

# Colonial Road Runners Grand Prix Scoring 2019

## 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
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### Men Walk

Bob Curtin, 66	Hampton	5
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### 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

Pamela Eddy, 58	Williamsburg	2
Glenia Williams, 40	Prince George	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

### Women 30-39

Christina Sumner, 33	Ashland	5	Critzina Jean, 50	Williamsburg	2
Sarah Howard, 36	Toano	4	Linda St. John, 58	Williamsburg	1
Maura Rust, 39	Poquoson	3			
Sarah White, 37	Toano	2	<b>Women 60-69</b>		
Mary Day, 31	Providence Forge	1	Martha Gullo, 65	Williamsburg	5
			Cathy Kaurich, 62	Williamsburg	4
<b>Women 40-49</b>			Karen Schenck, 64	Ark	3
Susan Hagel, 45	Norfolk	5			
Glenia Williams, 40	Prince George	4	<b>Women 70-and-over</b>		
Jennifer Gray, 42	Toano	3	Roswitha Goossens-Winter, 70	Williamsburg	5
Jeanette Primich, 42	Williamsburg	2			
Angela Walker, 43	Williamsburg	1	<b>Women Walk</b>		
			Svetlana Goncharova, 21	Williamsburg	5
<b>Women 50-59</b>			Cathy Kaurich, 62	Williamsburg	4
Karla Havens, 56	Plainview	5	Michele Motsko, 56	Saluda	3
Norma Phillips, 58	Williamsburg	4	Karen Schenck, 64	Ark	2
Pamela Eddy, 58	Williamsburg	3			

### Toano Icy 8K Run/Walk Times

<b>Men Overall</b>			Joe Kane, 32	Washington, DC	27:41
Roger Hopper, 28	Norfolk	25:58	Ryan Doupe, 32	Newport News	29:45
Victor Flemming, 39	Carrollton	27:20	Rich Saunders, 30	Henrico	30:08
Joe Kane, 32	Washington, DC	27:41	Matt Franco, 34	Williamsburg	31:56
William Thompson, 26	Williamsburg	28:20			
Paul Glass, 17	Williamsburg	29:31	<b>Men 40-49</b>		
Ryan Doupe, 32	Newport News	29:45	Greg Lynn, 44	Hayes	31:02
Rich Saunders, 30	Henrico	30:08	Jason Miller, 41	Williamsburg	34:28
Greg Lynn, 44	Hayes	31:02	Kyle Aulenbach, 42	Yorktown	38:53
Matt Franco, 34	Williamsburg	31:56	Paul Scribbins, 46	Gloucester	39:38
Glenn Glass, 15	Williamsburg	32:21	William Pittman, 44	Williamsburg	41:26
<b>Masters Men 40-and-over</b>			<b>Men 50-59</b>		
Greg Lynn, 44	Hayes	31:02	Ken Alberg, 58	Suffolk	33:52
Ken Alberg, 58	Suffolk	33:52	Robert Jean, 54	Williamsburg	40:26
Jim Thornton, 64	Toano	34:13	Tim O'Dell, 53	Toano	41:34
Jason Miller, 41	Williamsburg	34:28	Raimond Claxton, 53	Richmond	42:07
Will Murray, 63	Williamsburg	35:55	Rex Hoover, 55	Williamsburg	42:56
<b>Men 19-and-under</b>			<b>Men 60-69</b>		
Paul Glass, 17	Williamsburg	29:31	Jim Thornton, 64	Toano	34:13
Glenn Glass, 15	Williamsburg	32:21	Will Murray, 63	Williamsburg	35:55
Isaac Lamprecht, 12	New Kent	33:39	David Pape, 60	Williamsburg	36:00
Nate Pettus, 10	Williamsburg	44:01	Chris Abelt, 62	Williamsburg	38:47
Eddie White, 13	Toano	48:31	Steve Altman, 63	Williamsburg	40:40
<b>Men 20-29</b>			<b>Men 70-and-over</b>		
Roger Hopper, 28	Norfolk	25:58	Richard Browder, 76	Port Haywood	52:53
William Thompson, 26	Williamsburg	28:20	Stephen Scudder 70	Virginia Beach	1:09:37
Conor Jennings, 29	Williamsburg	34:12			
			<b>Men Walk</b>		
<b>Men 30-39</b>			Bob Curtin, 66	Hampton	1:13:30
Victor Flemming, 39	Carrollton	27:20			
<b>Women Overall</b>			Katryna Aulenbach, 15	Yorktown	33:44
Christina Sumner, 33	Ashland	32:37	Sorena Jean, 16	Williamsburg	34:08

