15	Williamsburg	5
Isaac Lamprecht, 12	New Kent	4
Ethan Sevigny, 10	Newport News	3
Braden Coykendall, 15	Williamsburg	2
Jacob Lohr, 16	Williamsburg	1

Men 60-69

Rick Samaha, 61	Williamsburg	5
Chris Abelt, 62	Williamsburg	4
Steve Altman, 63	Williamsburg	3
Rick Platt, 68	Williamsburg	2
Jim Gullo, 64	Williamsburg	1

Men 20-29

Logan St. John, 24	Newport News	5
Jonathan Torres, 29	Newport News	4
Randy Likert, 29	Poquoson	3

Men 70-and-over

Larry Arata, 74	Williamsburg	5
Nickolas Hagel, 76	Norfolk	4
Bruce Hurwitz, 72	Williamsburg	3
John Strassberger, 74	Williamsburg	2
Steve Scudder, 70	Virginia Beach	1

Men 30-39

Ryan Doupe, 33	Newport News	5
Scott Sevigny, 36	Newport News	4
William McCallister, 36	Lanexa	3
David Boyd, 37	Williamsburg	2

Men Walk

John Strassberger, 74	Williamsburg	5
Bob Curtin, 66	Hampton	4
Jonathan Rust, 14	Poquoson	3
Sam Cox, 66	Elberon	2

Women Overall

Emily Honeycutt, 28	Newport News	10
Karla Havens, 57	Plainview	9

Karen Grabowski, 35	Toano	8
Alison Politte, 38	Newport News	7
Elise Schasse, 39	Hampton	6

Susan Hagel, 46	Norfolk	5
Kelly Miller, 38	Williamsburg	4
Jessica Anderson, 37	Williamsburg	3
Norma Phillips, 58	Williamsburg	2
Valor Foy Jones, 55	Newport News	1

Masters Women 40-and-over

Karla Havens, 57	Plainview	5
Susan Hagel, 46	Norfolk	4
Norma Phillips, 58	Williamsburg	3
Valor Foy Jones, 55	Newport News	2
Beate Rudnik, 56	Yorktown	1

Women 19-and-under

Samantha Daugherty, 12	Smithfield	5
Samantha Burcham, 14	Williamsburg	4
Charlotte Urban, 10	Williamsburg	3
Caroline Urban, 8	Williamsburg	2

Women 20-29

Emily Honeycutt, 28	Newport News	5
Margarita Orozco, 20	Jacksonville, FL	4
Alexa Hladick, 21	New Egypt, NJ	3
Taryn Hannam-Zatz, 20	Herndon	2
Meaghan Likert, 28	Poquoson	1

Women 30-39

Karen Grabowski, 35	Toano	5
Alison Politte, 38	Newport News	4
Elise Schasse, 39	Hampton	3
Kelly Miller, 38	Williamsburg	2
Jessica Anderson, 37	Williamsburg	1

Women 40-49

Susan Hagel, 46	Norfolk	5
Rachel Alexander, 46	Gloucester	4
Michele Beck, 49	Gloucester	3
Alison Grygalonis, 40	Williamsburg	2
Marcie Caldwell, 40	Williamsburg	1

Women 50-59

Karla Havens, 57	Plainview	5
Norma Phillips, 58	Williamsburg	4
Valor Foy Jones, 55	Newport News	3
Beate Rudnik, 56	Yorktown	2
Susan Ferrandino, 50	Williamsburg	1

Women 60-69

Patricia Travis, 67	Williamsburg	5
Shirley Stephens, 62	Williamsburg	4
Martha Gullo, 66	Williamsburg	3
Julie Conlee, 62	Williamsburg	2
Brenda Mitchell, 68	Williamsburg	1

Women 70-and-over

Roswitha Goossens-Winter, 70	Williamsburg	5
Nancy Blount, 73	Williamsburg	4
Pauline Ely, 80	Hampton	3

Women Walk

Cathy Kaurich, 63	Williamsburg	5
Carrie Elliott, 48	Williamsburg	4
Nancy Byrd, 65	Toano	3
Laura Urban, 39	Williamsburg	2
Karen Schenck, 64	Ark	1

Queens Lake 5K Run Times

Men Overall

Keith Schumann, 48	Williamsburg	17:24
Logan St. John, 24	Newport News	18:08
Ryan Doupe, 33	Newport News	18:26
Glenn Glass, 15	Williamsburg	18:43
Greg Lynn, 44	Hayes	18:48
Rick Samaha, 61	Williamsburg	18:55
Paul Pelletier, 53	Williamsburg	19:03
Jason Miller, 41	Williamsburg	19:08
Isaac Lamprecht, 12	New Kent	19:25
Jonathan Torres, 29	Newport News	19:33

Masters Men 40-and-over

Keith Schumann, 48	Williamsburg	17:24
Greg Lynn, 44	Hayes	18:48
Rick Samaha, 61	Williamsburg	18:55
Paul Pelletier, 53	Williamsburg	19:03
Jason Miller, 41	Williamsburg	19:08

Men 19-and-under

Glenn Glass, 15	Williamsburg	18:43
-----------------	--------------	-------

Isaac Lamprecht, 12	New Kent	19:25
Ethan Sevigny, 10	Newport News	21:07
Braden Coykendall, 15	Williamsburg	21:17.3
Jacob Lohr, 16	Williamsburg	21:17.6

Men 20-29

Logan St. John, 24	Newport News	18:08
Jonathan Torres, 29	Newport News	19:33
Randy Likert, 29	Poquoson	37:22

Men 30-39

Ryan Doupe, 33	Newport News	18:26
Scott Sevigny, 36	Newport News	21:07
William McCallister, 36	Lanexa	22:59
David Boyd, 37	Williamsburg	23:31
Mike Mueller, 33	Williamsburg	23:53

Men 40-49

Keith Schumann, 48	Williamsburg	17:24
Greg Lynn, 44	Hayes	18:48
Jason Miller, 41	Williamsburg	19:08

Philip Roessler, 40	Williamsburg	19:45	Jim Gullo, 64	Williamsburg	24:57
David Anderson, 49	Williamsburg	19:51			
Men 50-59			Men 70-and-over		
Paul Pelletier, 53	Williamsburg	19:03	Larry Arata, 74	Williamsburg	27:24
Greg Dawson, 53	Williamsburg	19:41	Nickolas Hagel, 76	Norfolk	30:32
Ken Alberg, 58	Suffolk	21:02	Bruce Hurwitz, 72	Williamsburg	34:07
Robert Jean, 54	Williamsburg	24:32	John Strassberger, 74	Williamsburg	37:22
Michael Gravitt, 53	Gloucester Point	24:51	Steve Scudder, 70	Virginia Beach	42:37
Men 60-69			Men Walk		
Rick Samaha, 61	Williamsburg	18:55	John Strassberger, 74	Williamsburg	37:22
Chris Abelt, 62	Williamsburg	22:45	Bob Curtin, 66	Hampton	45:00
Steve Altman, 63	Williamsburg	23:28	Jonathan Rust, 14	Poquoson	51:03
Rick Platt, 68	Williamsburg	23:50	Sam Cox, 66	Elberon	1:02:28
Women Overall			Kelly Miller, 38	Williamsburg	24:38
Emily Honeycutt, 28	Newport News	20:26	Jessica Anderson, 37	Williamsburg	24:46
Karla Havens, 57	Plainview	21:43	Maryanna Aldunate, 39	Ripley, ME	26:04
Karen Grabowski, 35	Toano	22:20	Women 40-49		
Alison Politte, 38	Newport News	23:02	Susan Hagel, 46	Norfolk	24:13
Elise Schasse, 39	Hampton	23:33	Rachel Alexander, 46	Gloucester	28:09
Susan Hagel, 46	Norfolk	24:13	Michele Beck, 49	Gloucester	28:45
Kelly Miller, 38	Williamsburg	24:38	Alison Grygalonis, 40	Williamsburg	30:20
Jessica Anderson, 37	Williamsburg	24:46	Marcie Caldwell, 40	Williamsburg	30:32
Norma Phillips, 58	Williamsburg	25:04	Women 50-59		
Valor Foy Jones, 55	Newport News	25:12	Karla Havens, 57	Plainview	21:43
Masters Women 40-and-over			Norma Phillips, 58	Williamsburg	25:04
Karla Havens, 57	Plainview	21:43	Valor Foy Jones, 55	Newport News	25:12
Susan Hagel, 46	Norfolk	24:13	Beate Rudnik, 56	Yorktown	26:27
Norma Phillips, 58	Williamsburg	25:04	Susan Ferrandino, 50	Williamsburg	26:40
Valor Foy Jones, 55	Newport News	25:12	Women 60-69		
Beate Rudnik, 56	Yorktown	26:27	Patricia Travis, 67	Williamsburg	28:38
Women 19-and-under			Shirley Stephens, 62	Williamsburg	30:00
Samantha Daugherty, 12	Smithfield	30:25	Martha Gullo, 66	Williamsburg	30:57
Samantha Burcham, 14	Williamsburg	31:07	Julie Conlee, 62	Williamsburg	36:52
Charlotte Urban, 10	Williamsburg	53:23	Brenda Mitchell, 68	Williamsburg	39:46
Caroline Urban, 8	Williamsburg	53:23	Women 70-and-over		
Women 20-29			Roswitha Goossens-Winter, 70	Williamsburg	31:23
Emily Honeycutt, 28	Newport News	20:26	Nancy Blount, 73	Williamsburg	41:32
Margarita Orozco, 20	Jacksonville, FL	34:18	Pauline Ely, 80	Hampton	49:03
Alexa Hladick, 21	New Egypt, NJ	35:52.2	Women Walk		
Taryn Hannam-Zatz, 20	Herndon	35:52.7	Cathy Kaurich, 63	Williamsburg	40:21
Meaghan Likert, 28	Poquoson	37:12	Carrie Elliott, 48	Williamsburg	40:39
Women 30-39			Nancy Byrd, 65	Toano	40:44
Karen Grabowski, 35	Toano	22:20	Laura Urban, 39	Williamsburg	42:56
Alison Politte, 38	Newport News	23:02	Karen Schenck, 64	Ark	45:38
Elise Schasse, 39	Hampton	23:33			

Victory at Yorktown 10K Run/Walk Points
Saturday, April 6, 2019

Men Overall

Roger Hopper, 28	Norfolk	10
Collins Ombikhwa, 20	Hampton	9
Stacin Martin, 49	Chesapeake	8
Logan St. John, 24	Newport News	7
Nick Vaka, 20	Leesburg	6
Matthew Franco, 34	Williamsburg	5
Jason Miller, 41	Williamsburg	4
Conrad Briles, 20	Leesburg	3
Jesse Dineen, 20	Leesburg	2
Paul Pelletier, 53	Williamsburg	1

Masters Men (ages 40-and-over)

Stacin Martin, 49	Chesapeake	5
Jason Miller, 41	Williamsburg	4
Paul Pelletier, 53	Williamsburg	3
Greg Lynn, 44	Hayes	2
Craig Hymes, 56	Yorktown	1

Men 19-and-under

Glenn Glass, 15	Williamsburg	5
Joseph Macfarlane, 16	Yorktown	4
DJ Guthinger, 16	Yorktown	3
Will Wilson, 15	Yorktown	2
Joshua Guthinger, 10	Yorktown	1

Men 20-29

Roger Hopper, 28	Norfolk	5
Collins Ombikhwa, 20	Hampton	4
Logan St. John, 24	Newport News	3
Nick Vaka, 20	Leesburg	2
Conrad Briles, 20	Leesburg	1

Men 30-39

Matthew Franco, 34	Williamsburg	5
Steve Seiler, 33	Williamsburg	4
Frank Leone, 34	Newport News	3

Women Overall

Emily Honeycutt, 28	Newport News	10
Alison Valrey, 37	Hampton	9
Sorena Jean, 16	Williamsburg	8
Karla Havens, 57	Plainview	7
Maria Spady, 28	Yorktown	6
Tracy Hofstetter, 33	Poquoson	5
Emily Brown, 31	Newport News	4
Sarah Laine, 25	Newport News	3
Victoria Baker, 28	Cincinnati, OH	2
Sheila Scotti, 35	Yorktown	1

Masters Women (ages 40-and-over)

Karla Havens, 57	Plainview	5
Mary Jo Bailey, 58	Williamsburg	4

Brian Chandler, 36	Williamsburg	2
Dennis Frazee, 32	Fort Belvoir	1

Men 40-49

Stacin Martin, 49	Chesapeake	5
Jason Miller, 41	Williamsburg	4
Greg Lynn, 44	Hayes	3
Allen Zent, 45	Stafford	2
Joseph Corcoran, 43	Williamsburg	1

Men 50-59

Paul Pelletier, 53	Williamsburg	5
Craig Hymes, 56	Yorktown	4
Greg Dawson, 53	Williamsburg	3
Timothy Collins, 58	Williamsburg	2
Steve Talbert, 57	Seaford	1

Men 60-69

Richard Grant, 65	Suffolk	5
Tim Westfall, 60	Norfolk	4
Chris Abelt, 62	Williamsburg	3
Rick Platt, 68	Williamsburg	2
Joe Day, 68	Yorktown	1

Men 70-and-over

Larry Arata, 74	Williamsburg	5
Rich Hildreth, 70	Virginia Beach	4
John Strassberger, 74	Williamsburg	3
Ed Sharp, 79	Gloucester	2
Ernest Schillinger, 87	Williamsburg	1

Men Walk

John Strassberger, 74	Williamsburg	5
Bob Curtin, 66	Hampton	4
William Wilson, 55	Yorktown	3
Ulises Sanchez, 48	Williamsburg	2
Kelly Hayes, 57	Yorktown	1

Holli Allen, 48	Yorktown	3
Susan Hagel, 46	Norfolk	2
Nancy Delaney, 53	Virginia Beach	1

Women 19-and-under

Sorena Jean, 16	Williamsburg	5
Mackenzie Corcoran, 19	Williamsburg	4
Cannon Jean, 14	Williamsburg	3
Grace Breitenbeck, 19	Alexandria	2
Sarah Butterfield, 19	Poquoson	1

Women 20-29

Emily Honeycutt, 28	Newport News	5
Maria Spady, 28	Yorktown	4
Sarah Laine, 25	Newport News	3

Victoria Baker, 28	Cincinnati, OH	2	Norma Phillips, 58	Williamsburg	2
Marissa Stone, 22	Charlottesville	1	Gabriele Lingenfelter, 56	Yorktown	1
Women 30-39			Women 60-69		
Alison Valrey, 37	Hampton	5	Carol Talley, 64	Toano	5
Tracy Hofstetter, 33	Poquoson	4	Helen Worthington, 64	Bena	4
Emily Brown, 31	Newport News	3	Patricia Travis, 67	Williamsburg	3
Sheila Scotti, 35	Yorktown	2	Jean Phelan, 63	Virginia Beach	2
Laurel Henshaw, 38	Williamsburg	1	Shirley Stephens, 62	Williamsburg	1
Women 40-49			Women 70-and-over		
Holli Allen, 48	Yorktown	5	Barbara Biasi, 71	Yorktown	5
Susan Hagel, 46	Norfolk	4	Roswitha Goossens-Winter, 70	Williamsburg	4
Jennifer Cornette, 47	Norfolk	3	Shirley White, 71	Yorktown	3
Lisa Leech, 43	Newport News	2	Women Walk		
Robin Britton, 43	West Point	1	Laura Scott, 53	Poquoson	5
Women 50-59			Cathy Kaurich, 63	Williamsburg	4
Karla Havens, 57	Plainview	5	Renee Kent, 53	Yorktown	3
Mary Jo Bailey, 58	Williamsburg	4	Lisa Wood, 57	Yorktown	2
Nancy Delaney, 53	Virginia Beach	3	Michele Donnelly, 65	Yorktown	1

Victory at Yorktown 10K Run/Walk Times

Men Overall			Jesse Dineen, 20	Leesburg	39:27
Roger Hopper, 28	Norfolk	33:30	Men 30-39		
Collins Ombikhwa, 20	Hampton	36:19	Matthew Franco, 34	Williamsburg	38:40
Stacin Martin, 49	Chesapeake	37:03	Steve Seiler, 33	Williamsburg	40:09
Logan St. John, 24	Newport News	38:03	Frank Leone, 34	Newport News	41:32
Nick Vaka, 20	Leesburg	38:24	Brian Chandler, 36	Williamsburg	41:34
Matthew Franco, 34	Williamsburg	38:40	Dennis Frazee, 32	Fort Belvoir	41:49
Jason Miller, 41	Williamsburg	39:10	Men 40-49		
Conrad Briles, 20	Leesburg	39:27	Stacin Martin, 49	Chesapeake	37:03
Jesse Dineen, 20	Leesburg	39:27	Jason Miller, 41	Williamsburg	39:10
Paul Pelletier, 53	Williamsburg	39:32	Greg Lynn, 44	Hayes	39:37
Masters Men (ages 40-and-over)			Allen Zent, 45	Stafford	40:17
Stacin Martin, 49	Chesapeake	37:03	Joseph Corcoran, 43	Williamsburg	42:08
Jason Miller, 41	Williamsburg	39:10	David Anderson, 49	Williamsburg	42:10
Paul Pelletier, 53	Williamsburg	39:32	Men 50-59		
Greg Lynn, 44	Hayes	39:37	Paul Pelletier, 53	Williamsburg	39:32
Craig Hymes, 56	Yorktown	39:52	Craig Hymes, 56	Yorktown	39:52
Men 19-and-under			Greg Dawson, 53	Williamsburg	40:44
Glenn Glass, 15	Williamsburg	41:28	Timothy Collins, 58	Williamsburg	42:50
Joseph Macfarlane, 16	Yorktown	42:06	Steve Talbert, 57	Seaford	44:28
DJ Guthinger, 16	Yorktown	46:12	Men 60-69		
Will Wilson, 15	Yorktown	48:53	Richard Grant, 65	Suffolk	42:16
Joshua Guthinger, 10	Yorktown	49:48	Tim Westfall, 60	Norfolk	48:07
Men 20-29			Chris Abelt, 62	Williamsburg	48:31
Roger Hopper, 28	Norfolk	33:30	Rick Platt, 68	Williamsburg	49:47
Collins Ombikhwa, 20	Hampton	36:19	Joe Day, 68	Yorktown	52:35
Logan St. John, 24	Newport News	38:03	Men 70-and-over		
Nick Vaka, 20	Leesburg	38:24			
Conrad Briles, 20	Leesburg	39:27			

Larry Arata, 74	Williamsburg	58:46
Rich Hildreth, 70	Virginia Beach	1:11:39
John Strassberger, 74	Williamsburg	1:15:58
Ed Sharp, 79	Gloucester	1:15:59
Ernest Schillinger, 87	Williamsburg	1:26:28

Men Walk		
John Strassberger, 74	Williamsburg	1:15:58
Bob Curtin, 66	Hampton	1:28:43
William Wilson, 55	Yorktown	1:31:59
Ulises Sanchez, 48	Williamsburg	1:37:07
Kelly Hayes, 57	Yorktown	1:44:17

Women Overall

Emily Honeycutt, 28	Newport News	43:03
Alison Valrey, 37	Hampton	43:42
Sorena Jean, 16	Williamsburg	44:02
Karla Havens, 57	Plainview	45:03
Maria Spady, 28	Yorktown	45:49
Tracy Hofstetter, 33	Poquoson	46:04
Emily Brown, 31	Newport News	46:09
Sarah Laine, 25	Newport News	46:20
Victoria Baker, 28	Cincinnati, OH	47:45
Sheila Scotti, 35	Yorktown	48:06

Sheila Scotti, 35	Yorktown	48:06
Laurel Henshaw, 38	Williamsburg	48:18

Women 40-49

Holli Allen, 48	Yorktown	49:53
Susan Hagel, 46	Norfolk	50:31
Jennifer Cornette, 47	Norfolk	51:43
Lisa Leech, 43	Newport News	54:03
Robin Britton, 43	West Point	55:27
Shannon Frazier, 40	Yorktown	55:58

Masters Women (ages 40-and-over)

Karla Havens, 57	Plainview	45:03
Mary Jo Bailey, 58	Williamsburg	49:09
Holli Allen, 48	Yorktown	49:53
Susan Hagel, 46	Norfolk	50:31
Nancy Delaney, 53	Virginia Beach	51:30

Women 50-59

Karla Havens, 57	Plainview	45:03
Mary Jo Bailey, 58	Williamsburg	49:09
Nancy Delaney, 53	Virginia Beach	51:30
Norma Phillips, 58	Williamsburg	52:05
Gabriele Lingenfelter, 56	Yorktown	52:46

Women 19-and-under

Sorena Jean, 16	Williamsburg	44:02
Mackenzie Corcoran, 19	Williamsburg	48:43
Cannon Jean, 14	Williamsburg	50:53
Grace Breitenbeck, 19	Alexandria	55:43
Sarah Butterfield, 19	Poquoson	56:27

Women 60-69

Carol Talley, 64	Toano	56:58
Helen Worthington, 64	Bena	56:59
Patricia Travis, 67	Williamsburg	59:06
Jean Phelan, 63	Virginia Beach	1:03:44
Shirley Stephens, 62	Williamsburg	1:04:03

Women 20-29

Emily Honeycutt, 28	Newport News	43:03
Maria Spady, 28	Yorktown	45:49
Sarah Laine, 25	Newport News	46:20
Victoria Baker, 28	Cincinnati, OH	47:45
Marissa Stone, 22	Charlottesville	49:02

Women 70-and-over

Barbara Biasi, 71	Yorktown	1:02:11
Roswitha Goossens-Winter, 70	Williamsburg	1:06:52
Shirley White, 71	Yorktown	1:18:08

Women 30-39

Alison Valrey, 37	Hampton	43:42
Tracy Hofstetter, 33	Poquoson	46:04
Emily Brown, 31	Newport News	46:09

Women Walk

Laura Scott, 53	Poquoson	1:15:44
Cathy Kaurich, 63	Williamsburg	1:24:33
Renee Kent, 53	Yorktown	1:25:58
Lisa Wood, 57	Yorktown	1:44:16
Michele Donnelly, 65	Yorktown	1:44:16