Emily Honeycutt, 27	Newport News	34:50	Sarah White, 37	Toano	49:10
Karla Havens, 56	Plainview	37:23	Mary Day, 31	Providence Forge	56:44
Kristina Posner, 20	Doylestown, PA	38:05			
Cannon Jean, 14	Williamsburg	38:45	<b>Women 40-49</b>		
Susan Hagel, 45	Norfolk	39:29	Susan Hagel, 45	Norfolk	39:29
Sarah Howard, 36	Toano	41:02	Glenia Williams, 40	Prince George	43:05
Norma Phillips, 58	Williamsburg	41:05	Jennifer Gray, 42	Toano	45:03
			Jeanette Primich, 42	Williamsburg	45:15
			Angela Walker, 43	Williamsburg	47:10
<b>Masters Women 40-and-over</b>					
Karla Havens, 56	Plainview	37:23	<b>Women 50-59</b>		
Susan Hagel, 45	Norfolk	39:29	Karla Havens, 56	Plainview	37:23
Norma Phillips, 58	Williamsburg	41:05	Norma Phillips, 58	Williamsburg	41:05
Pamela Eddy, 58	Williamsburg	41:18	Pamela Eddy, 58	Williamsburg	41:18
Glenia Williams, 40	Prince George	43:05	Cristina Jean, 50	Williamsburg	53:42
			Linda St. John, 58	Williamsburg	53:56
<b>Women 19-and-under</b>					
Katryna Aulenbach, 15	Yorktown	33:44	<b>Women 60-69</b>		
Sorena Jean, 16	Williamsburg	34:08	Martha Gullo, 65	Williamsburg	52:46
Cannon Jean, 14	Williamsburg	38:45	Cathy Kaurich, 62	Williamsburg	1:09:07
			Karen Schenck, 64	Ark	1:14:24
<b>Women 20-29</b>					
Emily Honeycutt, 27	Newport News	34:50	<b>Women 70-and-over</b>		
Kristina Posner, 20	Doylestown, PA	38:05	Roswitha Goossens-Winter, 70	Williamsburg	52:12
Jessica Bryant, 24	Williamsburg	47:15			
Mallory Middleton, 26	Newport News	58:20	<b>Women Walk</b>		
Svetlana Goncharova, 21	Williamsburg	59:41	Svetlana Goncharova, 21	Williamsburg	59:41
			Cathy Kaurich, 62	Williamsburg	1:09:07
<b>Women 30-39</b>			Michele Motsko, 56	Saluda	1:14:04
Christina Sumner, 33	Ashland	32:37	Karen Schenck, 64	Ark	1:14:24
Sarah Howard, 36	Toano	41:02			
Maura Rust, 39	Poquoson	48:06			

### Colonial Half Marathon Points Saturday, February 16, 2019

<b>Men Overall</b>			Glenn Glass, 15	Williamsburg	4
Gregory Mariano, 33	Alexandria	10	Kellen Cooper, 16	Williamsburg	3
Gareth Anderson, 28	Washington, DC	9	Lennon Newsom, 16	Williamsburg	2
Adam Otstot, 36	Williamsburg	8	Carter Thrash, 14	Williamsburg	1
Roger Hopper, 28	Norfolk	7			
Andy Goodstein, 27	Charlottesville	6	<b>Men 20-29</b>		
Patrick Wachter, 21	Williamsburg	5	Gareth Anderson, 28	Washington, DC	5
Seth Kolosso, 24	Norfolk	4	Roger Hopper, 28	Norfolk	4
William Thompson, 26	Williamsburg	3	Andy Goodstein, 27	Charlottesville	3
Drew Midland, 31	Norfolk	2	Patrick Wachter, 21	Williamsburg	2
Blaine O'Reilly, 30	Crimora	1	Seth Kolosso, 24	Norfolk	1
<b>Men Masters (ages 40-and-over)</b>			<b>Men 30-39</b>		
Matt Boyd, 48	Fredericksburg	5	Gregory Mariano, 33	Alexandria	5
Daniel Walker, 41	Norfolk	4	Adam Otstot, 36	Williamsburg	4
Craig Hymes, 56	Yorktown	3	Drew Midland, 31	Norfolk	3
Paul Pelletier, 53	Williamsburg	2	Blaine O'Reilly, 30	Crimora	2
John Piggott, 53	Williamsburg	1	Brian Waters, 36	Henrico	1
<b>Men 19-and-under</b>			<b>Men 40-49</b>		
Paul Glass, 17	Williamsburg	5	Matt Boyd, 48	Fredericksburg	5

Daniel Walker, 41	Norfolk	4	David Pape, 60	Williamsburg	5
David Lockard, 49	Hampton	3	Bader El-Safadi, 60	Williamsburg	4
Bobby Smits, 44	Chesapeake	2	Terry Imbery, 61	Williamsburg	3
Jason Miller, 41	Williamsburg	1	Eric Everton, 60	Williamsburg	2
			Jack King, 60	Henrico	1
<b>Men 50-59</b>			<b>Men 70-and-over</b>		
Craig Hymes, 56	Yorktown	5	Langston Shelton, 71	Williamsburg	5
Paul Pelletier, 53	Williamsburg	4	William Moore, 72	Williamsburg	4
John Piggott, 53	Williamsburg	3	Sid Busch, 72	Goose Creek, SC	3
Tim Collins, 57	Williamsburg	2			
Christopher Maestrello, 56	Henrico	1			
<b>Men 60-69</b>			<b>Men Walk</b>		
			Bob Curtin, 66	Hampton	5
<b>Women Overall (top 10 overall awards)</b>			Erin Swiatocha, 35	Alexandria	5
Aga Heller, 42	Warrenton	10	Kimberly Basmajian, 37	Richmond	4
Christin Hoffstadt, 27	Norfolk	9	Stephanie Postma, 38	Williamsburg	3
Erin Swiatocha, 35	Alexandria	8	Megan Doty, 36	Virginia Beach	2
Amber Yung, 29	Glen Allen	7	Lisa Osterhoudt, 36	Williamsburg	1
Kimberly Basmajian, 37	Richmond	6			
Laura Shannon, 56	Williamsburg	5	<b>Women 40-49</b>		
Stephanie Postma, 38	Williamsburg	4	Aga Heller, 42	Warrenton	5
Megan Doty, 36	Virginia Beach	3	Tiaisha Myers, 40	Fredericksburg	4
Lisa Osterhoudt, 36	Williamsburg	2	Tracy Dzibela, 41	Fredericksburg	3
Claire Butler, 35	Phoenix, AZ	1	Kelly Cox, 45	Midlothian	2
			Erin Pallas, 45	Williamsburg	1
<b>Women Masters (ages 40-and-over)</b>			<b>Women 50-59</b>		
Aga Heller, 42	Warrenton	5	Laura Shannon, 56	Williamsburg	5
Laura Shannon, 56	Williamsburg	4	Trish Rice, 53	Williamsburg	4
Tiaisha Myers, 40	Fredericksburg	3	Debbie McLaughlin, 53	Williamsburg	3
Tracy Dzibela, 41	Fredericksburg	2	Pamela Eddy, 58	Williamsburg	2
Trish Rice, 53	Williamsburg	1	Nancy Delaney, 53	Virginia Beach	1
<b>Women 19-and-under</b>			<b>Women 60-69</b>		
Katie Fosnight, 18	Mantua, OH	5	Carolyn Harrison, 62	Virginia Beach	5
Finley Stewart, 19	Williamsburg	4	Carol Talley, 64	Toano	4
Kaitlyn Farthing, 19	Williamsburg	3	Patricia Travis, 67	Williamsburg	3
Logan Gill, 16	Midlothian	2	Kathleen Doswell, 69	Columbia	2
Abby Zebrowski, 16	Hampton, GA	1	Cathy Kaurich, 63	Williamsburg	1
<b>Women 20-29</b>			<b>Women 70-and-over</b>		
Christin Hoffstadt, 27	Norfolk	5	Heide Moebius, 80	Lancaster, PA	5
Amber Yung, 29	Glen Allen	4			
Em Stephens, 29	Richmond	3	<b>Women Walk</b>		
Austin Curry, 27	Richmond	2	Cathy Kaurich, 63	Williamsburg	5
Taylor Chen, 28	Charlottesville	1	Nancy AtLee, 66	Gloucester	4
			Karen Schenck, 64	Ark	3
<b>Women 30-39</b>					