Run the D.O.G. Street Challenge 5K Points Saturday, April 20, 2019

Men Overall

Brayden Burleigh, 26	Midlothian	10
Robert Reynolds, 28	Mechanicsville	9
Patrick Wachter, 21	Williamsburg	8
Roger Hopper, 28	Norfolk	7
Peter Ramundo, 26	Manhattan, KS	6
Brian Mongeon, 33	Stowe, VT	5
Victor Flemming, 40	Carrollton	4

Patrick Russo, 20	Henrico	3
Mark Tompkins, 43	Williamsburg	2
Donovan Foley, 19	Vienna	1

Men Masters (ages 40-and-over)

Victor Flemming, 40	Carrollton	5
Mark Tompkins, 43	Williamsburg	4
Robert Hunter, 44	Virginia Beach	3

Greg Lynn, 44	Hayes	2	Jason Miller, 41	Williamsburg	1
Jason Miller, 41	Williamsburg	1			
Men 19-and-under					
Donovan Foley, 19	Vienna	5	Paul Pelletier, 53	Williamsburg	5
Jacob Lohr, 16	Williamsburg	4	David Lockard, 50	Hampton	4
Noah Fields, 18	Williamsburg	3	Jon Leiding, 56	Virginia Beach	3
Ethan Baker, 14	Chagrin Falls, OH	2	Dan O'Brien, 56	Williamsburg	2
Glenn Glass, 15	Williamsburg	1	Timothy Collins, 58	Williamsburg	1
Men 20-29					
Brayden Burleigh, 26	Midlothian	5	Stephen Chantry, 64	Williamsburg	5
Robert Reynolds, 28	Mechanicsville	4	Robert Whitaker, 60	Yorktown	4
Patrick Wachter, 21	Williamsburg	3	Bob Keroack, 61	Williamsburg	3
Roger Hopper, 28	Norfolk	2	Terry Imbery, 61	Williamsburg	2
Peter Ramundo, 26	Manhattan, KS	1	Chris Abelt, 62	Williamsburg	1
Men 30-39					
Brian Mongeon, 33	Stowe, VT	5	Larry Arata, 74	Williamsburg	5
Ryan Doupe, 33	Newport News	4	George Deamer, 75	Williamsburg	4
Steve Seiler, 33	Williamsburg	3	Jack Espinal, 74	Falls Church	3
John Sturtevant, 38	Newport News	2	Randy Hawthorne, 73	Williamsburg	2
Dennis Frazee, 32	Fort Belvoir	1	Knut Nilsson, 76	Richmond	1
Men 40-49					
Victor Flemming, 40	Carrollton	5	John Strassberger, 75	Williamsburg	5
Mark Tompkins, 43	Williamsburg	4	Dwight Kane, 66	Chesapeake	4
Robert Hunter, 44	Virginia Beach	3	Mike AtLee, 69	Gloucester	3
Greg Lynn, 44	Hayes	2	Jarret Lee, 40	Gloucester	2
			Robert Curtin, 66	Hampton	1
Women Overall					
Ann Mazur Robb, 33	Charlottesville	10	Abigail Motley, 24	Williamsburg	5
Abigail Motley, 24	Williamsburg	9	Lauren Hoy, 28	Smithfield	4
Renee High, 37	Norfolk	8	Laurel Goodpasture, 20	Midlothian	3
Kirsten Long, 17	Williamsburg	7	Emily Honeycutt, 28	Newport News	2
Leah Kappel, 18	Arlington	6	Caitlyn Unsworth, 25	Charlottesville	1
Claire Bauer, 13	Williamsburg	5			
Sorena Jean, 16	Williamsburg	4	Women 30-39		
Lauren Hoy, 28	Smithfield	3	Ann Mazur Robb, 33	Charlottesville	5
Laurel Goodpasture, 20	Midlothian	2	Renee High, 37	Norfolk	4
Emily Honeycutt, 28	Newport News	1	Emily Brown, 31	Newport News	3
			Jessica Gilligan, 38	Williamsburg	2
			Melissa Reese, 34	Chesterfield	1
Women Masters (ages 40-and-over)					
Karla Havens, 57	Plainview	5	Women 40-49		
Annie Gilbride, 51	Providence Forge	4	Darcie Badami, 40	Yorktown	5
Mary Jo Bailey, 58	Williamsburg	3	Susan Hagel, 46	Norfolk	4
Darcie Badami, 40	Yorktown	2	Lina Tonk, 42	Toano	3
Susan Hagel, 46	Norfolk	1	Adrienne Sines, 44	Williamsburg	2
			Kate Langbehn, 42	Williamsburg	1
Women 19-and-under					
Kirsten Long, 17	Williamsburg	5	Women 50-59		
Leah Kappel, 18	Arlington	4	Karla Havens, 57	Plainview	5
Claire Bauer, 13	Williamsburg	3	Annie Gilbride, 51	Providence Forge	4
Sorena Jean, 16	Williamsburg	2	Mary Jo Bailey, 58	Williamsburg	3
Finley Stewart, 19	Williamsburg	1	Norma Phillips, 58	Williamsburg	2

Mary Ransom, 50	Richmond	1	Roswitha Goossens-Winter, 70	Williamsburg	4
			Sarah Carey, 71	Williamsburg	3
Women 60-69			Bunny Majcher, 71	Williamsburg	2
Patricia Travis, 67	Williamsburg	5	Sally Davis, 78	Hartfield	1
Dougie Winthrop, 62	Williamsburg	4			
Shirley Stephens, 62	Williamsburg	3	Women Walk		
Sally Adler, 68	Williamsburg	2	Laura Liechti, 57	Williamsburg	5
Ruth LeBarron, 62	Williamsburg	1	Nancy Byrd, 65	Toano	4
			Cathy Kaurich, 63	Williamsburg	3
Women 70-and-over			Laura Urban, 39	Williamsburg	2
Barbara Biasi, 71	Yorktown	5	Christina Packer, 47	Williamsburg	1

Run the D.O.G. Street Challenge 5K Times

Men Overall			John Sturtevant, 38	Newport News	20:00
Brayden Burleigh, 26	Midlothian	15:33	Dennis Frazee, 32	Fort Belvoir	20:12
Robert Reynolds, 28	Mechanicsville	15:45			
Patrick Wachter, 21	Williamsburg	16:04	Men 40-49		
Roger Hopper, 28	Norfolk	16:23	Victor Flemming, 40	Carrollton	16:48
Peter Ramundo, 26	Manhattan, KS	16:30	Mark Tompkins, 43	Williamsburg	17:22
Brian Mongeon, 33	Stowe, VT	16:41	Robert Hunter, 44	Virginia Beach	18:25
Victor Flemming, 40	Carrollton	16:48	Greg Lynn, 44	Hayes	18:35
Patrick Russo, 20	Henrico	17:15	Jason Miller, 41	Williamsburg	18:52
Mark Tompkins, 43	Williamsburg	17:22			
Donovan Foley, 19	Vienna	17:31	Men 50-59		
			Paul Pelletier, 53	Williamsburg	19:03
Men Masters (ages 40-and-over)			David Lockard, 50	Hampton	19:30
Victor Flemming, 40	Carrollton	16:48	Jon Leiding, 56	Virginia Beach	19:59
Mark Tompkins, 43	Williamsburg	17:22	Dan O'Brien, 56	Williamsburg	21:05
Robert Hunter, 44	Virginia Beach	18:25	Timothy Collins, 58	Williamsburg	21:25
Greg Lynn, 44	Hayes	18:35			
Jason Miller, 41	Williamsburg	18:52	Men 60-69		
			Stephen Chantry, 64	Williamsburg	18:56
Men 19-and-under			Robert Whitaker, 60	Yorktown	19:15
Donovan Foley, 19	Vienna	17:31	Bob Keroack, 61	Williamsburg	23:01
Jacob Lohr, 16	Williamsburg	18:32	Terry Imberry, 61	Williamsburg	23:02
Noah Fields, 18	Williamsburg	19:00	Chris Abelt, 62	Williamsburg	23:06
Ethan Baker, 14	Chagrin Falls, OH	19:05			
Glenn Glass, 15	Williamsburg	19:05	Men 70-and-over		
			Larry Arata, 74	Williamsburg	28:33
Men 20-29			George Deamer, 75	Williamsburg	29:03
Brayden Burleigh, 26	Midlothian	15:33	Jack Espinal, 74	Falls Church	30:20
Robert Reynolds, 28	Mechanicsville	15:45	Randy Hawthorne, 73	Williamsburg	33:22
Patrick Wachter, 21	Williamsburg	16:04	Knut Nilsson, 76	Richmond	35:36
Roger Hopper, 28	Norfolk	16:23			
Peter Ramundo, 26	Manhattan, KS	16:30	Men Walk		
			John Strassberger, 75	Williamsburg	37:44
Men 30-39			Dwight Kane, 66	Chesapeake	39:47
Brian Mongeon, 33	Stowe, VT	16:41	Mike AtLee, 69	Gloucester	41:44
Ryan Doupe, 33	Newport News	18:14	Jarret Lee, 40	Gloucester	43:51
Steve Seiler, 33	Williamsburg	19:06	Robert Curtin, 66	Hampton	45:19
Women Overall			Kirsten Long, 17	Williamsburg	20:01
Ann Mazur Robb, 33	Charlottesville	18:08	Leah Kappel, 18	Arlington	20:20
Abigail Motley, 24	Williamsburg	19:11	Claire Bauer, 13	Williamsburg	20:24
Renee High, 37	Norfolk	19:58	Sorena Jean, 16	Williamsburg	20:36

Men 40-49			Chris Abelt, 62	Williamsburg	3
Greg Lynn, 44	Hayes	5	Steve Altman, 63	Williamsburg	2
Steven Short, 44	Toano	4	Thomas Barry, 61	Williamsburg	1
Rob Klarenbach, 47	Williamsburg	3	Men 70-and-over		
David Glass, 47	Williamsburg	2	Larry Arata, 74	Williamsburg	5
Doug Higgons, 49	Toano	1	John Strassberger, 75	Williamsburg	4
Men 50-59			George Fenigsohn, 71	Poquoson	3
Paul Pelletier, 53	Williamsburg	5	Men Walk		
William Palagyi, 54	Suffolk	4	John Strassberger, 75	Williamsburg	5
David St. John, 58	Williamsburg	3	George Fenigsohn, 71	Poquoson	4
Men 60-69			Bob Curtin, Jr., 66	Hampton	3
Stephen Chantry, 64	Williamsburg	5	Zach Trogdon, 46	Williamsburg	2
Robert Whitaker, 60	Yorktown	4	Women Overall		
Women Overall			Amber Kaczmarczyk, 37	Williamsburg	3
Susan Hagel, 46	Norfolk	10	Laura Urban, 39	Williamsburg	2
Haylee Walker, 24	Powell, TN	9	Women 40-49		
Lindsay Meadows, 12	Williamsburg	8	Susan Hagel, 46	Norfolk	5
Lydia Short, 9	Toano	7	Daphne Papaefthimiou, 42	Toano	4
Susan Ferrandino, 50	Williamsburg	6	Christine Hopps, 47	Deer Park, NY	3
Daphne Papaefthimiou, 42	Toano	5	Caroline Roe, 43	Deer Park, NY	2
Amy Colley, 53	Williamsburg	4	Amy Schroeder, 49	Williamsburg	1
Christine Hopps, 47	Deer Park, NY	3	Women 50-59		
Caroline Roe, 43	Deer Park, NY	2	Susan Ferrandino, 50	Williamsburg	5
Lindsey Colburn, 14	Williamsburg	1	Amy Colley, 53	Williamsburg	4
Masters Women 40-and-over			Tara Dress, 51	Yorktown	3
Susan Hagel, 46	Norfolk	5	Priscilla Caldwell, 52	Williamsburg	2
Susan Ferrandino, 50	Williamsburg	4	Linda St. John, 59	Williamsburg	1
Daphne Papaefthimiou, 42	Toano	3	Women 60-69		
Amy Colley, 53	Williamsburg	2	Jan Barry, 66	Williamsburg	5
Christine Hopps, 47	Deer Park, NY	1	Patricia Travis, 67	Williamsburg	4
Women 19-and-under			Shirley Stephens, 62	Williamsburg	3
Lindsay Meadows, 12	Williamsburg	5	Cathy Kaurich, 63	Williamsburg	2
Lydia Short, 9	Toano	4	Nancy Byrd, 65	Toano	1
Lindsey Colburn, 14	Williamsburg	3	Women 70-and-over		
Caroline Urban, 8	Williamsburg	2	Nancy Blount, 73	Williamsburg	5
Elizabeth Betzner, 6	Williamsburg	1	Women Walk		
Women 20-29			Cathy Kaurich, 63	Williamsburg	5
Haylee Walker, 24	Powell, TN	5	Nancy Byrd, 65	Toano	4
Bethany Davis, 25	Newport News	4	Nancy Rettinhouse, 63	Land O Lakes, FL	3
Monica Meharg, 25	Yorktown	3	Karen Schenck, 64	Ark	2
Women 30-39			Charlotte Urban, 10	Williamsburg	1
Kristi Bridges, 37	Williamsburg	5	Virginia Regional Ballet 5K at First Colony Times		
Brandy Humphries-Betzner, 33	Williamsburg	4	Logan St. John, 25	Newport News	18:11
Men Overall			Stephen Chantry, 64	Williamsburg	18:29
Roger Hopper, 28	Norfolk	16:03	Greg Lynn, 44	Hayes	18:32
Cary Caldwell, 15	Williamsburg	18:07			

Glenn Glass, 15	Williamsburg	18:39
Robert Whitaker, 60	Yorktown	18:52
Steve Seiler, 33	Williamsburg	18:54
Paul Pelletier, 53	Williamsburg	19:20
Jonathan Torres, 29	Newport News	19:37

Masters Men 40-and-over

Stephen Chantry, 64	Williamsburg	18:29
Greg Lynn, 44	Hayes	18:32
Robert Whitaker, 60	Yorktown	18:52
Paul Pelletier, 53	Williamsburg	19:20
Steven Short, 44	Toano	21:36

Men 19-and-under

Cary Caldwell, 15	Williamsburg	18:07
Glenn Glass, 15	Williamsburg	18:39
Lorenzo Short, 13	Toano	20:14
Johnny Contrucci, 14	Williamsburg	25:01
Kyle Klarenbach, 16	Williamsburg	29:59

Men 20-29

Roger Hopper, 28	Norfolk	16:03
Logan St. John, 25	Newport News	18:11
Jonathan Torres, 29	Newport News	19:37

Men 30-39

Steve Seiler, 33	Williamsburg	18:54
Chris Novakoski, 37	Chesapeake	19:50
Benjamin Kaurich, 31	Newport News	23:04
William McCallister III, 36	Lanexa	23:06
David Boyd, 37	Williamsburg	23:27

Women Overall

Susan Hagel, 46	Norfolk	23:35
Haylee Walker, 24	Powell, TN	25:52
Lindsay Meadows, 12	Williamsburg	26:01
Lydia Short, 9	Toano	26:01
Susan Ferrandino, 50	Williamsburg	26:19
Daphne Papaefthimiou, 42	Toano	26:36
Amy Colley, 53	Williamsburg	26:51
Christine Hopps, 47	Deer Park, NY	27:49
Caroline Roe, 43	Deer Park, NY	27:50
Lindsey Colburn, 14	Williamsburg	27:50

Masters Women 40-and-over

Susan Hagel, 46	Norfolk	23:35
Susan Ferrandino, 50	Williamsburg	26:19
Daphne Papaefthimiou, 42	Toano	26:36
Amy Colley, 53	Williamsburg	26:51
Christine Hopps, 47	Deer Park, NY	27:49

Women 19-and-under

Lindsay Meadows, 12	Williamsburg	26:01
Lydia Short, 9	Toano	26:01
Lindsey Colburn, 14	Williamsburg	27:50
Caroline Urban, 8	Williamsburg	33:25

Men 40-49

Greg Lynn, 44	Hayes	18:32
Steven Short, 44	Toano	21:36
Rob Klarenbach, 47	Williamsburg	21:46
David Glass, 47	Williamsburg	24:12
Doug Higgons, 49	Toano	28:17

Men 50-59

Paul Pelletier, 53	Williamsburg	19:20
William Palagyi, 54	Suffolk	23:32
David St. John, 58	Williamsburg	31:57

Men 60-69

Stephen Chantry, 64	Williamsburg	18:29
Robert Whitaker, 60	Yorktown	18:52
Chris Abelt, 62	Williamsburg	23:04
Steve Altman, 63	Williamsburg	23:28
Thomas Barry, 61	Williamsburg	23:33

Men 70-and-over

Larry Arata, 74	Williamsburg	28:59
John Strassberger, 75	Williamsburg	37:32
George Fenigsohn, 71	Poquoson	38:40

Men Walk

John Strassberger, 75	Williamsburg	37:32
George Fenigsohn, 71	Poquoson	38:40
Bob Curtin, Jr., 66	Hampton	44:14
Zach Trogdon, 46	Williamsburg	52:49

Elizabeth Betzner, 6	Williamsburg	33:40
----------------------	--------------	-------

Women 20-29

Haylee Walker, 24	Powell, TN	25:52
Bethany Davis, 25	Newport News	37:00
Monica Meharg, 25	Yorktown	37:01

Women 30-39

Kristi Bridges, 37	Williamsburg	29:48
Brandy Humphries-Betzner, 33	Williamsburg	33:40
Amber Kaczmarczyk, 37	Williamsburg	36:19
Laura Urban, 39	Williamsburg	51:26

Women 40-49

Susan Hagel, 46	Norfolk	23:35
Daphne Papaefthimiou, 42	Toano	26:36
Christine Hopps, 47	Deer Park, NY	27:49
Caroline Roe, 43	Deer Park, NY	27:50
Amy Schroeder, 49	Williamsburg	29:52

Women 50-59

Susan Ferrandino, 50	Williamsburg	26:19
Amy Colley, 53	Williamsburg	26:51
Tara Dress, 51	Yorktown	29:42

Priscilla Caldwell, 52	Williamsburg	31:40	Women 70-and-over		
Linda St. John, 59	Williamsburg	32:28	Nancy Blount, 73	Williamsburg	41:36
Women 60-69			Women Walk		
Jan Barry, 66	Williamsburg	28:05	Cathy Kaurich, 63	Williamsburg	39:58
Patricia Travis, 67	Williamsburg	28:12	Nancy Byrd, 65	Toano	40:16
Shirley Stephens, 62	Williamsburg	30:38	Nancy Rettinhouse, 63	Land O Lakes, FL	41:35
Cathy Kaurich, 63	Williamsburg	39:58	Karen Schenck, 64	Ark	44:17
Nancy Byrd, 65	Toano	40:16	Charlotte Urban, 10	Williamsburg	51:26

Miles of Kindness One Mile Road Races on DoG Street Points Saturday, May 18, 2019

Men Overall			Steve Seiler, 33	Williamsburg	5
Brayden Burleigh, 26	Midlothian	10	Cody Faulk, 32	Yorktown	4
Trevor Hopper, 23	Henrico	9	Benjamin Kaurich, 31	Newport News	3
Cary Caldwell, 15	Williamsburg	8	Matthew Eppright, 33	Williamsburg	2
William Toth, 15	Williamsburg	7	Andrew Pittman, 35	Williamsburg	1
Steve Seiler, 33	Williamsburg	6	Men 40-49		
Jason Miller, 41	Williamsburg	5	Jason Miller, 41	Williamsburg	5
Robert Whitaker, 60	Yorktown	4	Greg Lynn, 45	Hayes	4
Stephen Chantry, 64	Williamsburg	3	David Anderson, 49	Williamsburg	3
Jonathan Torres, 29	Newport News	2	Steven Short, 45	Toano	2
Logan St. John, 25	Newport News	1	John Grantz, 46	Williamsburg	1
Men Masters Overall			Men 50-59		
Jason Miller, 41	Williamsburg	5	Darrin Denny, 53	Williamsburg	5
Robert Whitaker, 60	Yorktown	4	Robert Jean, 54	Williamsburg	4
Stephen Chantry, 64	Williamsburg	3	R. Dravis, 56	Williamsburg	3
Greg Lynn, 45	Hayes	2	James Ahearn, 59	Williamsburg	2
David Anderson, 49	Williamsburg	1	Michael Parker, 55	Suffolk	1
Men 19-and-under			Men 60-69		
Cary Caldwell, 15	Williamsburg	5	Robert Whitaker, 60	Yorktown	5
William Toth, 15	Williamsburg	4	Stephen Chantry, 64	Williamsburg	4
Lorenzo Short, 13	Toano	3	Jim Thornton, 65	Toano	3
John Contrucci, 14	Williamsburg	2	Chris Abelt, 62	Williamsburg	2
Orion Berger, 12	Williamsburg	1	David Pape, 60	Williamsburg	1
Men 20-29			Men 70-and-over		
Brayden Burleigh, 26	Midlothian	5	Randy Hawthorne, 73	Williamsburg	5
Trevor Hopper, 23	Henrico	4	John Strassberger, 75	Williamsburg	4
Jonathan Torres, 29	Newport News	3	Men Race Walk		
Logan St. John, 25	Newport News	2	John Strassberger, 75	Williamsburg	5
Owen Flannery, 24	Williamsburg	1	Bob Curtin, 66	Hampton	4
Men 30-39			Women Overall		
			Lydia Short, 9	Toano	3
Leah Schubel, 28	Richmond	10	Linda Wagers, 60	Leander, TX	2
Thorin Jean, 18	Williamsburg	9	Daphne Papaefthimiou, 42	Toano	1
Sorena Jean, 17	Williamsburg	8	Women Masters Overall (ages 40-and-over)		
Emily Honeycutt, 28	Newport News	7	Linda Wagers, 60	Leander, TX	5
Cannon Jean, 14	Williamsburg	6	Daphne Papaefthimiou, 42	Toano	4
Jessica Anderson, 37	Williamsburg	5	Amy Friedl, 43	Hampton	3
Caitlyn Burkhalter, 12	Williamsburg	4			

Men 60-69

Robert Whitaker, 60	Yorktown	5:27.2
Stephen Chantry, 64	Williamsburg	5:27.6
Jim Thornton, 65	Toano	6:01
Chris Abelt, 62	Williamsburg	6:48
David Pape, 60	Williamsburg	6:51

Men 70-and-over

Randy Hawthorne, 73	Williamsburg	9:33
John Strassberger, 75	Williamsburg	11:32

Men Race Walk

John Strassberger, 75	Williamsburg	11:32
Bob Curtin, 66	Hampton	13:46

Women Overall

Leah Schubel, 28	Richmond	5:43
Thorin Jean, 18	Williamsburg	5:49
Sorena Jean, 17	Williamsburg	5:51
Emily Honeycutt, 28	Newport News	6:06
Cannon Jean, 14	Williamsburg	6:27
Jessica Anderson, 37	Williamsburg	7:11.1
Caitlyn Burkhalter, 12	Williamsburg	7:11.8
Lydia Short, 9	Toano	7:12
Linda Wagers, 60	Leander, TX	7:26
Daphne Papaefthimiou, 42	Toano	7:45

Jessica Anderson, 37	Williamsburg	7:11
Cindy Cattell, 36	Williamsburg	8:10
Rebecca Nonnemacher, 35	Hampton	9:34
Elaine Jeffers, 33	Virginia Beach	11:35
Amanda Running, 32	Williamsburg	11:50

Women 40-49

Daphne Papaefthimiou, 42	Toano	7:45
Amy Friedl, 43	Hampton	7:56
Alison Grygalonis, 41	Williamsburg	8:42
Jennifer Contrucci, 48	Williamsburg	9:45
Kisten Slaughter, 47	Gloucester	13:42

Women Masters Overall (ages 40-and-over)

Linda Wagers, 60	Leander, TX	7:26
Daphne Papaefthimiou, 42	Toano	7:45
Amy Friedl, 43	Hampton	7:56
Pamela Eddy, 58	Williamsburg	8:00
Alison Grygalonis, 41	Williamsburg	8:42

Women 50-59

Pamela Eddy, 58	Williamsburg	8:00
Cristina Jean, 50	Williamsburg	9:14
Jennifer Jeffers, 59	Virginia Beach	10:22
Chris Mooney, 51	Williamsburg	10:46
Koren Rivera, 53	Virginia Beach	14:07

Women 19-and-under

Thorin Jean, 18	Williamsburg	5:49
Sorena Jean, 17	Williamsburg	5:51
Cannon Jean, 14	Williamsburg	6:27
Caitlyn Burkhalter, 12	Williamsburg	7:11.8
Lydia Short, 9	Toano	7:12

Women 60-69

Linda Wagers, 60	Leander, TX	7:26
Shirley Stephens, 62	Williamsburg	8:58
Dottie Humphreys, 67	Newport News	9:37
Cathy Kaurich, 63	Williamsburg	12:26
Debra Middlebrook, 60	Williamsburg	16:28.2

Women 20-29

Leah Schubel, 28	Richmond	5:43
Emily Honeycutt, 28	Newport News	6:06
Zoe Friedl, 21	Hampton	7:51
Erica Pineda, 27	Yorktown	9:16
Eden Kibler, 23	Newport News	10:11.2

Women 70-and-over

none

Women Walk

Elaine Jeffers, 33	Virginia Beach	11:35
Cathy Kaurich, 63	Williamsburg	12:26

Women 30-39

Kingswood Klam 5K Run Points Saturday, June 1, 2019

Men Overall

Roger Hopper, 28	Norfolk	10
Paul Glass, 17	Williamsburg	9
Ryan Doupe, 33	Rogers, AR	8
Logan St. John, 25	Newport News	7
Glenn Glass, 15	Williamsburg	6
Greg Lynn, 45	Hayes	5
Steve Seiler, 33	Williamsburg	4
Chris Novakoski, 37	Chesapeake	3
Rob Whitaker, 60	Yorktown	2
Jonathan Torres, 29	Newport News	1

Masters Men 40-and-over

Greg Lynn, 45	Hayes	5
Rob Whitaker, 60	Yorktown	4
Ken Alberg, 58	Suffolk	3
Jim Thornton, 65	Toano	2
Ryan Gregory, 45	Williamsburg	1

Men 19-and-under

Paul Glass, 17	Williamsburg	5
Glenn Glass, 15	Williamsburg	4

Lorenzo Short, 13	Toano	3	David Glass, 47	Williamsburg	1
Grayson Lewis, 10	Williamsburg	2			
Orion Berger, 12	Williamsburg	1			
Men 20-29			Men 50-59		
Roger Hopper, 28	Norfolk	5	Ken Alberg, 58	Suffolk	5
Logan St. John, 25	Newport News	4	Orlando Perez, 57	Newport News	4
Jonathan Torres, 29	Newport News	3			
Kevin Kaurich, 27	Richmond	2	Men 60-69		
			Rob Whitaker, 60	Yorktown	5
Men 30-39			Jim Thornton, 65	Toano	4
Ryan Doupe, 33	Rogers, AR	5	Chris Abelt, 62	Williamsburg	3
Steve Seiler, 33	Williamsburg	4	Steve Altman, 63	Williamsburg	2
Chris Novakoski, 37	Chesapeake	3	Rick Platt, 68	Williamsburg	1
Benjamin Kaurich, 31	Newport News	2			
William McCallister, 36	Lanexa	1	Men 70-and-over		
			John Strassberger, 75	Williamsburg	5
Men 40-49			Men Walk		
Greg Lynn, 45	Hayes	5	John Strassberger, 75	Williamsburg	5
Ryan Gregory, 45	Williamsburg	4	Dwight Kane, 66	Chesapeake	4
Steven Short, 45	Toano	3	Alexey Popov, 36	Newport News	3
Robert Murphie, 44	Williamsburg	2	Bob Curtin, 66	Hampton	2
Women Overall			Laura Broderick, 39	Williamsburg	5
Laura Broderick, 39	Williamsburg	10	Rebecca Currier, 31	Toano	4
Katie Abelt, 27	Williamsburg	9			
Norma Phillips, 58	Williamsburg	8	Women 40-49		
Susan Ferrandino, 50	Williamsburg	7	Daphne Papaefthimiou, 42	Toano	5
Lydia Short, 9	Toano	6	Alison Grygalonis, 41	Williamsburg	4
Daphne Papaefthimiou, 42	Toano	5	Julie Brenegan, 43	Williamsburg	3
Ivy Stermer, 11	Williamsburg	4	Catherine Lintzenich, 44	Williamsburg	2
Patricia Travis, 68	Williamsburg	3			
Mary Ann Goode, 61	Williamsburg	2	Women 50-59		
Shirley Stephens, 62	Williamsburg	1	Norma Phillips, 58	Williamsburg	5
			Susan Ferrandino, 50	Williamsburg	4
Masters Women 40-and-over			Lori Sherwood, 55	Portsmouth	3
Norma Phillips, 58	Williamsburg	5			
Susan Ferrandino, 50	Williamsburg	4	Women 60-69		
Daphne Papaefthimiou, 42	Toano	3	Patricia Travis, 68	Williamsburg	5
Patricia Travis, 68	Williamsburg	2	Mary Ann Goode, 61	Williamsburg	4
Mary Ann Goode, 61	Williamsburg	1	Shirley Stephens, 62	Williamsburg	3
			Cathy Kaurich, 63	Williamsburg	2
Women 19-and-under			Nancy Byrd, 65	Toano	1
Lydia Short, 9	Toano	5			
Ivy Stermer, 11	Williamsburg	4	Women 70-and-over		
Lilyan Brenegan, 10	Williamsburg	3	Roswitha Goossens-Winter, 70	Williamsburg	5
Eva Fields, 13	Williamsburg	2	Nancy Blount, 73	Williamsburg	4
Jordan Smith, 12	Williamsburg	1			
			Women Walk		
Women 20-29			Lori Sherwood, 55	Portsmouth	5
Katie Abelt, 27	Williamsburg	5	Cathy Kaurich, 63	Williamsburg	4
			Nancy Byrd, 65	Toano	3
Women 30-39					

Kingswood Klam 5K Run Times

Men Overall

Roger Hopper, 28	Norfolk	16:11
Paul Glass, 17	Williamsburg	18:00
Ryan Doupe, 33	Rogers, AR	18:21
Logan St. John, 25	Newport News	18:39
Glenn Glass, 15	Williamsburg	18:59
Greg Lynn, 45	Hayes	19:21
Steve Seiler, 33	Williamsburg	19:22
Chris Novakoski, 37	Chesapeake	19:40
Rob Whitaker, 60	Yorktown	19:50
Jonathan Torres, 29	Newport News	20:08

Masters Men 40-and-over

Greg Lynn, 45	Hayes	19:21
Rob Whitaker, 60	Yorktown	19:50
Ken Alberg, 58	Suffolk	20:18
Jim Thornton, 65	Toano	20:58
Ryan Gregory, 45	Williamsburg	21:28

Men 19-and-under

Paul Glass, 17	Williamsburg	18:00
Glenn Glass, 15	Williamsburg	18:59
Lorenzo Short, 13	Toano	20:56
Grayson Lewis, 10	Williamsburg	24:02
Orion Berger, 12	Williamsburg	25:14

Men 20-29

Roger Hopper, 28	Norfolk	16:11
Logan St. John, 25	Newport News	18:39
Jonathan Torres, 29	Newport News	20:08
Kevin Kaurich, 27	Richmond	28:24

Men 30-39

Women Overall

Laura Broderick, 39	Williamsburg	24:26
Katie Abelt, 27	Williamsburg	25:16
Norma Phillips, 58	Williamsburg	25:31
Susan Ferrandino, 50	Williamsburg	26:57
Lydia Short, 9	Toano	27:05
Daphne Papaefthimiou, 42	Toano	27:09
Ivy Stermer, 11	Williamsburg	27:28
Patricia Travis, 68	Williamsburg	29:00
Mary Ann Goode, 61	Williamsburg	29:29
Shirley Stephens, 62	Williamsburg	31:11

Masters Women 40-and-over

Norma Phillips, 58	Williamsburg	25:31
Susan Ferrandino, 50	Williamsburg	26:57
Daphne Papaefthimiou, 42	Toano	27:09
Patricia Travis, 68	Williamsburg	29:00
Mary Ann Goode, 61	Williamsburg	29:29

Women 19-and-under

Ryan Doupe, 33	Rogers, AR	18:21
Steve Seiler, 33	Williamsburg	19:22
Chris Novakoski, 37	Chesapeake	19:40
Benjamin Kaurich, 31	Newport News	22:19
William McCallister, 36	Lanexa	24:00

Men 40-49

Greg Lynn, 45	Hayes	19:21
Ryan Gregory, 45	Williamsburg	21:28
Steven Short, 45	Toano	21:33
Robert Murphie, 44	Williamsburg	23:18
David Glass, 47	Williamsburg	25:12

Men 50-59

Ken Alberg, 58	Suffolk	20:18
Orlando Perez, 57	Newport News	22:08

Men 60-69

Rob Whitaker, 60	Yorktown	19:50
Jim Thornton, 65	Toano	20:58
Chris Abelt, 62	Williamsburg	23:38
Steve Altman, 63	Williamsburg	24:13
Rick Platt, 68	Williamsburg	24:55

Men 70-and-over

John Strassberger, 75	Williamsburg	37:54
-----------------------	--------------	-------

Men Walk

John Strassberger, 75	Williamsburg	37:54
Dwight Kane, 66	Chesapeake	37:58
Alexey Popov, 36	Newport News	38:21
Bob Curtin, 66	Hampton	48:47

Lydia Short, 9	Toano	27:05
Ivy Stermer, 11	Williamsburg	27:28
Lilyan Brenegan, 10	Williamsburg	36:10
Eva Fields, 13	Williamsburg	36:55
Jordan Smith, 12	Williamsburg	36:56

Women 20-29

Katie Abelt, 27	Williamsburg	25:16
-----------------	--------------	-------

Women 30-39

Laura Broderick, 39	Williamsburg	24:26
Rebecca Currier, 31	Toano	39:21

Women 40-49

Daphne Papaefthimiou, 42	Toano	27:09
Alison Grygalonis, 41	Williamsburg	32:28
Julie Brenegan, 43	Williamsburg	48:34
Catherine Lintzenich, 44	Williamsburg	48:34

Women 50-59

Norma Phillips, 58	Williamsburg	25:31
Susan Ferrandino, 50	Williamsburg	26:57
Lori Sherwood, 55	Portsmouth	38:49

Women 60-69

Patricia Travis, 68	Williamsburg	29:00
Mary Ann Goode, 61	Williamsburg	29:29
Shirley Stephens, 62	Williamsburg	31:11
Cathy Kaurich, 63	Williamsburg	40:43
Nancy Byrd, 65	Toano	41:30

Women 70-and-over

Roswitha Goossens-Winter, 70	Williamsburg	32:31
Nancy Blount, 73	Williamsburg	41:50

Women Walk

Lori Sherwood, 55	Portsmouth	38:49
Cathy Kaurich, 63	Williamsburg	40:43
Nancy Byrd, 65	Toano	41:30

**WISC Gymnastics Flipping 5K Points
Saturday, June 22, 2019**

Men Overall

Matt Joosse, 39	Williamsburg	10
Logan St. John, 25	Newport News	9
Jason Miller, 42	Williamsburg	8
Andy Riley, 40	Toano	7
Greg Lynn, 45	Hayes	6
Robert Whitaker, 60	Yorktown	5
Jonathan Torres, 29	Newport News	4
Isaac Lamprecht, 12	New Kent	3
Chris Novakoski, 37	Chesapeake	2
Paul Pelletier, 53	Williamsburg	1

Steve Seiler, 33	Williamsburg	3
Timothy Decker, 38	Williamsburg	2
Kareem Monroe, 38	Chesapeake	1

Men 40-49

Jason Miller, 42	Williamsburg	5
Andy Riley, 40	Toano	4
Greg Lynn, 45	Hayes	3
Richard Barhydt, 45	Manassas Park	2
Bruce Scheidemantle, 45	Newport News	1

Men 50-59

Paul Pelletier, 53	Williamsburg	5
Steven Menzies, 55	Williamsburg	4
Larry Golub, 57	Williamsburg	3
Kevin Hughes, 50	Williamsburg	2
Kostas Orginos, 50	Williamsburg	1

Men 60-69

Robert Whitaker, 60	Yorktown	5
Jim Thornton, 65	Toano	4
Will Murray, 63	Williamsburg	3
Rick Platt, 68	Williamsburg	2
Chris Abelt, 62	Williamsburg	1

Men 70-and-over

Larry Arata, 74	Williamsburg	5
Randy Hawthorne, 73	Williamsburg	4
John Strassberger, 75	Williamsburg	3

Men Walk

Scott Stakes, 56	Portsmouth	5
Alexey Popov, 36	Newport News	4
John Strassberger, 75	Williamsburg	3
Robert Curtin, 66	Hampton	2
Alex Street, 7	Williamsburg	1

Masters Men 40-and-over

Jason Miller, 42	Williamsburg	5
Andy Riley, 40	Toano	4
Greg Lynn, 45	Hayes	3
Robert Whitaker, 60	Yorktown	2
Paul Pelletier, 53	Williamsburg	1

Men 19-and-under

Isaac Lamprecht, 12	New Kent	5
Carter Thrash, 15	Williamsburg	4
Jayce Jurgilanis, 12	Mechanicsville	3
Andrew Shuck, 9	Williamsburg	2
Joshua Collins, 18	Lanexa	1

Men 20-29

Logan St. John, 25	Newport News	5
Jonathan Torres, 29	Newport News	4
Levan Roberts, 23	Williamsburg	3
Kenneth Giddings, 25	Newport News	2
Joseph Humphreys, 20	White Stone	1

Men 30-39

Matt Joosse, 39	Williamsburg	5
Chris Novakoski, 37	Chesapeake	4

Women Overall

Kim Decker, 37	Williamsburg	10
Svetlana Goncharova, 21	Williamsburg	9
Sarah Laine, 25	Newport News	8
Susan Hagel, 46	Norfolk	7

Jennifer Brown, 43	Lewisburg, PA	6
April Giddings, 26	Newport News	5
Tracie Sims, 38	Lanexa	4
Julie Gravette, 50	Newport News	3
Catherine Simpson, 30	Williamsburg	2

Rebecca Lofgren, 38	Williamsburg	1	Susan Hagel, 46	Norfolk	5
			Jennifer Brown, 43	Lewisburg, PA	4
Masters Women 40-and-over			Emily Shuck, 40	Williamsburg	3
Susan Hagel, 46	Norfolk	5	Kristina Carter, 42	Williamsburg	2
Jennifer Brown, 43	Lewisburg, PA	4	Lauren DeFelice, 46	Williamsburg	1
Julie Gravette, 50	Newport News	3			
Janice Kailos, 58	Williamsburg	2	Women 50-59		
Emily Shuck, 40	Williamsburg	1	Julie Gravette, 50	Newport News	5
			Janice Kailos, 58	Williamsburg	4
Women 19-and-under			Laurie Brown, 56	Williamsburg	3
Cheyenne Reagan, 11	Williamsburg	5	Lisa Aaron, 51	Henrico	2
Kyra Warren, 11	Williamsburg	4	Jennifer Haynes, 53	West Point	1
Alaina DeFelice, 14	Williamsburg	3			
Jazmin Johnson, 12	Williamsburg	2	Women 60-69		
Kayla Zanette, 14	Toano	1	Shirley Stephens, 62	Williamsburg	5
			Ruth LeBarron, 63	Williamsburg	4
Women 20-29			Sally Adler, 68	Williamsburg	3
Svetlana Goncharova, 21	Williamsburg	5	Suzanne Mitrovic, 61	Williamsburg	2
Sarah Laine, 25	Newport News	4	Brenda Mitchell, 68	Williamsburg	1
April Giddings, 26	Newport News	3			
Whitney Madden, 29	Williamsburg	2	Women 70-and-over		
Kayla Aaron, 22	Henrico	1	Roswitha Goossens-Winter, 70	Williamsburg	5
			Nancy Blount, 73	Williamsburg	4
Women 30-39					
Kim Decker, 37	Williamsburg	5	Women Walk		
Tracie Sims, 38	Lanexa	4	Cathy Kaurich, 63	Williamsburg	5
Catherine Simpson, 30	Williamsburg	3	Nancy Byrd, 65	Toano	4
Rebecca Lofgren, 38	Williamsburg	2	Ellen Gulden, 13	Toano	3
Amy Peters, 36	Yorktown	1	Tracey Gulden, 48	Toano	2
			Chanel McAlpine, 41	Williamsburg	1

WISC Gymnastics Flipping 5K Times

Men Overall			Andrew Shuck, 9	Williamsburg	27:02
Matt Joosse, 39	Williamsburg	17:43	Joshua Collins, 18	Lanexa	28:11
Logan St. John, 25	Newport News	18:15			
Jason Miller, 42	Williamsburg	18:16	Men 20-29		
Andy Riley, 40	Toano	18:20	Logan St. John, 25	Newport News	18:15
Greg Lynn, 45	Hayes	18:22	Jonathan Torres, 29	Newport News	18:44
Robert Whitaker, 60	Yorktown	18:37	Levan Roberts, 23	Williamsburg	24:32
Jonathan Torres, 29	Newport News	18:44	Kenneth Giddings, 25	Newport News	25:47
Isaac Lamprecht, 12	New Kent	18:49	Joseph Humphreys, 20	White Stone	30:22
Chris Novakoski, 37	Chesapeake	19:07			
Paul Pelletier, 53	Williamsburg	19:30	Men 30-39		
			Matt Joosse, 39	Williamsburg	17:43
Masters Men 40-and-over			Chris Novakoski, 37	Chesapeake	19:07
Jason Miller, 42	Williamsburg	18:16	Steve Seiler, 33	Williamsburg	19:40
Andy Riley, 40	Toano	18:20	Timothy Decker, 38	Williamsburg	20:34
Greg Lynn, 45	Hayes	18:22	Kareem Monroe, 38	Chesapeake	21:19
Robert Whitaker, 60	Yorktown	18:37			
Paul Pelletier, 53	Williamsburg	19:30	Men 40-49		
			Jason Miller, 42	Williamsburg	18:16
Men 19-and-under			Andy Riley, 40	Toano	18:20
Isaac Lamprecht, 12	New Kent	18:49	Greg Lynn, 45	Hayes	18:22
Carter Thrash, 15	Williamsburg	20:38	Richard Barhydt, 45	Manassas Park	20:49
Jayce Jurgilanis, 12	Mechanicsville	24:08	Bruce Scheidemantle, 45	Newport News	21:52