### Colonial Half Marathon Times

<b>Men Overall</b>			Roger Hopper, 28	Norfolk	1:12:25
Gregory Mariano, 33	Alexandria	1:11:52	Andy Goodstein, 27	Charlottesville	1:12:45
Gareth Anderson, 28	Washington, DC	1:12:05	Patrick Wachter, 21	Williamsburg	1:12:50
Adam Otstot, 36	Williamsburg	1:12:09	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
Glenn Glass, 15	Williamsburg	1:39:30
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

#### **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

Brian Waters, 36	Henrico	1:22:01
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#### **Men 40-49**

Matt Boyd, 48	Fredericksburg	1:23:08
Daniel Walker, 41	Norfolk	1:25:04
David Lockard, 49	Hampton	1:29:07
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
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#### **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
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	Cathy Kaurich, 63	Williamsburg	3:21:03
Pamela Eddy, 58	Williamsburg	1:56:47			
Nancy Delaney, 53	Virginia Beach	1:58:56	<b>Women 70-and-over</b>		
			Heide Moebius, 80	Lancaster, PA	2:29:23
<b>Women 60-69</b>					
Carolyn Harrison, 62	Virginia Beach	1:48:53	<b>Women Walk</b>		
Carol Talley, 64	Toano	2:07:12	Cathy Kaurich, 63	Williamsburg	3:21:03
Patricia Travis, 67	Williamsburg	2:25:00	Nancy AtLee, 66	Gloucester	3:49:43
Kathleen Doswell, 69	Columbia	2:27:17	Karen Schenck, 64	Ark	4:04:18

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

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

Daphne Papaefthimiou, 42	Toano	3	Daphne Papaefthimiou, 42	Toano	3
Janice Kailos, 58	Williamsburg	2	Jean Rushby, 49	Williamsburg	2
Jean Rushby, 49	Williamsburg	1	Tressa Aulenbach, 41	Yorktown	1
<b>Women 19-and-under</b>			<b>Women 50-59</b>		
Sorena Jean, 16	Williamsburg	5	Janice Kailos, 58	Williamsburg	5
Faith Lohr, 14	Williamsburg	4	Brenda Barrera, 56	Williamsburg	4
Cannon Jean, 14	Williamsburg	3	Linda St. John, 58	Williamsburg	3
Annika Suh, 17	Virginia Beach	2	Susanne Cox, 54	Williamsburg	2
Ana McBride, 16	Yorktown	1	Criztina Jean, 50	Williamsburg	1
<b>Women 20-29</b>			<b>Women 60-69</b>		
Emily Honeycutt, 27	Newport News	5	Dougie Winthrop, 62	Williamsburg	5
Julie Myers, 29	Norfolk	4	Brenda Mitchell, 68	Williamsburg	4
Katie Abelt, 27	Williamsburg	3	Cathy Kaurich, 63	Williamsburg	3
Meghan Madler, 24	Newport News	2	Jayne Henn, 63	Williamsburg	2
Holly Henn, 27	Williamsburg	1	<b>Women 70-and-over</b>		
<b>Women 30-39</b>			Roswitha Goossens-Winter, 70	Williamsburg	5
Maura Rust, 39	Poquoson	5	Pauline Ely, 80	Hampton	4
Terri Leonard, 37	Toano	4	<b>Women Walk</b>		
Anna Thomas, 38	Williamsburg	3	Cathy Kaurich, 63	Williamsburg	5
Brooke Scutt, 38	Newport News	2	Laura Urban, 39	Williamsburg	4
Jennifer Gilliam, 31	Toano	1	Ruth Larson, 56	Williamsburg	3
<b>Women 40-49</b>			Amy Gelhaar, 44	Newport News	2
Christine Fernandez, 43	Virginia Beach	5	Natalie Bare, 52	Williamsburg	1
Jeanette Primich, 42	Williamsburg	4			