Men 50-59			Chris Abelt, 62	Williamsburg	23:10
Paul Pelletier, 53	Williamsburg	19:30	Men 70-and-over		
Steven Menzies, 55	Williamsburg	20:32	Larry Arata, 74	Williamsburg	28:38
Larry Golub, 57	Williamsburg	23:01	Randy Hawthorne, 73	Williamsburg	31:38
Kevin Hughes, 50	Williamsburg	23:59	John Strassberger, 75	Williamsburg	37:14
Kostas Orginos, 50	Williamsburg	24:40	Men Walk		
Men 60-69			Scott Stakes, 56	Portsmouth	36:03
Robert Whitaker, 60	Yorktown	18:37	Alexey Popov, 36	Newport News	36:21
Jim Thornton, 65	Toano	20:38	John Strassberger, 75	Williamsburg	37:14
Will Murray, 63	Williamsburg	21:10	Robert Curtin, 66	Hampton	47:38
Rick Platt, 68	Williamsburg	22:46	Alex Street, 7	Williamsburg	1:07:13
Women Overall			Catherine Simpson, 30	Williamsburg	27:20
Kim Decker, 37	Williamsburg	21:55	Rebecca Lofgren, 38	Williamsburg	27:45
Svetlana Goncharova, 21	Williamsburg	22:34	Amy Peters, 36	Yorktown	28:14
Sarah Laine, 25	Newport News	22:35	Women 40-49		
Susan Hagel, 46	Norfolk	23:53	Susan Hagel, 46	Norfolk	23:53
Jennifer Brown, 43	Lewisburg, PA	24:17	Jennifer Brown, 43	Lewisburg, PA	24:17
April Giddings, 26	Newport News	25:46	Emily Shuck, 40	Williamsburg	28:47
Tracie Sims, 38	Lanexa	26:34	Kristina Carter, 42	Williamsburg	29:08
Julie Gravette, 50	Newport News	27:18	Lauren DeFelice, 46	Williamsburg	30:16
Catherine Simpson, 30	Williamsburg	27:20	Women 50-59		
Rebecca Lofgren, 38	Williamsburg	27:45	Julie Gravette, 50	Newport News	27:18
Masters Women 40-and-over			Janice Kailos, 58	Williamsburg	27:52
Susan Hagel, 46	Norfolk	23:53	Laurie Brown, 56	Williamsburg	29:52
Jennifer Brown, 43	Lewisburg, PA	24:17	Lisa Aaron, 51	Henrico	30:17
Julie Gravette, 50	Newport News	27:18	Jennifer Haynes, 53	West Point	31:43
Janice Kailos, 58	Williamsburg	27:52	Women 60-69		
Emily Shuck, 40	Williamsburg	28:47	Shirley Stephens, 62	Williamsburg	29:35
Women 19-and-under			Ruth LeBarron, 63	Williamsburg	31:21
Cheyenne Reagan, 11	Williamsburg	29:17.1	Sally Adler, 68	Williamsburg	32:07
Kyra Warren, 11	Williamsburg	29:17.4	Suzanne Mitrovic, 61	Williamsburg	32:18
Alaina DeFelice, 14	Williamsburg	30:31	Brenda Mitchell, 68	Williamsburg	39:04
Jazmin Johnson, 12	Williamsburg	31:42	Women 70-and-over		
Kayla Zanette, 14	Toano	31:57	Roswitha Goossens-Winter, 70	Williamsburg	31:25
Women 20-29			Nancy Blount, 73	Williamsburg	42:07
Svetlana Goncharova, 21	Williamsburg	22:34	Women Walk		
Sarah Laine, 25	Newport News	22:35	Cathy Kaurich, 63	Williamsburg	40:20
April Giddings, 26	Newport News	25:46	Nancy Byrd, 65	Toano	40:29
Whitney Madden, 29	Williamsburg	27:56	Ellen Gulden, 13	Toano	45:40
Kayla Aaron, 22	Henrico	32:12	Tracey Gulden, 48	Toano	45:43
Women 30-39			Chanel McAlpine, 41	Williamsburg	46:22
Kim Decker, 37	Williamsburg	21:55			
Tracie Sims, 38	Lanexa	26:34			

**WISC Mad Dash 5K Run Points
Saturday, August 3, 2019**

Men Overall			Paul Glass, 17	Williamsburg	9
Matt Joosse, 39	Williamsburg	10	Greg Lynn, 45	Hayes	8

Logan St. John, 25	Newport News	7	Matt Eppright, 34	Williamsburg	1
Jason Miller, 42	Williamsburg	6			
Steve Seiler, 33	Williamsburg	5	Men 40-49		
Robert Whitaker, 60	Yorktown	4	Greg Lynn, 45	Hayes	5
Jacob Lohr, 16	Williamsburg	3	Jason Miller, 42	Williamsburg	4
Stephen Chantry, 64	Williamsburg	2	Rob Goldsmith, 40	Williamsburg	3
Chris Novakoski, 37	Chesapeake	1	David Anderson, 49	Williamsburg	2
			Chris Scrofani, 44	Williamsburg	1
Masters Men 40-and-over			Men 50-59		
Greg Lynn, 45	Hayes	5	Paul Pelletier, 54	Williamsburg	5
Jason Miller, 42	Williamsburg	4	Robert Jean, 54	Williamsburg	4
Robert Whitaker, 60	Yorktown	3	Kevin Appel, 52	Williamsburg	3
Stephen Chantry, 64	Williamsburg	2	Alan Kostner, 55	Williamsburg	2
Paul Pelletier, 54	Williamsburg	1	Samuel Viniard, 50	Williamsburg	1
Men 19-and-under			Men 60-64		
Paul Glass, 17	Williamsburg	5	Robert Whitaker, 60	Yorktown	5
Jacob Lohr, 16	Williamsburg	4	Stephen Chantry, 64	Williamsburg	4
Glenn Glass, 15	Williamsburg	3	Jim Thornton, 65	Toano	3
Owen Stanton, 17	Poquoson	2	Will Murray, 63	Williamsburg	2
Jack Howard, 17	Williamsburg	1	Rick Platt, 69	Williamsburg	1
Men 20-29			Men 70-and-over		
Logan St. John, 25	Newport News	5	George Fenigsohn, 71	Poquoson	5
Jonathan Torres, 29	Newport News	4	John Strassberger, 75	Williamsburg	4
Mark Titcomb, 26	Williamsburg	3	Jesse Paz, 71	Williamsburg	3
Wesley Prothro, 22	Williamsburg	2			
Ravi Pradhanang, 29	Williamsburg	1	Men Walk		
Men 30-39			Alexey Popov, 36	Newport News	5
Matt Joosse, 39	Williamsburg	5	George Fenigsohn, 71	Poquoson	4
Steve Seiler, 33	Williamsburg	4	John Strassberger, 75	Williamsburg	3
Chris Novakoski, 37	Chesapeake	3	Rick Webb, 61	Yorktown	2
Benjamin Kaurich, 31	Newport News	2	Rick Gravel, 54	Toano	1
Women Overall			Kirsten Long, 17	Williamsburg	4
Emily Honeycutt, 28	Newport News	10	Ashley Foretich, 14	Yorktown	3
Sorena Jean, 17	Williamsburg	9	Parker Long, 13	Williamsburg	2
Kirsten Long, 17	Williamsburg	8	Cannon Jean, 14	Williamsburg	1
Ashley Foretich, 14	Yorktown	7			
Connie Cassidy, 37	Williamsburg	6	Women 20-29		
Jessica Anderson, 37	Williamsburg	5	Emily Honeycutt, 28	Newport News	5
Parker Long, 13	Williamsburg	4	Maggie Viniard, 20	Williamsburg	4
Laurel Henshaw, 38	Williamsburg	3			
Cannon Jean, 14	Williamsburg	2	Women 30-39		
Anne Condon, 42	Williamsburg	1	Connie Cassidy, 37	Williamsburg	5
			Jessica Anderson, 37	Williamsburg	4
Masters Women 40-and-over			Laurel Henshaw, 38	Williamsburg	3
Anne Condon, 42	Williamsburg	5	Michelle Van Dyke, 32	Williamsburg	2
Laura Stoner, 47	Williamsburg	4	Amanda Benner, 39	Williamsburg	1
Norma Phillips, 58	Williamsburg	3			
Catherine Law, 41	Williamsburg	2	Women 40-49		
Susan Hagel, 46	Norfolk	1	Anne Condon, 42	Williamsburg	5
			Laura Stoner, 47	Williamsburg	4
Women 19-and-under			Catherine Law, 41	Williamsburg	3
Sorena Jean, 17	Williamsburg	5	Susan Hagel, 46	Norfolk	2

Janet Veith, 44	Williamsburg	1	Sally Adler, 68	Williamsburg	2
			Cathy Kaurich, 63	Williamsburg	1
Women 50-59			Women 70-and-over		
Norma Phillips, 58	Williamsburg	5	Roswitha Goossens-Winter, 70	Williamsburg	5
Tara Dress, 51	Newport News	4			
Criztina Jean, 50	Williamsburg	3			
Melissa Shelton, 50	Williamsburg	2	Women Walk		
Molly McBeath, 55	Barhamsville	1	Laura Liechti, 57	Williamsburg	5
			Cathy Kaurich, 63	Williamsburg	4
			Nancy Byrd, 65	Toano	3
Women 60-69			Stephanie Gravel, 51	Toano	2
Jan Barry, 66	Williamsburg	5	Judy Jarrett, 63	Williamsburg	1
Patricia Travis, 68	Williamsburg	4			
Shirley Stephens, 62	Williamsburg	3			

WISC Mad Dash 5K Run Times

Men Overall			Chris Novakoski, 37	Chesapeake	19:57
Matt Joosse, 39	Williamsburg	18:49	Benjamin Kaurich, 31	Newport News	23:17
Paul Glass, 17	Williamsburg	19:06	Matt Eppright, 34	Williamsburg	23:48
Greg Lynn, 45	Hayes	19:10			
Logan St. John, 25	Newport News	19:18	Men 40-49		
Jason Miller, 42	Williamsburg	19:22	Greg Lynn, 45	Hayes	19:10
Steve Seiler, 33	Williamsburg	19:24	Jason Miller, 42	Williamsburg	19:22
Robert Whitaker, 60	Yorktown	19:35	Rob Goldsmith, 40	Williamsburg	21:25
Jacob Lohr, 16	Williamsburg	19:43	David Anderson, 49	Williamsburg	21:36
Stephen Chantry, 64	Williamsburg	19:50	Chris Scrofani, 44	Williamsburg	23:06
Chris Novakoski, 37	Chesapeake	19:57			
Masters Men 40-and-over			Men 50-59		
Greg Lynn, 45	Hayes	19:10	Paul Pelletier, 54	Williamsburg	20:08
Jason Miller, 42	Williamsburg	19:22	Robert Jean, 54	Williamsburg	26:47
Robert Whitaker, 60	Yorktown	19:35	Kevin Appel, 52	Williamsburg	28:36
Stephen Chantry, 64	Williamsburg	19:50	Alan Kostner, 55	Williamsburg	30:45
Paul Pelletier, 54	Williamsburg	20:08	Samuel Viniard, 50	Williamsburg	33:31
Men 19-and-under			Men 60-64		
Paul Glass, 17	Williamsburg	19:06	Robert Whitaker, 60	Yorktown	19:35
Jacob Lohr, 16	Williamsburg	19:43	Stephen Chantry, 64	Williamsburg	19:50
Glenn Glass, 15	Williamsburg	20:20	Jim Thornton, 65	Toano	21:23
Owen Stanton, 17	Poquoson	20:27	Will Murray, 63	Williamsburg	22:42
Jack Howard, 17	Williamsburg	21:12	Rick Platt, 69	Williamsburg	25:03
Men 20-29			Men 70-and-over		
Logan St. John, 25	Newport News	19:18	George Fenigsohn, 71	Poquoson	38:32
Jonathan Torres, 29	Newport News	20:05	John Strassberger, 75	Williamsburg	40:10
Mark Titcomb, 26	Williamsburg	20:39	Jesse Paz, 71	Williamsburg	55:31
Wesley Prothro, 22	Williamsburg	29:20			
Ravi Pradhanang, 29	Williamsburg	40:34	Men Walk		
			Alexey Popov, 36	Newport News	37:12
Men 30-39			George Fenigsohn, 71	Poquoson	38:32
Matt Joosse, 39	Williamsburg	18:49	John Strassberger, 75	Williamsburg	40:10
Steve Seiler, 33	Williamsburg	19:24	Rick Webb, 61	Yorktown	42:38
			Rick Gravel, 54	Toano	45:51
Women Overall			Kirsten Long, 17	Williamsburg	22:17
Emily Honeycutt, 28	Newport News	21:03	Ashley Foretich, 14	Yorktown	23:56
Sorena Jean, 17	Williamsburg	21:30	Connie Cassidy, 37	Williamsburg	23:59

Jessica Anderson, 37	Williamsburg	24:21	Women 40-49		
Parker Long, 13	Williamsburg	24:23	Anne Condon, 42	Williamsburg	25:42
Laurel Henshaw, 38	Williamsburg	24:49	Laura Stoner, 47	Williamsburg	26:09
Cannon Jean, 14	Williamsburg	24:56	Catherine Law, 41	Williamsburg	26:50
Anne Condon, 42	Williamsburg	25:42	Susan Hagel, 46	Norfolk	27:15
			Janet Veith, 44	Williamsburg	31:20

Masters Women 40-and-over

Anne Condon, 42	Williamsburg	25:42
Laura Stoner, 47	Williamsburg	26:09
Norma Phillips, 58	Williamsburg	26:49
Catherine Law, 41	Williamsburg	26:50
Susan Hagel, 46	Norfolk	27:15

Women 19-and-under

Sorena Jean, 17	Williamsburg	21:30
Kirsten Long, 17	Williamsburg	22:17
Ashley Foretich, 14	Yorktown	23:56
Parker Long, 13	Williamsburg	24:23
Cannon Jean, 14	Williamsburg	24:56

Women 20-29

Emily Honeycutt, 28	Newport News	21:03
Maggie Viniard, 20	Williamsburg	36:46

Women 30-39

Connie Cassidy, 37	Williamsburg	23:59
Jessica Anderson, 37	Williamsburg	24:21
Laurel Henshaw, 38	Williamsburg	24:49
Michelle Van Dyke, 32	Williamsburg	31:45
Amanda Benner, 39	Williamsburg	33:46

Women 50-59

Norma Phillips, 58	Williamsburg	26:49
Tara Dress, 51	Newport News	32:12
Critzina Jean, 50	Williamsburg	33:47
Melissa Shelton, 50	Williamsburg	34:01
Molly McBeath, 55	Barhamsville	38:03

Women 60-69

Jan Barry, 66	Williamsburg	30:43
Patricia Travis, 68	Williamsburg	31:12
Shirley Stephens, 62	Williamsburg	31:30
Sally Adler, 68	Williamsburg	34:24
Cathy Kaurich, 63	Williamsburg	43:04

Women 70-and-over

Roswitha Goossens-Winter, 70	Williamsburg	33:36
------------------------------	--------------	-------

Women Walk

Laura Liechti, 57	Williamsburg	38:43
Cathy Kaurich, 63	Williamsburg	43:04
Nancy Byrd, 65	Toano	43:15
Stephanie Gravel, 51	Toano	45:50
Judy Jarrett, 63	Williamsburg	54:02

The Vineyards of Williamsburg/CDR Super Hero 5K Run Points Saturday, August 10, 2019

Men Overall

Owen Bradley, 18	Mays Landing, NJ	10
Jonathan Torres, 29	Newport News	9
Andy Riley, 41	Toano	8
Jacob Lohr, 16	Williamsburg	7
Logan St. John, 25	Newport News	6
Greg Lynn, 45	Hayes	5
Steve Seiler, 34	Williamsburg	4
Jason Miller, 42	Williamsburg	3
Robert Whitaker, 60	Yorktown	2
Stephen Chantry, 64	Williamsburg	1

Masters Men 40-and-over

Andy Riley, 41	Toano	5
Greg Lynn, 45	Hayes	4
Jason Miller, 42	Williamsburg	3
Robert Whitaker, 60	Yorktown	2
Stephen Chantry, 64	Williamsburg	1

Men 19-and-under

Owen Bradley, 18	Mays Landing, NJ	5
Jacob Lohr, 16	Williamsburg	4

Isaac Lamprecht, 12	New Kent	3
Braden Coykendall, 15	Williamsburg	2
Patrick Trost, 16	New Kent	1

Men 20-29

Jonathan Torres, 29	Newport News	5
Logan St. John, 25	Newport News	4
Paul Jones, 26	Williamsburg	3
Steven Zayas, 29	Providence Forge	2
Thomas Betro, 22	Williamsburg	1

Men 30-39

Steve Seiler, 34	Williamsburg	5
Chris Novakoski, 37	Chesapeake	4
Todd Kessler, 36	Dallas, TX	3
Clayton Blosser, 32	Newport News	2
Benjamin Kaurich, 31	Newport News	1

Men 40-49

Andy Riley, 41	Toano	5
Greg Lynn, 45	Hayes	4
Jason Miller, 42	Williamsburg	3

David Anderson, 49	Williamsburg	2	Rick Platt, 69	Williamsburg	1
Paul Scribbins, 46	Gloucester	1			
Men 50-59			Men 70-and-over		
Timothy Collins, 58	Williamsburg	5	Larry Arata, 74	Williamsburg	5
Terry McManus, 58	Williamsburg	4	Bob Canfield, 73	Williamsburg	4
Larry Golub, 57	Williamsburg	3	John Strassberger, 75	Williamsburg	3
Kevin Hughes, 50	Williamsburg	2	Charles Crone, 77	Williamsburg	2
Robert Jean, 54	Williamsburg	1			
Men 60-69			Men Walk		
Robert Whitaker, 60	Yorktown	5	Alexey Popov, 36	Newport News	5
Stephen Chantry, 64	Williamsburg	4	John Strassberger, 75	Williamsburg	4
Jim Thornton, 65	Toano	3	Simon Davies, 32	Williamsburg	3
Will Murray, 63	Williamsburg	2	Hunter Creech, 49	Williamsburg	2
			Dewayne Williams, 47	Lanexa	1
Women Overall					
Emily Honeycutt, 28	Newport News	10	Marija Kirbeneva, 34	Williamsburg	3
Sorena Jean, 17	Williamsburg	9	Kristin Koernig, 37	Washington, DC	2
Svetlana Goncharova, 21	Williamsburg	8	Kate Chapman, 31	Williamsburg	1
Cannon Jean, 14	Williamsburg	7	Women 40-49		
Jessica Anderson, 37	Williamsburg	6	Cathy Dahl, 40	Williamsburg	5
Norma Phillips, 58	Williamsburg	5	Yolanda Jefferson, 41	Newport News	4
Erin Shields, 37	Williamsburg	4	Jen Primich, 43	Williamsburg	3
Marija Kirbeneva, 34	Williamsburg	3	Lyn Whitt, 46	Gloucester	2
Aleigh Custer, 16	Williamsburg	2	Melissa Hazelwood, 40	Suffolk	1
Angela Payne, 19	Williamsburg	1			
Masters Women 40-and-over			Women 50-59		
Norma Phillips, 58	Williamsburg	5	Norma Phillips, 58	Williamsburg	5
Liz Wostbrock, 58	Marietta, GA	4	Liz Wostbrock, 58	Marietta, GA	4
Cathy Dahl, 40	Williamsburg	3	Christine Payne, 56	Williamsburg	3
Yolanda Jefferson, 41	Newport News	2	Critzina Jean, 50	Williamsburg	2
Patricia Travis, 68	Williamsburg	1	Robin Rice, 53	Williamsburg	1
Women 19-and-under			Women 60-69		
Sorena Jean, 17	Williamsburg	5	Patricia Travis, 68	Williamsburg	5
Cannon Jean, 14	Williamsburg	4	Shirley Stephens, 62	Williamsburg	4
Aleigh Custer, 16	Williamsburg	3	Sally Adler, 68	Williamsburg	3
Angela Payne, 19	Williamsburg	2	Arlene Rayburn, 67	Crownsville, MD	2
Emily Payne, 19	Williamsburg	1	Martha Gullo, 66	Williamsburg	1
Women 20-29			Women 70-and-over		
Emily Honeycutt, 28	Newport News	5	Roswitha Goossens-Winter, 70	Williamsburg	5
Svetlana Goncharova, 21	Williamsburg	4	Candice Michalik, 71	Williamsburg	4
Alyrria Velez, 23	Newport News	3	Sarah Houghland, 76	Williamsburg	3
Charisse Gil, 27	Williamsburg	2			
Amanda Creekmore, 27	Williamsburg	1	Women Walk		
Women 30-39			Louise Canfield, 67	Williamsburg	5
Jessica Anderson, 37	Williamsburg	5	Cathy Kaurich, 63	Williamsburg	4
Erin Shields, 37	Williamsburg	4	Amy Crotty, 59	Ark	3
			Judi Howard, 65	Lanexa	2
			Lori Laws, 51	Yorktown	1

The Vineyards of Williamsburg/CDR Super Hero 5K Run Times

Men Overall

Owen Bradley, 18	Mays Landing, NJ	17:34
Jonathan Torres, 29	Newport News	18:27
Andy Riley, 41	Toano	18:31
Jacob Lohr, 16	Williamsburg	18:37
Logan St. John, 25	Newport News	18:41
Greg Lynn, 45	Hayes	18:43
Steve Seiler, 34	Williamsburg	18:48
Jason Miller, 42	Williamsburg	18:53
Robert Whitaker, 60	Yorktown	19:00
Stephen Chantry, 64	Williamsburg	19:15

Masters Men 40-and-over

Andy Riley, 41	Toano	18:31
Greg Lynn, 45	Hayes	18:43
Jason Miller, 42	Williamsburg	18:53
Robert Whitaker, 60	Yorktown	19:00
Stephen Chantry, 64	Williamsburg	19:15

Men 19-and-under

Owen Bradley, 18	Mays Landing, NJ	17:34
Jacob Lohr, 16	Williamsburg	18:37
Isaac Lamprecht, 12	New Kent	20:40
Braden Coykendall, 15	Williamsburg	20:59
Patrick Trost, 16	New Kent	25:38

Men 20-29

Jonathan Torres, 29	Newport News	18:27
Logan St. John, 25	Newport News	18:41
Paul Jones, 26	Williamsburg	21:47
Steven Zayas, 29	Providence Forge	33:43
Thomas Betro, 22	Williamsburg	35:22

Men 30-39

Steve Seiler, 34	Williamsburg	18:48
Chris Novakoski, 37	Chesapeake	19:22
Todd Kessler, 36	Dallas, TX	20:08

Women Overall

Emily Honeycutt, 28	Newport News	20:08
Sorena Jean, 17	Williamsburg	20:28
Svetlana Goncharova, 21	Williamsburg	24:02
Cannon Jean, 14	Williamsburg	24:06
Jessica Anderson, 37	Williamsburg	24:07
Norma Phillips, 58	Williamsburg	25:32
Erin Shields, 37	Williamsburg	26:15
Marija Kirbeneva, 34	Williamsburg	26:51
Aleigh Custer, 16	Williamsburg	26:56
Angela Payne, 19	Williamsburg	27:06

Masters Women 40-and-over

Norma Phillips, 58	Williamsburg	25:32
Liz Wostbrock, 58	Marietta, GA	28:17
Cathy Dahl, 40	Williamsburg	28:27

Clayton Blosser, 32	Newport News	20:43
Benjamin Kaurich, 31	Newport News	21:51

Men 40-49

Andy Riley, 41	Toano	18:31
Greg Lynn, 45	Hayes	18:43
Jason Miller, 42	Williamsburg	18:53
David Anderson, 49	Williamsburg	20:21
Paul Scribbins, 46	Gloucester	21:00

Men 50-59

Timothy Collins, 58	Williamsburg	20:28
Terry McManus, 58	Williamsburg	20:52
Larry Golub, 57	Williamsburg	23:07
Kevin Hughes, 50	Williamsburg	23:59
Robert Jean, 54	Williamsburg	25:18

Men 60-69

Robert Whitaker, 60	Yorktown	19:00
Stephen Chantry, 64	Williamsburg	19:15
Jim Thornton, 65	Toano	20:03
Will Murray, 63	Williamsburg	21:32
Rick Platt, 69	Williamsburg	24:27

Men 70-and-over

Larry Arata, 74	Williamsburg	28:36
Bob Canfield, 73	Williamsburg	31:36
John Strassberger, 75	Williamsburg	38:37
Charles Crone, 77	Williamsburg	52:25

Men Walk

Alexey Popov, 36	Newport News	34:55
John Strassberger, 75	Williamsburg	38:37
Simon Davies, 32	Williamsburg	48:27
Hunter Creech, 49	Williamsburg	50:01
Dewayne Williams, 47	Lanexa	51:18

Yolanda Jefferson, 41	Newport News	28:35
Patricia Travis, 68	Williamsburg	28:55

Women 19-and-under

Sorena Jean, 17	Williamsburg	20:28
Cannon Jean, 14	Williamsburg	24:06
Aleigh Custer, 16	Williamsburg	26:56
Angela Payne, 19	Williamsburg	27:06
Emily Payne, 19	Williamsburg	28:45

Women 20-29

Emily Honeycutt, 28	Newport News	20:08
Svetlana Goncharova, 21	Williamsburg	24:02
Alyrria Velez, 23	Newport News	32:17
Charisse Gil, 27	Williamsburg	32:45
Amanda Creekmore, 27	Williamsburg	36:27

Women 30-39

Jessica Anderson, 37	Williamsburg	24:07
Erin Shields, 37	Williamsburg	26:15
Marija Kirbeneva, 34	Williamsburg	26:51
Kristin Koernig, 37	Washington, DC	27:22
Kate Chapman, 31	Williamsburg	27:35

Women 40-49

Cathy Dahl, 40	Williamsburg	28:27
Yolanda Jefferson, 41	Newport News	28:35
Jen Primich, 43	Williamsburg	29:48
Lyn Whitt, 46	Gloucester	34:40
Melissa Hazelwood, 40	Suffolk	35:12

Women 50-59

Norma Phillips, 58	Williamsburg	25:32
Liz Wostbrock, 58	Marietta, GA	28:17
Christine Payne, 56	Williamsburg	30:10
Cristina Jean, 50	Williamsburg	32:25

Robin Rice, 53	Williamsburg	33:10
----------------	--------------	-------

Women 60-69

Patricia Travis, 68	Williamsburg	28:55
Shirley Stephens, 62	Williamsburg	29:30
Sally Adler, 68	Williamsburg	31:41
Arlene Rayburn, 67	Crownsville, MD	32:43
Martha Gullo, 66	Williamsburg	34:24

Women 70-and-over

Roswitha Goossens-Winter, 70	Williamsburg	30:40
Candice Michalik, 71	Williamsburg	35:27
Sarah Houghland, 76	Williamsburg	1:05:14

Women Walk

Louise Canfield, 67	Williamsburg	38:24
Cathy Kaurich, 63	Williamsburg	41:26
Amy Crotty, 59	Ark	44:17
Judi Howard, 65	Lanexa	45:20
Lori Laws, 51	Yorktown	45:20

**York River State Park 5K Run/Walk Points
Saturday, August 17, 2019**

Men Overall

Roger Hopper, 28	Norfolk	10
Nate Peterson, 26	Gloucester	9
Michael Wegner, 23	Columbia, MD	8
Louka Fetter, 14	Chesapeake	7
Cary Caldwell, 15	Williamsburg	6
Nicholas Smerlis, 14	Yorktown	5
Johnathan Mummert, 14	Newport News	4
Greg Lynn, 45	Hayes	3
Jake Falcone, 14	Williamsburg	2
Andy Riley, 41	Toano	1

Masters Men 40-and-over

Greg Lynn, 45	Hayes	5
Andy Riley, 41	Toano	4
Paul Pelletier, 54	Williamsburg	3
Ken Alberg, 58	Suffolk	2
Joe Calkins, 48	Lanexa	1

Men 19-and-under

Louka Fetter, 14	Chesapeake	5
Cary Caldwell, 15	Williamsburg	4
Nicholas Smerlis, 14	Yorktown	3
Johnathan Mummert, 14	Newport News	2
Jake Falcone, 14	Williamsburg	1

Men 20-29

Roger Hopper, 28	Norfolk	5
Nate Peterson, 26	Gloucester	4
Michael Wegner, 23	Columbia, MD	3
Jonathan Torres, 29	Newport News	2
Logan St. John, 25	Newport News	1

Men 30-39

Steven Seiler, 34	Williamsburg	5
Michael Pilola, 37	Yorktown	4
Benjamin Kaurich, 31	Newport News	3
Michael Dixon, 32	Williamsburg	2
William McCallister, 36	Lanexa	1

Men 40-49

Greg Lynn, 45	Hayes	5
Andy Riley, 41	Toano	4
Joe Calkins, 48	Lanexa	3
Steven Short, 45	Toano	2
Aden Digges, 49	Williamsburg	1

Men 50-59

Paul Pelletier, 54	Williamsburg	5
Ken Alberg, 58	Suffolk	4
Tim Irish, 52	Attleboro, MA	3
Ryan Davis, 56	Williamsburg	2
Kyle Patterson, 50	Williamsburg	1

Men 60-69

Will Murray, 63	Williamsburg	5
Rick Platt, 69	Williamsburg	4
Chris Abelt, 63	Williamsburg	3
Jimmy Blount, 68	Williamsburg	2
George Dever, 66	Newport News	1

Men 70-and-over

Larry Arata, 74	Williamsburg	5
George Fenigsohn, 71	Poquoson	4

John Strassberger, 75	Williamsburg	3	George Fenigsohn, 71	Poquoson	4
Men Walk			John Strassberger, 75	Williamsburg	3
Alexey Popov, 36	Newport News	5	Robert Curtin, 66	Hampton	2
			Claudio Cardenas, 55	Williamsburg	1
Women Overall			Rachel Scheitrum, 37	Williamsburg	5
Emily Honeycutt, 28	Newport News	10	Nichole Volo, 39	Aylett	4
Sorena Jean, 17	Williamsburg	9	Women 40-49		
Tonisha Woods, 45	Newport News	8	Tonisha Woods, 45	Newport News	5
Ashley Foretich, 14	Yorktown	7	Daphne Papaefthimiou, 42	Toano	4
Cannon Jean, 14	Williamsburg	6	Gina Flango, 46	Williamsburg	3
Sydney Crocetta, 16	Toano	5	Frisha Fyfe-Horne, 46	Williamsburg	2
Svetlana Goncharova, 21	Williamsburg	4	Leslie Franklin, 48	Williamsburg	1
Mary Bennick, 14	Newport News	3	Women 50-59		
Kori Massey, 15	New Kent	2	Norma Phillips, 58	Williamsburg	5
Charlotte Verdu, 15	New Kent	1	Amy Colley, 53	Williamsburg	4
Masters Women 40-and-over			Susan Ferrandino, 50	Williamsburg	3
Tonisha Woods, 45	Newport News	5	Lexa Smith, 50	Barhamsville	2
Norma Phillips, 58	Williamsburg	4	Criztina Jean, 50	Williamsburg	1
Amy Colley, 53	Williamsburg	3	Women 60-69		
Daphne Papaefthimiou, 42	Toano	2	Shirley Stephens, 62	Williamsburg	5
Gina Flango, 46	Williamsburg	1	Patricia Travis, 68	Williamsburg	4
Women 19-and-under			Christina Lavender, 65	Williamsburg	3
Sorena Jean, 17	Williamsburg	5	Brenda Mitchell, 69	Williamsburg	2
Ashley Foretich, 14	Yorktown	4	Judy Jarrett, 63	Williamsburg	1
Cannon Jean, 14	Williamsburg	3	Women 70-and-over		
Sydney Crocetta, 16	Toano	2	Roswitha Goossens-Winter, 70	Williamsburg	5
Mary Bennick, 14	Newport News	1	Women Walk		
Women 20-29			Cathy Kaurich, 63	Williamsburg	5
Emily Honeycutt, 28	Newport News	5	Nancy Byrd, 65	Toano	4
Svetlana Goncharova, 21	Williamsburg	4	Lois Short, 69	Narragansett, RI	3
Jessica Bryant, 25	Sciota, PA	3	Kathleen Woods, 61	Newport News	2
Erin Gedicke, 29	Hayes	2	Laurie Cardenas, 54	Williamsburg	1
Emilie Duncan, 29	Newport News	1			
Women 30-39					

York River State Park 5K Run/Walk Times

Men Overall			Andy Riley, 41	Toano	19:06
Roger Hopper, 28	Norfolk	16:29	Paul Pelletier, 54	Williamsburg	20:10
Nate Peterson, 26	Gloucester	16:33	Ken Alberg, 58	Suffolk	20:56
Michael Wegner, 23	Columbia, MD	17:26	Joe Calkins, 48	Lanexa	21:35
Louka Fetter, 14	Chesapeake	17:50	Men 19-and-under		
Cary Caldwell, 15	Williamsburg	18:11	Louka Fetter, 14	Chesapeake	17:50
Nicholas Smerlis, 14	Yorktown	18:32	Cary Caldwell, 15	Williamsburg	18:11
Johnathan Mummert, 14	Newport News	18:53	Nicholas Smerlis, 14	Yorktown	18:32
Greg Lynn, 45	Hayes	18:56	Johnathan Mummert, 14	Newport News	18:53
Jake Falcone, 14	Williamsburg	18:59	Jake Falcone, 14	Williamsburg	18:59
Andy Riley, 41	Toano	19:06	William Toth, 15	Williamsburg	19:09
Masters Men 40-and-over			Men 20-29		
Greg Lynn, 45	Hayes	18:56			

Cathy Kaurich, 63	Williamsburg	42:17	Kathleen Woods, 61	Newport News	57:20
Nancy Byrd, 65	Toano	43:21	Laurie Cardenas, 54	Williamsburg	1:01:37
Lois Short, 69	Narragansett, RI	46:11			

**Democracy Dash 10K Run at Jamestown Island Points
Saturday, August 24, 2019**

Men Overall

Roger Hopper, 28	Norfolk	10
Andrew Osborne, 25	Yorktown	9
Jason Miller, 42	Williamsburg	8
Jonathan Torres, 29	Newport News	7
Greg Lynn, 45	Hayes	6
Thomas Hicks, 47	Virginia Beach	5
Robert Whitaker, 60	Yorktown	4
Paul Pelletier, 54	Williamsburg	3
Steve Seiler, 34	Williamsburg	2
Chris Novakoski, 37	Chesapeake	1

Masters Men 40-and-over

Jason Miller, 42	Williamsburg	5
Greg Lynn, 45	Hayes	4
Thomas Hicks, 47	Virginia Beach	3
Robert Whitaker, 60	Yorktown	2
Paul Pelletier, 54	Williamsburg	1

Men 19-and-under

Glenn Glass, 15	Williamsburg	5
DJ Guthinger, 17	Yorktown	4
Isaac Lamprecht, 12	New Kent	3
Joe Barry, 19	Northport, NY	2
Braden Dumas, 13	Chesapeake	1

Men 20-29

Roger Hopper, 28	Norfolk	5
Andrew Osborne, 25	Yorktown	4
Jonathan Torres, 29	Newport News	3
Logan St. John, 25	Newport News	2
Brad Ward, 27	Williamsburg	1

Men 30-39

Steve Seiler, 34	Williamsburg	5
Chris Novakoski, 37	Chesapeake	4
Dennis Frazee, 32	Fort Belvoir	3

Women Overall

Emily Honeycutt, 28	Newport News	10
Brooke Gainey, 31	Newport News	9
Sorena Jean, 17	Williamsburg	8
Megan Schulze, 37	Glen Allen	7
Katie Sheftic, 37	Fort Eustis	6
Julie Hicks, 43	Virginia Beach	5
Karla Havens, 57	Plainview	4
Julie Myers, 29	Norfolk	3
Svetlana Goncharova, 21	Williamsburg	2
Cannon Jean, 14	Williamsburg	1

Benjamin Kaurich, 31	Newport News	2
Michael Dixon, 32	Williamsburg	1

Men 40-49

Jason Miller, 42	Williamsburg	5
Greg Lynn, 45	Hayes	4
Thomas Hicks, 47	Virginia Beach	3
Russ Fiebig, 48	Alexandria	2
David Anderson, 49	Williamsburg	1

Men 50-59

Paul Pelletier, 54	Williamsburg	5
Jon Leiding, 56	Virginia Beach	4
Ken Alberg, 58	Suffolk	3
Timothy Collins, 58	Williamsburg	2
Alan Van Zandt, 58	Newport News	1

Men 60-69

Robert Whitaker, 60	Yorktown	5
Richard Grant, 66	Suffolk	4
Jim Duffy, 67	Poquoson	3
Bill Price, 60	Chesapeake	2
Rick Platt, 69	Williamsburg	1

Men 70-and-over

William Moore, 73	Williamsburg	5
Larry Arata, 74	Williamsburg	4
Mike Daly, 72	Williamsburg	3
Randy Hawthorne, 74	Williamsburg	2
Rich Hildreth, 70	Virginia Beach	1

Men Walk

Alexey Popov, 36	Newport News	5
John Strassberger, 75	Williamsburg	4
Ulises Sanchez, 49	Williamsburg	3
Bob Curtin, 66	Hampton	2
Raymond Campbell, 52	Forest	1

Masters Women 40-and-over

Julie Hicks, 43	Virginia Beach	5
Karla Havens, 57	Plainview	4
Mary Jo Bailey, 58	Williamsburg	3
Marycarmen Montes, 40	Bronx, NY	2
Nancy Delaney, 53	Virginia Beach	1

Women 19-and-under

Sorena Jean, 17	Williamsburg	5
Cannon Jean, 14	Williamsburg	4

Hannah Buttner, 15	Williamsburg	3
Giovanna Moriarty, 19	Vienna	2
Brianna Frank, 16	Yorktown	1

Women 20-29

Emily Honeycutt, 28	Newport News	5
Julie Myers, 29	Norfolk	4
Svetlana Goncharova, 21	Williamsburg	3
Meagan Jackson, 29	Richmond	2
Erin Gedicke, 29	Hayes	1

Women 30-39

Brooke Gainey, 31	Newport News	5
Megan Schulze, 37	Glen Allen	4
Katie Sheftic, 37	Fort Eustis	3
Laurel Henshaw, 38	Williamsburg	2
Amelia Seagle, 31	Williamsburg	1

Women 40-49

Julie Hicks, 43	Virginia Beach	5
Marycarmen Montes, 40	Bronx, NY	4
Susan Hagel, 46	Norfolk	3
Lisa Leech, 43	Newport News	2
Adrienne Sines, 45	Williamsburg	1

Women 50-59

Karla Havens, 57	Plainview	5
Mary Jo Bailey, 58	Williamsburg	4
Nancy Delaney, 53	Virginia Beach	3
Norma Phillips, 58	Williamsburg	2
Valor Foy Jones, 56	Newport News	1

Women 60-69

Helen Worthington, 65	Bena	5
Patricia Travis, 68	Williamsburg	4
Shirley Stephens, 62	Williamsburg	3
Thea Ganoë, 61	Hampton	2
Pat Jedlinski, 63	Williamsburg	1

Women 70-and-over

Roswitha Goossens-Winter, 70	Wmsburg	5
------------------------------	---------	---

Women Walk

Brenda Bustillos, 39	Williamsburg	5
Cathy Kaurich, 63	Williamsburg	4
Lisa Marston, 58	Hayes	3
Norma Ellis, 46	Newport News	2
Dana Hoot, 49	Williamsburg	1

Democracy Dash 10K Run at Jamestown Island Times

Men Overall

Roger Hopper, 28	Norfolk	32:39
Andrew Osborne, 25	Yorktown	34:25
Jason Miller, 42	Williamsburg	38:10
Jonathan Torres, 29	Newport News	38:29
Greg Lynn, 45	Hayes	39:19
Thomas Hicks, 47	Virginia Beach	39:28
Robert Whitaker, 60	Yorktown	39:33
Paul Pelletier, 54	Williamsburg	39:44
Steve Seiler, 34	Williamsburg	39:45
Chris Novakoski, 37	Chesapeake	40:00

Jonathan Torres, 29	Newport News	38:29
Logan St. John, 25	Newport News	42:39
Brad Ward, 27	Williamsburg	44:27

Men 30-39

Steve Seiler, 34	Williamsburg	39:45
Chris Novakoski, 37	Chesapeake	40:00
Dennis Frazee, 32	Fort Belvoir	44:44
Benjamin Kaurich, 31	Newport News	46:29
Michael Dixon, 32	Williamsburg	46:50

Men 40-49

Jason Miller, 42	Williamsburg	38:10
Greg Lynn, 45	Hayes	39:19
Thomas Hicks, 47	Virginia Beach	39:28
Russ Fiebig, 48	Alexandria	41:32
David Anderson, 49	Williamsburg	42:13

Men 50-59

Paul Pelletier, 54	Williamsburg	39:44
Jon Leiding, 56	Virginia Beach	41:28
Ken Alberg, 58	Suffolk	42:10
Timothy Collins, 58	Williamsburg	42:24
Alan Van Zandt, 58	Newport News	47:06

Men 60-69

Robert Whitaker, 60	Yorktown	39:33
Richard Grant, 66	Suffolk	43:32
Jim Duffy, 67	Poquoson	46:07

Masters Men 40-and-over

Jason Miller, 42	Williamsburg	38:10
Greg Lynn, 45	Hayes	39:19
Thomas Hicks, 47	Virginia Beach	39:28
Robert Whitaker, 60	Yorktown	39:33
Paul Pelletier, 54	Williamsburg	39:44

Men 19-and-under

Glenn Glass, 15	Williamsburg	41:23
DJ Guthinger, 17	Yorktown	42:12
Isaac Lamprecht, 12	New Kent	43:22
Joe Barry, 19	Northport, NY	1:01:47
Braden Dumas, 13	Chesapeake	1:21:44

Men 20-29

Roger Hopper, 28	Norfolk	32:39
Andrew Osborne, 25	Yorktown	34:25

Bill Price, 60	Chesapeake	48:30	Rich Hildreth, 70	Virginia Beach	1:11:30
Rick Platt, 69	Williamsburg	49:09			
Men 70-and-over			Men Walk		
William Moore, 73	Williamsburg	55:44	Alexey Popov, 36	Newport News	1:08:13
Larry Arata, 74	Williamsburg	58:20	John Strassberger, 75	Williamsburg	1:16:59
Mike Daly, 72	Williamsburg	59:43	Ulises Sanchez, 49	Williamsburg	1:28:12
Randy Hawthorne, 74	Williamsburg	1:04:26	Bob Curtin, 66	Hampton	1:35:05
			Raymond Campbell, 52	Forest	1:39:35
Women Overall			Megan Schulze, 37	Glen Allen	45:03
Emily Honeycutt, 28	Newport News	41:55	Katie Sheftic, 37	Fort Eustis	45:21
Brooke Gainey, 31	Newport News	43:00	Laurel Henshaw, 38	Williamsburg	50:08
Sorena Jean, 17	Williamsburg	45:02	Amelia Seagle, 31	Williamsburg	51:18
Megan Schulze, 37	Glen Allen	45:03			
Katie Sheftic, 37	Fort Eustis	45:21	Women 40-49		
Julie Hicks, 43	Virginia Beach	47:02	Julie Hicks, 43	Virginia Beach	47:02
Karla Havens, 57	Plainview	47:08	Marycarmen Montes, 40	Bronx, NY	50:54
Julie Myers, 29	Norfolk	47:22	Susan Hagel, 46	Norfolk	53:57
Svetlana Goncharova, 21	Williamsburg	47:42	Lisa Leech, 43	Newport News	54:00
Cannon Jean, 14	Williamsburg	48:06	Adrienne Sines, 45	Williamsburg	55:15
Masters Women 40-and-over			Women 50-59		
Julie Hicks, 43	Virginia Beach	47:02	Karla Havens, 57	Plainview	47:08
Karla Havens, 57	Plainview	47:08	Mary Jo Bailey, 58	Williamsburg	48:12
Mary Jo Bailey, 58	Williamsburg	48:12	Nancy Delaney, 53	Virginia Beach	51:27
Marycarmen Montes, 40	Bronx, NY	50:54	Norma Phillips, 58	Williamsburg	51:46
Nancy Delaney, 53	Virginia Beach	51:27	Valor Foy Jones, 56	Newport News	53:08
Women 19-and-under			Women 60-69		
Sorena Jean, 17	Williamsburg	45:02	Helen Worthington, 65	Bena	56:50
Cannon Jean, 14	Williamsburg	48:06	Patricia Travis, 68	Williamsburg	1:01:53
Hannah Buttner, 15	Williamsburg	58:23	Shirley Stephens, 62	Williamsburg	1:01:59
Giovanna Moriarty, 19	Vienna	1:01:57	Thea Ganoë, 61	Hampton	1:02:30
Brianna Frank, 16	Yorktown	1:06:08	Pat Jedlinski, 63	Williamsburg	1:21:25
Women 20-29			Women 70-and-over		
Emily Honeycutt, 28	Newport News	41:55	Roswitha Goossens-Winter, 70	Wmsburg	1:03:43
Julie Myers, 29	Norfolk	47:22			
Svetlana Goncharova, 21	Williamsburg	47:42	Women Walk		
Meagan Jackson, 29	Richmond	59:31	Brenda Bustillos, 39	Williamsburg	1:22:03
Erin Geddicke, 29	Hayes	1:02:18	Cathy Kaurich, 63	Williamsburg	1:25:02
			Lisa Marston, 58	Hayes	1:28:17
Women 30-39			Norma Ellis, 46	Newport News	1:28:51
Brooke Gainey, 31	Newport News	43:00	Dana Hoot, 49	Williamsburg	1:35:12

Greensprings Miles for Smiles 8K Run/Walk Points
Saturday, September 28, 2019

Men Overall			Logan St. John, 25	Newport News	3
Roger Hopper, 28	Norfolk	10	Chris Novakoski, 37	Chesapeake	2
Travis Boltjes, 40	Washington, DC	9	Jim Thornton, 65	Toano	1
Jonathan Torres, 29	Newport News	8			
Greg Lynn, 45	Hayes	7	Masters Men 40-and-over		
Steve Seiler, 34	Williamsburg	6	Travis Boltjes, 40	Washington, DC	5
Robert Whitaker, 60	Yorktown	5	Greg Lynn, 45	Hayes	4
Paul Pelletier, 54	Williamsburg	4	Robert Whitaker, 60	Yorktown	3

Paul Pelletier, 54	Williamsburg	2	David Berger, 44	Williamsburg	1
Jim Thornton, 65	Toano	1			
Men 19-and-under					
Isaac Lamprecht, 13	New Kent	5			
Orion Berger, 13	Williamsburg	4			
Men 20-29					
Roger Hopper, 28	Norfolk	5			
Jonathan Torres, 29	Newport News	4			
Logan St. John, 25	Newport News	3			
Nick Miller, 27	Williamsburg	2			
Jesse Cox, 29	Lanexa	1			
Men 30-39					
Steve Seiler, 34	Williamsburg	5			
Chris Novakoski, 37	Chesapeake	4			
Benjamin Kaurich, 31	Newport News	3			
Stuart Hughes, 30	Williamsburg	2			
Jordan Chapman, 31	Williamsburg	1			
Men 40-49					
Travis Boltjes, 40	Washington, DC	5			
Greg Lynn, 45	Hayes	4			
Rob Goldsmith, 41	Williamsburg	3			
Bradford Smith, 44	Williamsburg	2			
Women Overall					
Lisa Osterhoudt, 37	Williamsburg	10			
Ashley Floyd, 35	Williamsburg	9			
Karen Grabowski, 35	Toano	8			
Susan Hagel, 46	Norfolk	7			
Lindsay Meadows, 12	Toano	6			
Farren Billue, 29	Richmond	5			
Ashley Foretich, 14	Yorktown	4			
Colleen Moreno, 30	Chesapeake	3			
Lauren Burr, 32	Middletown, NY	2			
Jeanette Primich, 43	Williamsburg	1			
			Lisa Osterhoudt, 37	Williamsburg	5
			Ashley Floyd, 35	Williamsburg	4
			Karen Grabowski, 35	Toano	3
			Colleen Moreno, 30	Chesapeake	2
			Lauren Burr, 32	Middletown, NY	1
Women 40-49					
			Susan Hagel, 46	Norfolk	5
			Jeanette Primich, 43	Williamsburg	4
			Toni Colton, 43	Poquoson	3
			Tracey Mansisidor, 47	Williamsburg	2
Masters Women 40-and-over					
Susan Hagel, 46	Norfolk	5			
Jeanette Primich, 43	Williamsburg	4			
Shirley Stephens, 62	Williamsburg	3			
Tara Dress, 51	Newport News	2			
Toni Colton, 43	Poquoson	1			
Women 50-59					
			Tara Dress, 51	Newport News	5
			Elizabeth Buie, 52	Lanexa	4
Women 60-69					
			Shirley Stephens, 62	Williamsburg	5
			Brenda Mitchell, 69	Williamsburg	4
			Cathy Kaurich, 63	Williamsburg	3
			Nancy Byrd, 65	Toano	2
Women 70-and-over					
			Roswitha Goossens-Winter, 71	Williamsburg	5
Women 19-and-under					
Lindsay Meadows, 12	Toano	5			
Ashley Foretich, 14	Yorktown	4			
Women 20-29					
Farren Billue, 29	Richmond	5			
Audrey Dotson, 24	Norfolk	4			
Danielle Drake, 24	Williamsburg	3			
Women 30-39					
			Cathy Kaurich, 63	Williamsburg	5
			Nancy Byrd, 65	Toano	4
			Elizabeth Buie, 52	Lanexa	3

Greensprings Miles for Smiles 8K Run/Walk Times

Men Overall

Roger Hopper, 28	Norfolk	26:37
Travis Boltjes, 40	Washington, DC	27:21
Jonathan Torres, 29	Newport News	31:11
Greg Lynn, 45	Hayes	31:15
Steve Seiler, 34	Williamsburg	31:41
Robert Whitaker, 60	Yorktown	32:03
Paul Pelletier, 54	Williamsburg	32:07
Logan St. John, 25	Newport News	32:16
Chris Novakoski, 37	Chesapeake	32:27
Jim Thornton, 65	Toano	34:24

Masters Men 40-and-over

Travis Boltjes, 40	Washington, DC	27:21
Greg Lynn, 45	Hayes	31:15
Robert Whitaker, 60	Yorktown	32:03
Paul Pelletier, 54	Williamsburg	32:07
Jim Thornton, 65	Toano	34:24

Men 19-and-under

Isaac Lamprecht, 13	New Kent	35:57
Orion Berger, 13	Williamsburg	47:16

Men 20-29

Roger Hopper, 28	Norfolk	26:37
Jonathan Torres, 29	Newport News	31:11
Logan St. John, 25	Newport News	32:16
Nick Miller, 27	Williamsburg	1:04:54
Jesse Cox, 29	Lanexa	1:08:56

Men 30-39

Steve Seiler, 34	Williamsburg	31:41
Chris Novakoski, 37	Chesapeake	32:27
Benjamin Kaurich, 31	Newport News	35:49

Women Overall

Lisa Osterhoudt, 37	Williamsburg	37:11
Ashley Floyd, 35	Williamsburg	37:43
Karen Grabowski, 35	Toano	39:10
Susan Hagel, 46	Norfolk	41:52
Lindsay Meadows, 12	Toano	42:09
Farren Billue, 29	Richmond	42:58
Ashley Foretich, 14	Yorktown	43:03
Colleen Moreno, 30	Chesapeake	43:32
Lauren Burr, 32	Middletown, NY	47:31
Jeanette Primich, 43	Williamsburg	47:38

Masters Women 40-and-over

Susan Hagel, 46	Norfolk	41:52
Jeanette Primich, 43	Williamsburg	47:38
Shirley Stephens, 62	Williamsburg	51:43
Tara Dress, 51	Newport News	53:04
Toni Colton, 43	Poquoson	54:33

Stuart Hughes, 30	Williamsburg	37:02
Jordan Chapman, 31	Williamsburg	40:36

Men 40-49

Travis Boltjes, 40	Washington, DC	27:21
Greg Lynn, 45	Hayes	31:15
Rob Goldsmith, 41	Williamsburg	36:16
Bradford Smith, 44	Williamsburg	39:03
David Berger, 44	Williamsburg	41:34

Men 50-59

Paul Pelletier, 54	Williamsburg	32:07
Joe Johns, 52	Johnstown, PA	37:28
James Burden, 58	Williamsburg	42:28
Michael Smith, 58	Newport News	48:56
Rex Hoover, 56	Williamsburg	1:06:12

Men 60-69

Robert Whitaker, 60	Yorktown	32:03
Jim Thornton, 65	Toano	34:24
Chris Abelt, 63	Williamsburg	40:24
Thomas Barry, 61	Williamsburg	41:03
Rick Platt, 69	Williamsburg	43:48

Men 70-and-over

George Fenigsohn, 71	Poquoson	1:03:16
John Strassberger, 75	Williamsburg	1:03:32

Men Walk

Alexey Popov, 36	Newport News	53:51
George Fenigsohn, 71	Poquoson	1:03:16
John Strassberger, 75	Williamsburg	1:03:32
Robert Curtin, 66	Hampton	1:18:05

Women 19-and-under

Lindsay Meadows, 12	Toano	42:09
Ashley Foretich, 14	Yorktown	43:03

Women 20-29

Farren Billue, 29	Richmond	42:58
Audrey Dotson, 24	Norfolk	1:02:30
Danielle Drake, 24	Williamsburg	1:14:15

Women 30-39

Lisa Osterhoudt, 37	Williamsburg	37:11
Ashley Floyd, 35	Williamsburg	37:43
Karen Grabowski, 35	Toano	39:10
Colleen Moreno, 30	Chesapeake	43:32
Lauren Burr, 32	Middletown, NY	47:31

Women 40-49

Susan Hagel, 46	Norfolk	41:52
Jeanette Primich, 43	Williamsburg	47:38

Toni Colton, 43	Poquoson	54:33	Cathy Kaurich, 63	Williamsburg	1:07:32
Tracey Mansisidor, 47	Williamsburg	57:43	Nancy Byrd, 65	Toano	1:11:37

Women 50-59

Tara Dress, 51	Newport News	53:04
Elizabeth Buie, 52	Lanexa	1:21:20

Women 60-69

Shirley Stephens, 62	Williamsburg	51:43
Brenda Mitchell, 69	Williamsburg	1:03:46

Women 70-and-over

Roswitha Goossens-Winter, 71	Williamsburg	54:05
------------------------------	--------------	-------

Women Walk

Cathy Kaurich, 63	Williamsburg	1:07:32
Nancy Byrd, 65	Toano	1:11:37
Elizabeth Buie, 52	Lanexa	1:21:20

Run for the Hills 10K Points Saturday, October 12, 2019

Men Overall

Patrick Wachter, 22	Williamsburg	10
Greg Lynn, 45	Hayes	9
Chris Novakoski, 37	Chesapeake	8
Steve Seiler, 34	Williamsburg	7
Paul Pelletier, 54	Williamsburg	6
Ken Alberg, 58	Suffolk	5
Jim Thornton, 65	Toano	4
David Anderson, 49	Williamsburg	3
Steven Menzies, 55	Williamsburg	2
David Tikiob, 55	Jarrettsville, MD	1

Masters Men 40-and-over

Greg Lynn, 45	Hayes	5
Paul Pelletier, 54	Williamsburg	4
Ken Alberg, 58	Suffolk	3
Jim Thornton, 65	Toano	2
David Anderson, 49	Williamsburg	1

Men 19-and-under none

Men 20-29

Patrick Wachter, 22	Williamsburg	5
Ryan Martin, 28	Providence Forge	4

Men 30-39

Chris Novakoski, 37	Chesapeake	5
Steve Seiler, 34	Williamsburg	4
Ben Kaurich, 31	Newport News	3
Rich Wightman, 36	Yorktown	2
Travis Shannon, 39	Hampton	1

Women Overall

Emily Honeycutt, 28	Newport News	10
Ashley Floyd, 35	Williamsburg	9
Claire Bridgeforth, 27	Midlothian	8
Karen Grabowski, 35	Toano	7
Katie Lapidus, 26	Richmond	6
Jessica Anderson, 37	Williamsburg	5
Jamie Bubeck, 51	King of Prussia, PA	4
Svetlana Goncharova, 21	Williamsburg	3

Men 40-49

Greg Lynn, 45	Hayes	5
David Anderson, 49	Williamsburg	4
Ricky Wood, 47	Arlington	3
David Berger, 44	Williamsburg	2
Chris Whittington, 45	Williamsburg	1

Men 50-59

Paul Pelletier, 54	Williamsburg	5
Ken Alberg, 58	Suffolk	4
Steven Menzies, 55	Williamsburg	3
David Tikiob, 55	Jarrettsville, MD	2
Keith Fox, 55	Williamsburg	1

Men 60-69

Jim Thornton, 65	Toano	5
Chris Abelt, 63	Williamsburg	4
Rick Platt, 69	Williamsburg	3
Frank Scaringello, 65	Norfolk	2
John Bernier, 61	Mechanicsville	1

Men 70-and-over

Larry Arata, 75	Williamsburg	5
Randy Hawthorne, 74	Williamsburg	4
John Strassberger, 75	Williamsburg	3
Harlan Redcay, 73	Landisville, PA	2

Men Walk

Alexey Popov, 36	Newport News	5
John Strassberger, 75	Williamsburg	4
Harlan Redcay, 73	Landisville, PA	3

Laura Cordes, 49	Yorktown	2
Sarah O'Brien, 36	Williamsburg	1

Masters Women 40-and-over

Jamie Bubeck, 51	King of Prussia, PA	5
Laura Cordes, 49	Yorktown	4
Susan Hagel, 46	Norfolk	3
Jennifer Merkel, 50	Williamsburg	2
Jennifer Gray, 43	Toano	1

Women 19-and-under

none

Women 20-29

Emily Honeycutt, 28	Newport News	5
Claire Bridgeforth, 27	Midlothian	4
Katie Lapidus, 26	Richmond	3
Svetlana Goncharova, 21	Williamsburg	2
Brittney Hatley, 28	Chesapeake	1

Women 30-39

Ashley Floyd, 35	Williamsburg	5
Karen Grabowski, 35	Toano	4
Jessica Anderson, 37	Williamsburg	3
Sarah O'Brien, 36	Williamsburg	2
Mary Hall, 38	Gloucester	1

Women 40-49

Laura Cordes, 49	Yorktown	5
Susan Hagel, 46	Norfolk	4
Jennifer Gray, 43	Toano	3
Jennifer Johnson, 48	Poquoson	2

Heather Waddell, 40 Poquoson 1

Women 50-59

Jamie Bubeck, 51	King of Prussia, PA	5
Jennifer Merkel, 50	Williamsburg	4
Michelle Bryant, 53	Williamsburg	3
Paula Pickering, 52	Williamsburg	2
Stacey Curtis, 51	Yorktown	1

Women 60-69

Patricia Travis, 68	Williamsburg	5
Regina Wightman, 66	Clermont, FL	4
Shirley Stephens, 62	Williamsburg	3
Elizabeth Renee Lease, 65	Williamsburg	2
Cathy Kaurich, 63	Williamsburg	1

Women 70-and-over

Bernie Redcay, 76 Landisville, PA 5

Women 10K Walk

Cathy Kaurich, 63	Williamsburg	5
Bernie Redcay, 76	Landisville, PA	4
Angela Burbrink, 47	Landisville, PA	3

Run for the Hills 10K and 5K Times**Men Overall**

Patrick Wachter, 22	Williamsburg	33:25
Greg Lynn, 45	Hayes	39:22
Chris Novakoski, 37	Chesapeake	40:19
Steve Seiler, 34	Williamsburg	40:39
Paul Pelletier, 54	Williamsburg	41:00
Ken Alberg, 58	Suffolk	42:28
Jim Thornton, 65	Toano	43:22
David Anderson, 49	Williamsburg	43:39
Steven Menzies, 55	Williamsburg	44:27
David Tikiob, 55	Jarrettsville, MD	44:43

Masters Men 40-and-over

Greg Lynn, 45	Hayes	39:22
Paul Pelletier, 54	Williamsburg	41:00
Ken Alberg, 58	Suffolk	42:28
Jim Thornton, 65	Toano	43:22
David Anderson, 49	Williamsburg	43:39

Men 19-and-under

none

Men 20-29

Patrick Wachter, 22	Williamsburg	33:25
Ryan Martin, 28	Providence Forge	49:21

Men 30-39

Chris Novakoski, 37	Chesapeake	40:19
Steve Seiler, 34	Williamsburg	40:39
Ben Kaurich, 31	Newport News	45:25

Rich Wightman, 36 Yorktown 49:29
Travis Shannon, 39 Hampton 50:51**Men 40-49**

Greg Lynn, 45	Hayes	39:22
David Anderson, 49	Williamsburg	43:39
Ricky Wood, 47	Arlington	51:55
David Berger, 44	Williamsburg	52:21
Chris Whittington, 45	Williamsburg	1:00:27

Men 50-59

Paul Pelletier, 54	Williamsburg	41:00
Ken Alberg, 58	Suffolk	42:28
Steven Menzies, 55	Williamsburg	44:27
David Tikiob, 55	Jarrettsville, MD	44:43
Keith Fox, 55	Williamsburg	52:43

Men 60-69

Jim Thornton, 65	Toano	43:22
Chris Abelt, 63	Williamsburg	50:24
Rick Platt, 69	Williamsburg	51:04
Frank Scaringello, 65	Norfolk	54:09
John Bernier, 61	Mechanicsville	59:47

Men 70-and-over

Larry Arata, 75	Williamsburg	1:00:42
Randy Hawthorne, 74	Williamsburg	1:05:22
John Strassberger, 75	Williamsburg	1:18:50
Harlan Redcay, 73	Landisville, PA	1:45:38

Men Walk				John Strassberger, 75	Williamsburg	1:18:50
Alexey Popov, 36	Newport News	1:08:22		Harlan Redcay, 73	Landisville, PA	1:45:38
Women Overall				Jessica Anderson, 37	Williamsburg	50:31
Emily Honeycutt, 28	Newport News	42:45		Sarah O'Brien, 36	Williamsburg	53:22
Ashley Floyd, 35	Williamsburg	48:39		Mary Hall, 38	Gloucester	55:25
Claire Bridgeforth, 27	Midlothian	48:41		Women 40-49		
Karen Grabowski, 35	Toano	48:42		Laura Cordes, 49	Yorktown	52:46
Katie Lapidus, 26	Richmond	50:23		Susan Hagel, 46	Norfolk	54:55
Jessica Anderson, 37	Williamsburg	50:31		Jennifer Gray, 43	Toano	56:23
Jamie Bubeck, 51	King of Prussia, PA	52:30		Jennifer Johnson, 48	Poquoson	1:01:01
Svetlana Goncharova, 21	Williamsburg	52:33		Heather Waddell, 40	Poquoson	1:03:22
Laura Cordes, 49	Yorktown	52:46		Women 50-59		
Sarah O'Brien, 36	Williamsburg	53:22		Jamie Bubeck, 51	King of Prussia, PA	52:30
Masters Women 40-and-over				Jennifer Merkel, 50	Williamsburg	55:38
Jamie Bubeck, 51	King of Prussia, PA	52:30		Michelle Bryant, 53	Williamsburg	58:28
Laura Cordes, 49	Yorktown	52:46		Paula Pickering, 52	Williamsburg	1:00:30
Susan Hagel, 46	Norfolk	54:55		Stacey Curtis, 51	Yorktown	1:00:52
Jennifer Merkel, 50	Williamsburg	55:38		Women 60-69		
Jennifer Gray, 43	Toano	56:23		Patricia Travis, 68	Williamsburg	1:00:33
Women 19-and-under				Regina Wightman, 66	Clermont, FL	1:05:46
none				Shirley Stephens, 62	Williamsburg	1:08:25
Women 20-29				Elizabeth Renee Lease, 65	Williamsburg	1:15:38
Emily Honeycutt, 28	Newport News	42:45		Cathy Kaurich, 63	Williamsburg	1:25:42
Claire Bridgeforth, 27	Midlothian	48:41		Women 70-and-over		
Katie Lapidus, 26	Richmond	50:23		Bernie Redcay, 76	Landisville, PA	1:44:49
Svetlana Goncharova, 21	Williamsburg	52:33		Women 10K Walk		
Brittney Hatley, 28	Chesapeake	59:26		Cathy Kaurich, 63	Williamsburg	1:25:42
Women 30-39				Bernie Redcay, 76	Landisville, PA	1:44:49
Ashley Floyd, 35	Williamsburg	48:39		Angela Burbrink, 47	Landisville, PA	1:45:36
Karen Grabowski, 35	Toano	48:42				

**World Class Freedom Run 8K Points
Saturday, October 19, 2019**

Men Overall				Will Murray, 63	Williamsburg	1
Andrew Carlin, 21	Quinton	10		Men 19-and-under		
Logan St. John, 25	Newport News	9		Isaac Lamprecht, 13	New Kent	5
Jonathan Torres, 29	Newport News	8		Thomas Hall, 19	Hampton	4
Greg Lynn, 45	Hayes	7		Juan Ballesteros, 16	Pozoblanco, Spain	3
Jason Miller, 42	Williamsburg	6		Men 20-29		
Paul Pelletier, 54	Williamsburg	5		Andrew Carlin, 21	Quinton	5
Chris Novakoski, 37	Chesapeake	4		Logan St. John, 25	Newport News	4
Isaac Lamprecht, 13	New Kent	3		Jonathan Torres, 29	Newport News	3
Jim Thornton, 65	Toano	2		Eric LaMastro, 29	Williamsburg	2
Benjamin Kaurich, 31	Newport News	1		Men 30-39		
Masters Men 40-and-over				Chris Novakoski, 37	Chesapeake	5
Greg Lynn, 45	Hayes	5		Benjamin Kaurich, 31	Newport News	4
Jason Miller, 42	Williamsburg	4		William McCallister, 36	Lanexa	3
Paul Pelletier, 54	Williamsburg	3				
Jim Thornton, 65	Toano	2				

Alexey Popov, 36	Newport News	2	Will Murray, 63	Williamsburg	4
Men 40-49			Thomas Barry, 61	Williamsburg	3
Greg Lynn, 45	Hayes	5	Chris Abelt, 63	Williamsburg	2
Jason Miller, 42	Williamsburg	4	Rick Platt, 69	Williamsburg	1
Robert Murphie, 45	Williamsburg	3	Men 70-and-over		
Matt Chism, 44	Carrollton	2	Ronald Kellum, 75	Hampton	5
Juan Antonio Ballesteros, 44	Williamsburg	1	Randy Hawthorne, 74	Williamsburg	4
Men 50-59			John Strassberger, 75	Williamsburg	3
Paul Pelletier, 54	Williamsburg	5	Stephen Scudder, 71	Virginia Beach	2
Pete Conrad, 59	Newport News	4	Men Walk		
Robert Jean, 53	Williamsburg	3	Alexey Popov, 36	Newport News	5
Men 60-69			John Strassberger, 75	Williamsburg	4
Jim Thornton, 65	Toano	5	Bob Curtin, 66	Hampton	3
Women Overall			Rachel Novakoski, 36	Chesapeake	3
Sorena Jean, 17	Williamsburg	10	Women 40-49		
Kara Woody, 38	Williamsburg	9	Susan Hagel, 46	Norfolk	5
Cannon Jean, 14	Williamsburg	8	Jeanette Primich, 43	Williamsburg	4
Susan Hagel, 46	Norfolk	7	Nicole Powell, 43	Yorktown	3
Norma Phillips, 59	Williamsburg	6	Michele Nordeen, 47	Newport News	2
Maggie Pat Rafferty, 50	Gilbert, SC	5	Women 50-59		
Jennifer Vess-Morgan, 36	Hayes	4	Norma Phillips, 59	Williamsburg	5
Deelyn Robinson, 54	Williamsburg	3	Maggie Pat Rafferty, 50	Gilbert, SC	4
Rachel Novakoski, 36	Chesapeake	2	Deelyn Robinson, 54	Williamsburg	3
Jeanette Primich, 43	Williamsburg	1	Gerri Foster, 58	Newport News	2
Masters Women 40-and-over			Carol Bryan, 57	Fairfax	1
Susan Hagel, 46	Norfolk	5	Women 60-69		
Norma Phillips, 59	Williamsburg	4	Patricia Travis, 68	Williamsburg	5
Maggie Pat Rafferty, 50	Gilbert, SC	3	Martha Gullo, 66	Williamsburg	4
Deelyn Robinson, 54	Williamsburg	2	Cathy Kaurich, 63	Williamsburg	3
Jeanette Primich, 43	Williamsburg	1	Nancy Byrd, 65	Toano	2
Women 19-and-under			Brenda Mitchell, 69	Williamsburg	1
Sorena Jean, 17	Williamsburg	5	Women 70-and-over		
Cannon Jean, 14	Williamsburg	4	Roswitha Goossens-Winter, 71	Williamsburg	5
Women 20-29			Women Walk		
Rebekah Mason, 20	Williamsburg	5	Cathy Kaurich, 63	Williamsburg	5
Women 30-39			Nancy Byrd, 65	Toano	4
Kara Woody, 38	Williamsburg	5	Karen Schenck, 65	Ark	3
Jennifer Vess-Morgan, 36	Hayes	4			

World Class Freedom Run 8K Times

Men Overall			Chris Novakoski, 37	Chesapeake	31:19
Andrew Carlin, 21	Quinton	25:18	Isaac Lamprecht, 13	New Kent	31:47
Logan St. John, 25	Newport News	30:15	Jim Thornton, 65	Toano	33:31
Jonathan Torres, 29	Newport News	30:30	Benjamin Kaurich, 31	Newport News	33:40
Greg Lynn, 45	Hayes	30:56	Masters Men 40-and-over		
Jason Miller, 42	Williamsburg	31:05	Greg Lynn, 45	Hayes	30:56
Paul Pelletier, 54	Williamsburg	31:11			

Jason Miller, 42	Williamsburg	31:05	Matt Chism, 44	Carrollton	40:54
Paul Pelletier, 54	Williamsburg	31:11	Juan Antonio Ballesteros, 44	Williamsburg	49:54
Jim Thornton, 65	Toano	33:31			
Will Murray, 63	Williamsburg	36:03			
Men 19-and-under			Men 50-59		
Isaac Lamprecht, 13	New Kent	31:47	Paul Pelletier, 54	Williamsburg	31:11
Thomas Hall, 19	Hampton	35:02	Pete Conrad, 59	Newport News	41:47
Juan Ballesteros, 16	Pozoblanco, Spain	49:54	Robert Jean, 53	Williamsburg	43:41
Men 20-29			Men 60-69		
Andrew Carlin, 21	Quinton	25:18	Jim Thornton, 65	Toano	33:31
Logan St. John, 25	Newport News	30:15	Will Murray, 63	Williamsburg	36:03
Jonathan Torres, 29	Newport News	30:30	Thomas Barry, 61	Williamsburg	38:16
Eric LaMastro, 29	Williamsburg	42:22	Chris Abelt, 63	Williamsburg	38:46
			Rick Platt, 69	Williamsburg	39:52
Men 30-39			Men 70-and-over		
Chris Novakoski, 37	Chesapeake	31:19	Ronald Kellum, 75	Hampton	50:51
Benjamin Kaurich, 31	Newport News	33:40	Randy Hawthorne, 74	Williamsburg	54:04
William McCallister, 36	Lanexa	38:56	John Strassberger, 75	Williamsburg	1:01:22
Alexey Popov, 36	Newport News	58:18	Stephen Scudder, 71	Virginia Beach	1:10:08
Men 40-49			Men Walk		
Greg Lynn, 45	Hayes	30:56	Alexey Popov, 36	Newport News	58:18
Jason Miller, 42	Williamsburg	31:05	John Strassberger, 75	Williamsburg	1:01:22
Robert Murphie, 45	Williamsburg	37:44	Bob Curtin, 66	Hampton	1:18:09
Women Overall			Rachel Novakoski, 36	Chesapeake	46:03
Sorena Jean, 17	Williamsburg	34:24	Women 40-49		
Kara Woody, 38	Williamsburg	35:31	Susan Hagel, 46	Norfolk	40:59
Cannon Jean, 14	Williamsburg	38:54	Jeanette Primich, 43	Williamsburg	47:03
Susan Hagel, 46	Norfolk	40:59	Nicole Powell, 43	Yorktown	53:31
Norma Phillips, 59	Williamsburg	41:53	Michele Nordeen, 47	Newport News	58:18
Maggie Pat Rafferty, 50	Gilbert, SC	41:54	Women 50-59		
Jennifer Vess-Morgan, 36	Hayes	42:47	Norma Phillips, 59	Williamsburg	41:53
Deelyn Robinson, 54	Williamsburg	44:20	Maggie Pat Rafferty, 50	Gilbert, SC	41:54
Rachel Novakoski, 36	Chesapeake	46:03	Deelyn Robinson, 54	Williamsburg	44:20
Jeanette Primich, 43	Williamsburg	47:03	Geri Foster, 58	Newport News	52:38
Masters Women 40-and-over			Carol Bryan, 57	Fairfax	53:30
Susan Hagel, 46	Norfolk	40:59	Women 60-69		
Norma Phillips, 59	Williamsburg	41:53	Patricia Travis, 68	Williamsburg	50:52
Maggie Pat Rafferty, 50	Gilbert, SC	41:54	Martha Gullo, 66	Williamsburg	52:41
Deelyn Robinson, 54	Williamsburg	44:20	Cathy Kaurich, 63	Williamsburg	1:06:31
Jeanette Primich, 43	Williamsburg	47:03	Nancy Byrd, 65	Toano	1:07:01
Women 19-and-under			Brenda Mitchell, 69	Williamsburg	1:11:41
Sorena Jean, 17	Williamsburg	34:24	Women 70-and-over		
Cannon Jean, 14	Williamsburg	38:54	Roswitha Goossens-Winter, 71	Williamsburg	58:02
Women 20-29			Women Walk		
Rebekah Mason, 20	Williamsburg	56:12	Cathy Kaurich, 63	Williamsburg	1:06:31
Women 30-39			Nancy Byrd, 65	Toano	1:07:01
Kara Woody, 38	Williamsburg	35:31	Karen Schenck, 65	Ark	1:13:02
Jennifer Vess-Morgan, 36	Hayes	42:47			

The Governor's Land 5K Run Points
Saturday, October 26, 2019

Men Overall

Khalid Elmorabit, 16	Williamsburg	10
Gabriel Le Gouellec, 15	Williamsburg	9
Luke Tompkins, 15	Williamsburg	8
Mark Tompkins, 44	Williamsburg	7
Lorenzo Short, 14	Toano	6
Paul Glass, 18	Williamsburg	5
Layton Miller, 15	Williamsburg	4
Andy Riley, 41	Toano	3
William Toth, 16	Williamsburg	2
Steve Seiler, 34	Williamsburg	1

Masters Men 40-49

Mark Tompkins, 44	Williamsburg	5
Andy Riley, 41	Toano	4
Andy Almarode, 43	Richmond	3
Jason Miller, 42	Williamsburg	2
Greg Lynn, 45	Hayes	1

Men 19-and-under

Khalid Elmorabit, 16	Williamsburg	5
Gabriel Le Gouellec, 15	Williamsburg	4
Luke Tompkins, 15	Williamsburg	3
Lorenzo Short, 14	Toano	2
Paul Glass, 18	Williamsburg	1

Men 20-29

Jonathan Torres, 29	Newport News	5
Logan St. John, 25	Newport News	4
Clarence Nguyen, 23	Newport News	3

Men 30-39

Steve Seiler, 34	Williamsburg	5
Benjamin Kaurich, 31	Newport News	4
Craig Reynolds, 36	Williamsburg	3

Women Overall

Sorena Jean, 17	Williamsburg	10
Emily Honeycutt, 28	Newport News	9
Kirsten Long, 18	Williamsburg	8
Ashley Floyd, 35	Williamsburg	7
Karla Havens, 57	Plainview	6
Carolyn Weddel, 29	Manassas	5
Cannon Jean, 14	Williamsburg	4
Karen Grabowski, 35	Toano	3
Nadia Grant, 10	Williamsburg	2
Catherine Clinton, 13	Williamsburg	1

Masters Women 40-and-over

Karla Havens, 57	Plainview	5
Norma Phillips, 59	Williamsburg	4
Patty Hildenbrand, 55	Chelsea, MI	3
Daphne Papaefthimiou, 43	Toano	2

William McCallister III, 36	Lanexa	2
Donavan Hylarides, 34	Clemmons, NC	1

Men 40-49

Mark Tompkins, 44	Williamsburg	5
Andy Riley, 41	Toano	4
Andy Almarode, 43	Richmond	3
Jason Miller, 42	Williamsburg	2
Greg Lynn, 45	Hayes	1

Men 50-59

Paul Pelletier, 54	Williamsburg	5
Jon Leiding, 57	Virginia Beach	4
Larry Golub, 58	Williamsburg	3
Bob Brunner, 58	Virginia Beach	2
Robert Jean, 54	Williamsburg	1

Men 60-69

Robert Whitaker, 60	Yorktown	5
Jim Thornton, 65	Toano	4
Richard Grant, 66	Suffolk	3
Will Murray, 63	Williamsburg	2
Jim Duffy, 67	Poquoson	1

Men 70-and-over

John DiCarlo, 70	Virginia Beach	5
Joseph Verdirame, 70	Suffolk	4
James Borowski, 73	Williamsburg (GL)	3
Mike Daly, 73	Williamsburg	2
Randy Hawthorne, 74	Williamsburg	1

Men Walk

Alexey Popov, 36	Newport News	5
John Strassberger, 75	Williamsburg	4
Jim Talley, 83	Williamsburg	3

Yvonne Fleischman, 42	Williamsburg	1
-----------------------	--------------	---

Women 19-and-under

Sorena Jean, 17	Williamsburg	5
Kirsten Long, 18	Williamsburg	4
Cannon Jean, 14	Williamsburg	3
Nadia Grant, 10	Williamsburg	2
Catherine Clinton, 13	Williamsburg	1

Women 20-29

Emily Honeycutt, 28	Newport News	5
Carolyn Weddel, 29	Manassas	4
Lauren Hylarides, 28	Clemmons, SC	3

Women 30-39

Ashley Floyd, 35	Williamsburg	5
Karen Grabowski, 35	Toano	4

Amy Moser, 36	Williamsburg	3
Amy Hawkins, 38	Manakin Sabot	2
Stephanie McCallister, 35	Lanexa	1

Women 40-49

Daphne Papaefthimiou, 43	Toano	5
Yvonne Fleischman, 42	Williamsburg	4
Jeanette Primich, 43	Williamsburg	3
Jennifer Pohren, 44	Williamsburg	2
Jennifer Williams, 45	Virginia Beach	1

Women 50-59

Karla Havens, 57	Plainview	5
Norma Phillips, 59	Williamsburg	4
Patty Hildenbrand, 55	Chelsea, MI	3
Deelyn Robinson, 54	Williamsburg	2
Marie Price, 51	Chesapeake	1

Women 60-69

Jan Barry, 66	Williamsburg	5
Patricia Travis, 68	Williamsburg	4
Shirley Stephens, 62	Williamsburg	3
Beth Guiliano, 60	Williamsburg	2
Martha Gullo, 66	Williamsburg	1

Women 70-and-over

Roswitha Goossens-Winter, 71	Williamsburg	5
------------------------------	--------------	---

Women Walk

Nancy Byrd, 65	Toano	5
Tamara Gilliam, 56	Williamsburg	4
Emily Olson, 46	Williamsburg	3
Gina Foster, 67	Williamsburg	2
Debi Bloom, 62	Newport News	1

The Governor's Land 5K Run Times

Men Overall

Khalid Elmorabit, 16	Williamsburg	16:20
Gabriel Le Gouellec, 15	Williamsburg	16:50
Luke Tompkins, 15	Williamsburg	17:02
Mark Tompkins, 44	Williamsburg	17:06
Lorenzo Short, 14	Toano	17:21
Paul Glass, 18	Williamsburg	17:23
Layton Miller, 15	Williamsburg	17:23
Andy Riley, 41	Toano	17:50
William Toth, 16	Williamsburg	17:53
Steve Seiler, 34	Williamsburg	18:02

Masters Men 40-49

Mark Tompkins, 44	Williamsburg	17:06
Andy Riley, 41	Toano	17:50
Andy Almarode, 43	Richmond	18:20
Jason Miller, 42	Williamsburg	18:40
Greg Lynn, 45	Hayes	18:43

Men 19-and-under

Khalid Elmorabit, 16	Williamsburg	16:20
Gabriel Le Gouellec, 15	Williamsburg	16:50
Luke Tompkins, 15	Williamsburg	17:02
Lorenzo Short, 14	Toano	17:21
Paul Glass, 18	Williamsburg	17:23

Men 20-29

Jonathan Torres, 29	Newport News	18:17
Logan St. John, 25	Newport News	18:29
Clarence Nguyen, 23	Newport News	24:24

Men 30-39

Steve Seiler, 34	Williamsburg	18:02
Benjamin Kaurich, 31	Newport News	20:13
Craig Reynolds, 36	Williamsburg	22:48

William McCallister III, 36	Lanexa	23:01
Donavan Hyalarides, 34	Clemmons, NC	24:56

Men 40-49

Mark Tompkins, 44	Williamsburg	17:06
Andy Riley, 41	Toano	17:50
Andy Almarode, 43	Richmond	18:20
Jason Miller, 42	Williamsburg	18:40
Greg Lynn, 45	Hayes	18:43

Men 50-59

Paul Pelletier, 54	Williamsburg	19:11
Jon Leiding, 57	Virginia Beach	19:21
Larry Golub, 58	Williamsburg	22:44
Bob Brunner, 58	Virginia Beach	23:29
Robert Jean, 54	Williamsburg	25:38

Men 60-69

Robert Whitaker, 60	Yorktown	19:17
Jim Thornton, 65	Toano	19:52
Richard Grant, 66	Suffolk	20:47
Will Murray, 63	Williamsburg	21:24
Jim Duffy, 67	Poquoson	22:13

Men 70-and-over

John DiCarlo, 70	Virginia Beach	24:16
Joseph Verdirame, 70	Suffolk	26:28
James Borowski, 73	Williamsburg	26:40
Mike Daly, 73	Williamsburg	27:22
Randy Hawthorne, 74	Williamsburg	33:25

Men Walk

Alexey Popov, 36	Newport News	32:26
John Strassberger, 75	Williamsburg	37:25
Jim Talley, 83	Williamsburg	59:17

Women Overall

Sorena Jean, 17	Williamsburg	19:57
Emily Honeycutt, 28	Newport News	19:59
Kirsten Long, 18	Williamsburg	20:25
Ashley Floyd, 35	Williamsburg	21:49
Karla Havens, 57	Plainview	22:03
Carolyn Weddel, 29	Manassas	22:20
Cannon Jean, 14	Williamsburg	22:39
Karen Grabowski, 35	Toano	23:27
Nadia Grant, 10	Williamsburg	24:03
Catherine Clinton, 13	Williamsburg	24:34

Masters Women 40-and-over

Karla Havens, 57	Plainview	22:03
Norma Phillips, 59	Williamsburg	24:59
Patty Hildenbrand, 55	Chelsea, MI	25:02
Daphne Papaefthimiou, 43	Toano	25:52
Yvonne Fleischman, 42	Williamsburg	26:06

Women 19-and-under

Sorena Jean, 17	Williamsburg	19:57
Kirsten Long, 18	Williamsburg	20:25
Cannon Jean, 14	Williamsburg	22:39
Nadia Grant, 10	Williamsburg	24:03
Catherine Clinton, 13	Williamsburg	24:34

Women 20-29

Emily Honeycutt, 28	Newport News	19:59
Carolyn Weddel, 29	Manassas	22:20
Lauren Hylarides, 28	Clemmons, SC	29:27

Women 30-39

Ashley Floyd, 35	Williamsburg	21:49
Karen Grabowski, 35	Toano	23:27

Amy Moser, 36	Williamsburg	25:31
Amy Hawkins, 38	Manakin Sabot	26:07
Stephanie McCallister, 35	Lanexa	32:42

Women 40-49

Daphne Papaefthimiou, 43	Toano	25:52
Yvonne Fleischman, 42	Williamsburg	26:06
Jeanette Primich, 43	Williamsburg	27:48
Jennifer Pohren, 44	Williamsburg	31:03
Jennifer Williams, 45	Virginia Beach	32:55

Women 50-59

Karla Havens, 57	Plainview	22:03
Norma Phillips, 59	Williamsburg	24:59
Patty Hildenbrand, 55	Chelsea, MI	25:02
Deelyn Robinson, 54	Williamsburg	26:30
Marie Price, 51	Chesapeake	29:04

Women 60-69

Jan Barry, 66	Williamsburg	27:16
Patricia Travis, 68	Williamsburg	28:02
Shirley Stephens, 62	Williamsburg	29:41
Beth Guiliano, 60	Williamsburg	30:47
Martha Gullo, 66	Williamsburg	31:16

Women 70-and-over

Roswitha Goossens-Winter, 71	Williamsburg	33:48
------------------------------	--------------	-------

Women Walk

Nancy Byrd, 65	Toano	40:07
Tamara Gilliam, 56	Williamsburg	44:29
Emily Olson, 46	Williamsburg	44:29
Gina Foster, 67	Williamsburg	47:58
Debi Bloom, 62	Newport News	50:18

**Powhatan Creek Trail 5K Run Points
Saturday, November 9, 2019**

Men Overall

William Thompson, 27	Williamsburg	10
Jonathan Torres, 29	Newport News	9
Steve Seiler, 34	Williamsburg	8
Greg Lynn, 45	Hayes	7
Logan St. John, 25	Newport News	6
Paul Pelletier, 54	Williamsburg	5
Glenn Glass, 16	Williamsburg	4
Isaac Lamprecht, 13	New Kent	3
Benjamin Kaurich, 31	Newport News	2
Shane Blackman, 42	Chesapeake Beach, MD	1

Masters Men 40-and-over

Greg Lynn, 45	Hayes	5
Paul Pelletier, 54	Williamsburg	4
Shane Blackman, 42	Chesapeake Beach, MD	3
Steven Short, 45	Toano	2
Jim Thornton, 65	Toano	1

Men 19-and-under

Glenn Glass, 16	Williamsburg	5
Isaac Lamprecht, 13	New Kent	4
Joseph Olbrych, 16	Williamsburg	3
Grayson Lewis, 10	Williamsburg	2
Patrick Trost, 16	New Kent	1

Men 20-29

William Thompson, 27	Williamsburg	5
Jonathan Torres, 29	Newport News	4
Logan St. John, 25	Newport News	3

Men 30-39

Steve Seiler, 34	Williamsburg	5
Benjamin Kaurich, 31	Newport News	4
William McCallister, 36	Lanexa	3
Alexey Popov, 36	Newport News	2

Michael Gelhaar, 35	Newport News	1	Steve Altman, 64	Williamsburg	3
			Jim Gullo, 65	Williamsburg	2
			Andrew Hersey, 60	Richmond	1
Men 40-49					
Greg Lynn, 45	Hayes	5			
Shane Blackman, 42	Chesapeake Beach, MD	4	Men 70-and-over		
Steven Short, 45	Toano	3	Larry Arata, 75	Williamsburg	5
David Glass, 47	Williamsburg	2	Randy Hawthorne, 74	Williamsburg	4
Brian Lamprecht, 49	New Kent	1	George Fenigsohn, 72	Poquoson	3
			John Strassberger, 75	Williamsburg	2
Men 50-59					
Paul Pelletier, 54	Williamsburg	5	Men Walk		
Jim Case, 55	Williamsburg	4	Alexey Popov, 36	Newport News	5
David St. John, 58	Williamsburg	3	George Fenigsohn, 72	Poquoson	4
			John Strassberger, 75	Williamsburg	3
Men 60-69					
Jim Thornton, 65	Toano	5	Jim Winthrop, 63	Williamsburg	2
Chris Abelt, 63	Williamsburg	4	Michael Gelhaar, 35	Newport News	1
Women Overall					
Megan Schulze, 37	Glen Allen	10	Maryanne Lee, 37	Quinton	4
Emily Honeycutt, 28	Newport News	9	Women 40-49		
Susan Hagel, 46	Norfolk	8	Susan Hagel, 46	Norfolk	5
Norma Phillips, 59	Williamsburg	7	Daphne Papaefthimiou, 43	Toano	4
Daphne Papaefthimiou, 43	Toano	6	Jeanette Primich, 43	Williamsburg	3
Jeanette Primich, 43	Williamsburg	5	Amy Gelhaar, 45	Newport News	2
Lindsey Colburn, 14	Williamsburg	4			
Shirley Stephens, 63	Williamsburg	3	Women 50-59		
Martha Gullo, 66	Williamsburg	2	Norma Phillips, 59	Williamsburg	5
Maryanne Lee, 37	Quinton	1	Linda St. John, 59	Williamsburg	4
			Sherrie Payne, 52	Williamsburg	3
Masters Women 40-and-over					
Susan Hagel, 46	Norfolk	5	Betsy Van Dyck, 58	Williamsburg	2
Norma Phillips, 59	Williamsburg	4	Colleen Wyman, 53	Cardinal	1
Daphne Papaefthimiou, 43	Toano	3			
Jeanette Primich, 43	Williamsburg	2	Women 60-69		
Shirley Stephens, 63	Williamsburg	1	Shirley Stephens, 63	Williamsburg	5
			Martha Gullo, 66	Williamsburg	4
Women 19-and-under					
Lindsey Colburn, 14	Williamsburg	5	Cathy Kaurich, 63	Williamsburg	3
Hannah Holstrom, 14	Williamsburg	4	Nancy Byrd, 65	Toano	2
Women 20-29					
Emily Honeycutt, 28	Newport News	5	Women 70-and-over		
CeeCee Bishop, 21	Williamsburg	4	none		
Women 30-39					
Megan Schulze, 37	Glen Allen	5	Women Walk		
			Cathy Kaurich, 63	Williamsburg	5
			Nancy Byrd, 65	Toano	4
			Judith Olbrych, 52	Williamsburg	3
			Amy Gelhaar, 45	Newport News	2

Powhatan Creek Trail 5K Run Times

Men Overall					
William Thompson, 27	Williamsburg	16:13	Paul Pelletier, 54	Williamsburg	19:17
Jonathan Torres, 29	Newport News	18:20	Glenn Glass, 16	Williamsburg	19:19
Steve Seiler, 34	Williamsburg	18:38	Isaac Lamprecht, 13	New Kent	20:02
Greg Lynn, 45	Hayes	19:02	Benjamin Kaurich, 31	Newport News	20:28
Logan St. John, 25	Newport News	19:10	Shane Blackman, 42	Chesapeake Beach, MD	20:40

Masters Men 40-and-over

Greg Lynn, 45	Hayes	19:02
Paul Pelletier, 54	Williamsburg	19:17
Shane Blackman, 42	Chesapeake Beach, MD	20:40
Steven Short, 45	Toano	21:06
Jim Thornton, 65	Toano	21:21

Men 19-and-under

Glenn Glass, 16	Williamsburg	19:19
Isaac Lamprecht, 13	New Kent	20:02
Joseph Olbrych, 16	Williamsburg	22:16
Grayson Lewis, 10	Williamsburg	23:05
Patrick Trost, 16	New Kent	23:33

Men 20-29

William Thompson, 27	Williamsburg	16:13
Jonathan Torres, 29	Newport News	18:20
Logan St. John, 25	Newport News	19:10

Men 30-39

Steve Seiler, 34	Williamsburg	18:38
Benjamin Kaurich, 31	Newport News	20:28
William McCallister, 36	Lanexa	23:11
Alexey Popov, 36	Newport News	31:09
Michael Gelhaar, 35	Newport News	47:24

Men 40-49

Greg Lynn, 45	Hayes	19:02
Shane Blackman, 42	Chesapeake Beach, MD	20:40

Women Overall

Megan Schulze, 37	Glen Allen	19:59
Emily Honeycutt, 28	Newport News	20:03
Susan Hagel, 45	Norfolk	24:34
Norma Phillips, 59	Williamsburg	26:21
Daphne Papaefthimiou, 43	Toano	26:24
Jeanette Primich, 43	Williamsburg	27:37
Lindsey Colburn, 14	Williamsburg	27:53
Shirley Stephens, 63	Williamsburg	30:02
Martha Gullo, 66	Williamsburg	30:59
Maryanne Lee, 37	Quinton	31:10

Masters Women 40-and-over

Susan Hagel, 45	Norfolk	24:34
Norma Phillips, 59	Williamsburg	26:21
Daphne Papaefthimiou, 43	Toano	26:24
Jeanette Primich, 43	Williamsburg	27:37
Shirley Stephens, 63	Williamsburg	30:02

Women 19-and-under

Lindsey Colburn, 14	Williamsburg	27:53
Hannah Holstrom, 14	Williamsburg	31:58

Women 20-29

Emily Honeycutt, 28	Newport News	20:03
CeeCee Bishop, 21	Williamsburg	34:05

Steven Short, 45	Toano	21:06
David Glass, 47	Williamsburg	25:54
Brian Lamprecht, 49	New Kent	27:46

Men 50-59

Paul Pelletier, 54	Williamsburg	19:17
Jim Case, 55	Williamsburg	29:23
David St. John, 58	Williamsburg	32:26

Men 60-69

Jim Thornton, 65	Toano	21:21
Chris Abelt, 63	Williamsburg	23:38
Steve Altman, 64	Williamsburg	24:23
Jim Gullo, 65	Williamsburg	24:27
Andrew Hersey, 60	Richmond	24:49

Men 70-and-over

Larry Arata, 75	Williamsburg	29:09
Randy Hawthorne, 74	Williamsburg	30:41
George Fenigsohn, 72	Poquoson	38:11
John Strassberger, 75	Williamsburg	38:21

Men Walk

Alexey Popov, 36	Newport News	31:09
George Fenigsohn, 72	Poquoson	38:11
John Strassberger, 75	Williamsburg	38:21
Jim Winthrop, 63	Williamsburg	40:42
Michael Gelhaar, 35	Newport News	47:24

Women 30-39

Megan Schulze, 37	Glen Allen	19:59
Maryanne Lee, 37	Quinton	31:10

Women 40-44

Susan Hagel, 45	Norfolk	24:34
Daphne Papaefthimiou, 43	Toano	26:24
Jeanette Primich, 43	Williamsburg	27:37
Amy Gelhaar, 45	Newport News	47:26

Women 50-59

Norma Phillips, 59	Williamsburg	26:21
Linda St. John, 59	Williamsburg	33:45
Sherrie Payne, 52	Williamsburg	38:47
Betsy Van Dyck, 58	Williamsburg	39:29
Colleen Wyman, 53	Cardinal	41:31

Women 60-69

Shirley Stephens, 63	Williamsburg	30:02
Martha Gullo, 66	Williamsburg	30:59
Cathy Kaurich, 63	Williamsburg	40:29
Nancy Byrd, 65	Toano	40:37

Women 70-and-over
none

Women Walk			Nancy Byrd, 65	Toano	40:37
Cathy Kaurich, 63	Williamsburg	40:29	Judith Olbrych, 52	Williamsburg	44:01
			Amy Gelhaar, 45	Newport News	47:26

**Christmas Town Dash 8K Run Points
Sunday, December 8, 2019**

Men Overall

William Thompson, 27	Williamsburg	10
William Christian, 36	Chesapeake	9
Roger Hopper, 28	Norfolk	8
Zachary Sturm, 17	Yorktown	7
Christopher Ware, 16	Newport News	6
Jacob Lohr, 17	Williamsburg	5
Jason Bridges, 36	Williamsburg	4
Taylor Anthony, 15	Greenville, NC	3
Evan Melanson, 17	Carrollton	2
Jackson Price, 15	Virginia Beach	1

Masters Men 40-and-over

Paul Pelletier, 54	Williamsburg	5
Greg Lynn, 45	Hayes	4
Jason Miller, 42	Williamsburg	3
Eric Berge, 40	Newport News	2
Chris Laws, 44	Yorktown	1

Men 19-and-under

Zachary Sturm, 17	Yorktown	5
Christopher Ware, 16	Newport News	4
Jacob Lohr, 17	Williamsburg	3
Taylor Anthony, 15	Greenville, NC	2
Evan Melanson, 17	Carrollton	1

Men 20-29

William Thompson, 27	Williamsburg	5
Roger Hopper, 28	Norfolk	4
Jonathan Torres, 29	Newport News	3
Logan St. John, 25	Newport News	2
Haijun Ramoundus, 24	Virginia Beach	1

Men 30-39

William Christian, 36	Chesapeake	5
Jason Bridges, 36	Williamsburg	4
Jim Highsmith, 36	Newport News	3

Women Overall

Abigail Motley, 25	Williamsburg	10
Renee Merchant, 38	Norfolk	9
Sorena Jean, 17	Williamsburg	8
Debbie Goodpasture, 50	Midlothian	7
Rachel Bandy, 27	Springfield	6
Laurel Goodpasture, 21	Midlothian	5
Victoria Neisius, 25	Powhatan	4
Courtney Kolberg, 24	Portsmouth	3
Kaytlyn Senkbeil, 36	Salisbury, MD	2
Faith Lohr, 15	Williamsburg	1

Steve Seiler, 34	Williamsburg	2
Ben Mulherin, 33	Williamsburg	1

Men 40-49

Greg Lynn, 45	Hayes	5
Jason Miller, 42	Williamsburg	4
Eric Berge, 40	Newport News	3
Chris Laws, 44	Yorktown	2
John Burcher, 47	Yorktown	1

Men 50-59

Paul Pelletier, 54	Williamsburg	5
Timothy Collins, 58	Williamsburg	4
Chad Simpson, 51	Chesapeake	3
Rodney Ragin, 54	North Chesterfield	2
David Lassiter, 51	Williamsburg	1

Men 60-69

Bill Price, 60	Chesapeake	5
Cecil Salyer, 63	Portsmouth	4
Rick Platt, 69	Williamsburg	3
Roy Blakeburn, 64	Virginia Beach	2
Tom Robinson, 61	Williamsburg	1

Men 70-and-over

David Ozolek, 70	Williamsburg	5
Frank Caruso, 70	Williamsburg	4
Randy Hawthorne, 74	Williamsburg	3
Charles Dzyak, 70	Springfield	2
Nick May, 71	Virginia Beach	1

Men Walk

Alexey Popov, 36	Newport News	5
Gregory Eby, 62	Newport News	4
Raymond Campbell, 53	Forest	3
James Goggin, 66	Williamsburg	2
Bob Curtin, Jr., 67	Hampton	1

Masters Women 40-and-over

Debbie Goodpasture, 50	Midlothian	5
Erin Wreski, 42	Virginia Beach	4
Yolanda Jefferson, 42	Newport News	3
Mary Jo Bailey, 58	Williamsburg	2
Margaret Kopacz, 55	Chesapeake	1

Women 19-and-under

Sorena Jean, 17	Williamsburg	5
Faith Lohr, 15	Williamsburg	4

Eric Berge, 40	Newport News	32:31	Tom Robinson, 61	Williamsburg	41:28
Chris Laws, 44	Yorktown	32:50	Glenn Young, 62	Mattaponi	41:28
John Burcher, 47	Yorktown	33:52			
Men 50-59			Men 70-and-over		
Paul Pelletier, 54	Williamsburg	31:17	David Ozolek, 70	Williamsburg	45:19
Timothy Collins, 58	Williamsburg	33:32	Frank Caruso, 70	Williamsburg	51:05
Chad Simpson, 51	Chesapeake	36:31	Randy Hawthorne, 74	Williamsburg	51:17
Rodney Ragin, 54	North Chesterfield	37:04	Charles Dzyak, 70	Springfield	58:33
David Lassiter, 51	Williamsburg	37:52	Nick May, 71	Virginia Beach	1:03:26
Men 60-69			Men Walk		
Bill Price, 60	Chesapeake	39:16	Alexey Popov, 36	Newport News	51:49
Cecil Salyer, 63	Portsmouth	40:53	Gregory Eby, 62	Newport News	1:06:53
Rick Platt, 69	Williamsburg	40:55	Raymond Campbell, 53	Forest	1:07:01
Roy Blakeburn, 64	Virginia Beach	41:08	James Goggin, 66	Williamsburg	1:09:05
			Bob Curtin, Jr., 67	Hampton	1:19:24
Women Overall			Shelley Horner, 37	Pflugerville, TX	37:44
Abigail Motley, 25	Williamsburg	31:18			
Renee Merchant, 38	Norfolk	31:55	Women 40-49		
Sorena Jean, 17	Williamsburg	33:17	Erin Wreski, 42	Virginia Beach	37:23
Debbie Goodpasture, 50	Midlothian	34:37	Yolanda Jefferson, 42	Newport News	37:41
Rachel Bandy, 27	Springfield	35:03	Gretchen Jones, 46	Elizabeth City, NC	39:06
Laurel Goodpasture, 21	Midlothian	35:47	Tonya Duvall, 42	Manassas Park	39:49
Victoria Neisius, 25	Powhatan	35:59	Wendy Rafferty, 47	Virginia Beach	41:08
Courtney Kolberg, 24	Portsmouth	36:00			
Kaytlyn Senkbeil, 36	Salisbury, MD	36:24	Women 50-59		
Faith Lohr, 15	Williamsburg	36:30	Debbie Goodpasture, 50	Midlothian	34:37
			Mary Jo Bailey, 58	Williamsburg	38:13
Masters Women 40-and-over			Margaret Kopacz, 55	Chesapeake	38:37
Debbie Goodpasture, 50	Midlothian	34:37	Kaye Green, 51	Smithfield	40:58
Erin Wreski, 42	Virginia Beach	37:23	Norma Phillips, 59	Williamsburg	41:53
Yolanda Jefferson, 42	Newport News	37:41	Valor Foy Jones, 56	Newport News	41:57
Mary Jo Bailey, 58	Williamsburg	38:13			
Margaret Kopacz, 55	Chesapeake	38:37	Women 60-69		
			Patricia Travis, 68	Williamsburg	46:50
Women 19-and-under			Frances Murphy, 61	Chesterfield	47:10
Sorena Jean, 17	Williamsburg	33:17	Sue Krzastek, 63	Waynesboro	47:35
Faith Lohr, 15	Williamsburg	36:30	JoAnn McMahon, 60	Virginia Beach	47:47
Emily Rollins, 15	Chesapeake	37:09	Jackie Ahlsted, 66	Suffolk	47:49
Cannon Jean, 15	Williamsburg	37:26			
Lindsay Meadows, 12	Toano	38:25	Women 70-and-over		
			Barbara Biasi, 72	Yorktown	48:16
Women 20-29			Sarah Carey, 71	Williamsburg	1:03:07
Abigail Motley, 25	Williamsburg	31:18	Lou Norton, 73	Richmond	1:14:22
Rachel Bandy, 27	Springfield	35:03	Barbara Gay, 75	Williamsburg	1:27:39
Laurel Goodpasture, 21	Midlothian	35:47	Kathleen Martin, 73	Richmond	1:38:20
Victoria Neisius, 25	Powhatan	35:59			
Courtney Kolberg, 24	Portsmouth	36:00	Women Walk		
			Maureen Ventrice, 54	Virginia Beach	58:13
Women 30-39			Laura Scott, 54	Poquoson	59:56
Renee Merchant, 38	Norfolk	31:55	Brenda Bustillos, 39	Williamsburg	1:04:37
Kaytlyn Senkbeil, 36	Salisbury, MD	36:24	Cathy Kaurich, 63	Williamsburg	1:07:34
Erin Machie, 35	Newport News	37:07	Paula Schutz, 67	Pine Bush, NY	1:09:52
Jennifer Dunlap, 39	Newport News	37:18			

Sentara Sleighbell 5K Run Points
Saturday, December 14, 2019

Men Overall

Patrick Wachter, 22	Williamsburg	10
Michael Carrico, 21	Manakin Sabot	9
Jonathan Torres, 29	Newport News	8
Keith Schumann, 49	Williamsburg	7
Patrick Murphy, 18	Williamsburg	6
Steve Seiler, 34	Williamsburg	5
Glenn Glass, 16	Williamsburg	4
Stephen Chantry, 64	Williamsburg	3
Michael Dye, 16	Williamsburg	2
Greg Lynn, 45	Hayes	1

Masters Men (ages 40-and-over)

Keith Schumann, 49	Williamsburg	5
Stephen Chantry, 64	Williamsburg	4
Greg Lynn, 45	Hayes	3
Robert Whitaker, 61	Yorktown	2
Joe Calkins, 48	Lanexa	1

Men 19-and-under

Patrick Murphy, 18	Williamsburg	5
Glenn Glass, 16	Williamsburg	4
Michael Dye, 16	Williamsburg	3
Hayden Petsy, 13	Williamsburg	2
J. Robert Azaltovic III, 14	Yorktown	1

Men 20-29

Patrick Wachter, 22	Williamsburg	5
Michael Carrico, 21	Manakin Sabot	4
Jonathan Torres, 29	Newport News	3
Nicholas Scheff, 22	Yorktown	2
Ryan Ramirez, 26	Norfolk	1

Men 30-39

Steve Seiler, 34	Williamsburg	5
Chris Novakoski, 38	Chesapeake	4
Benjamin Kaurich, 31	Newport News	3

Women Overall

Jen Anderson, 39	Williamsburg	10
Leah Kappel, 19	Arlington	9
Emily Honeycutt, 28	Newport News	8
Sorena Jean, 17	Williamsburg	7
Rachel Weghorst, 16	Sperryville	6
Tamara Pelletier, 45	Yorktown	5
Annie Gilbride, 52	Providence Forge	4
Karen Grabowski, 35	Toano	3
Rosie Gilbride, 15	Providence Forge	2
Robin Toth, 48	Williamsburg	1

Masters Women (ages 40-and-over)

Tamara Pelletier, 45	Yorktown	5
Annie Gilbride, 52	Providence Forge	4

William McCallister III, 36	Lanexa	2
Ryan Vazquez, 34	Newport News	1

Men 40-49

Keith Schumann, 49	Williamsburg	5
Greg Lynn, 45	Hayes	4
Joe Calkins, 48	Lanexa	3
Adam Matheson, 40	Williamsburg	2
Steven Short, 45	Toano	1

Men 50-59

Larry Golub, 58	Williamsburg	5
Grant Watson, 53	Yorktown	4
Kevin Hughes, 50	Williamsburg	3
Steve Sheffler, 58	Williamsburg	2
Robert Weghorst, 51	Sperryville	1

Men 60-69

Stephen Chantry, 64	Williamsburg	5
Robert Whitaker, 61	Yorktown	4
Jim Thornton, 65	Toano	3
Chris Abelt, 63	Williamsburg	2
Thomas Barry, 61	Williamsburg	1

Men 70-and-over

Dale Abrahamson, 70	Yorktown	5
David Ozolek, 70	Williamsburg	4
Louis Dwyer, 76	Kitty Hawk, NC	3
Larry Arata, 75	Williamsburg	2
Ken Mitchell, 75	Williamsburg	1

Men Walk

Alexey Popov, 36	Newport News	5
Hurricane Thompson, 67	Gloucester	4
Jim Winthrop, 63	Williamsburg	3
Bob Byrd, 70	Williamsburg	2
Jim Goggin, 66	Williamsburg	1

Robin Toth, 48	Williamsburg	3
Karen Fallon, 60	Williamsburg	2
Brandy Bergenstock, 44	Newport News	1

Women 19-and-under

Leah Kappel, 19	Arlington	5
Sorena Jean, 17	Williamsburg	4
Rachel Weghorst, 16	Sperryville	3
Rosie Gilbride, 15	Providence Forge	2
Joie Cooke, 11	Williamsburg	1

Women 20-29

Emily Honeycutt, 28	Newport News	5
Svetlana Goncharova, 21	Williamsburg	4
Morgan Shelton, 23	Williamsburg	3

Jim Thornton, 65	Toano	21:38	Louis Dwyer, 76	Kitty Hawk, NC	27:23
Chris Abelt, 63	Williamsburg	23:16	Larry Arata, 75	Williamsburg	28:23
Thomas Barry, 61	Williamsburg	23:20	Ken Mitchell, 75	Williamsburg	29:07
Tom Robinson, 61	Williamsburg	23:44	Men Walk		
Steve Altman, 64	Williamsburg	23:55	Alexey Popov, 36	Newport News	31:13
Men 70-and-over			Hurricane Thompson, 67	Gloucester	39:36
Dale Abrahamson, 70	Yorktown	23:37	Jim Winthrop, 63	Williamsburg	41:24
David Ozolek, 70	Williamsburg	27:07	Bob Byrd, 70	Williamsburg	44:19
			Jim Goggin, 66	Williamsburg	44:58
Women Overall			Beth Berry, 49	Williamsburg	26:02
Jen Anderson, 39	Williamsburg	19:34	Women 50-59		
Leah Kappel, 19	Arlington	19:59	Annie Gilbride, 52	Providence Forge	22:10
Emily Honeycutt, 28	Newport News	20:33	Deelyn Robinson, 54	Williamsburg	26:46
Sorena Jean, 17	Williamsburg	20:48	Michelle Bryant, 53	Williamsburg	26:57
Rachel Weghorst, 16	Sperryville	20:57	Erin Darcy, 50	Williamsburg	27:18
Tamara Pelletier, 45	Yorktown	21:47	Deborah Everitt, 51	Williamsburg	27:28
Annie Gilbride, 52	Providence Forge	22:10	Women 60-69		
Karen Grabowski, 35	Toano	22:29	Karen Fallon, 60	Williamsburg	24:01
Rosie Gilbride, 15	Providence Forge	22:35	Mary Lou O'Halloran, 61	Williamsburg	27:14
Robin Toth, 48	Williamsburg	23:07	Carol Talley, 65	Toano	27:56
Masters Women (ages 40-and-over)			Jan Barry, 66	Williamsburg	28:12
Tamara Pelletier, 45	Yorktown	21:47	Cathy Vazquez, 62	Newport News	29:49
Annie Gilbride, 52	Providence Forge	22:10	Women 70-and-over		
Robin Toth, 48	Williamsburg	23:07	Sarah Carey, 71	Williamsburg	36:11
Karen Fallon, 60	Williamsburg	24:01	Helene Price, 74	Williamsburg	36:20
Brandy Bergenstock, 44	Newport News	25:01	Nancy Blount, 73	Williamsburg	39:50
Women 19-and-under			Dee Jenkins, 71	Harrisonburg	44:40
Leah Kappel, 19	Arlington	19:59	Pauline Ely, 81	Hampton	48:27
Sorena Jean, 17	Williamsburg	20:48	Women Walk		
Rachel Weghorst, 16	Sperryville	20:57	Nancy Byrd, 65	Toano	40:04
Rosie Gilbride, 15	Providence Forge	22:35	Cathy Kaurich, 63	Williamsburg	40:30
Joie Cooke, 11	Williamsburg	23:59	Dee Jenkins, 71	Harrisonburg	44:40
Women 20-29			Sylvia Garcia, 67	Williamsburg	45:28
Emily Honeycutt, 28	Newport News	20:33	Tara Sagman, 39	Williamsburg	46:15
Svetlana Goncharova, 21	Williamsburg	23:43			
Morgan Shelton, 23	Williamsburg	23:57			
Katelyn Birchfield, 22	Williamsburg	23:57			
Hannah Fallon, 25	Roanoke	25:16			
Women 30-39					
Jen Anderson, 39	Williamsburg	19:34			
Karen Grabowski, 35	Toano	22:29			
Jessica Gilligan, 38	Williamsburg	23:13			
Jessica Anderson, 38	Williamsburg	23:46			
Alexandra Saless, 38	Williamsburg	24:02			
Women 40-49					
Tamara Pelletier, 45	Yorktown	21:47			
Robin Toth, 48	Williamsburg	23:07			
Brandy Bergenstock, 44	Newport News	25:01			
Daphne Papaefthimiou, 43	Toano	25:35			