### Jamestown High School Swamp Run 5K Times

<b>Men Overall</b>			Glenn Glass, 15	Williamsburg	18:59
Roger Hopper, 28	Norfolk	16:20	<b>Men 20-29</b>		
Mark Tompkins, 43	Williamsburg	17:31	Roger Hopper, 28	Norfolk	16:20
Paul Glass, 17	Williamsburg	17:52	Logan St. John, 24	Newport News	18:42
Luke Tompkins, 14	Williamsburg	18:14	Matt Slade, 21	Newport News	21:32
Andy Riley, 40	Toano	18:21	<b>Men 30-39</b>		
Draven Fernandez, 14	Virginia Beach	18:33	Steve Seiler, 33	Williamsburg	19:25
Logan St. John, 24	Newport News	18:42	Benjamin Slade, 33	Newport News	21:31
John Piggott, 53	Williamsburg	18:50	Scott Sevigny, 36	Newport News	21:58
Robert Cummings, 15	Virginia Beach	18:58	Michael deVivero, 31	Yorktown	24:37
Glenn Glass, 15	Williamsburg	18:59	Benjamin Kaurich, 31	Newport News	24:48
<b>Masters Men 40-and-over</b>			<b>Men 40-49</b>		
Mark Tompkins, 43	Williamsburg	17:31	Mark Tompkins, 43	Williamsburg	17:31
Andy Riley, 40	Toano	18:21	Andy Riley, 40	Toano	18:21
John Piggott, 53	Williamsburg	18:50	Greg Lynn, 44	Hayes	19:06
Greg Lynn, 44	Hayes	19:06	Jason Miller, 41	Williamsburg	19:19
Jason Miller, 41	Williamsburg	19:19	Rob Goldsmith, 40	Williamsburg	21:16
<b>Men 19-and-under</b>			<b>Men 50-59</b>		
Paul Glass, 17	Williamsburg	17:52	John Piggott, 53	Williamsburg	18:50
Luke Tompkins, 14	Williamsburg	18:14	Greg Dawson, 53	Williamsburg	19:34
Draven Fernandez, 14	Virginia Beach	18:33			
Robert Cummings, 15	Virginia Beach	18:58			

Paul Pelletier, 53	Williamsburg	19:40	<b>Men 70-and-over</b>		
Tim Collins, 57	Williamsburg	20:34	Ken Mitchell, 74	Williamsburg	30:15
Ken Alberg, 58	Suffolk	20:44	Ed Sharp, 79	Gloucester	34:40
<b>Men 60-69</b>			John Strassberger, 74	Williamsburg	39:41
Chris Abelt, 62	Williamsburg	23:26	Stephen Scudder, 70	Virginia Beach	42:56
Steve Altman, 63	Williamsburg	24:12	Michael Gontesky, 76	Hampton	50:48
Rick Platt, 68	Williamsburg	25:42	<b>Men Walk</b>		
Danny Young, 63	Newport News	26:04	John Strassberger, 74	Williamsburg	39:41
Jimmy Blount, 68	Williamsburg	29:51	Bob Curtin Jr., 66	Hampton	44:42
<b>Women Overall</b>			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	<b>Women 40-49</b>		
Julie Myers, 29	Norfolk	22:37	Christine Fernandez, 43	Virginia Beach	22:49
Christine Fernandez, 43	Virginia Beach	22:49	Jeanette Primich, 42	Williamsburg	27:07
Annika Suh, 17	Virginia Beach	22:56	Daphne Papaefthimiou, 42	Toano	28:07
Ana McBride, 16	Yorktown	23:53	Jean Rushby, 49	Williamsburg	29:03
Shea Mansisidor, 10	Williamsburg	24:02	Tressa Aulenbach, 41	Yorktown	29:23
Elena Larcombe, 17	Virginia Beach	24:47	<b>Women 50-59</b>		
<b>Masters Women 40-and-over</b>			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	<b>Women 60-69</b>		
<b>Women 19-and-under</b>			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	<b>Women 70-and-over</b>		
Ana McBride, 16	Yorktown	23:53	Roswitha Goossens-Winter, 70	Williamsburg	34:04
<b>Women 20-29</b>			Pauline Ely, 80	Hampton	50:46
Emily Honeycutt, 27	Newport News	21:32	<b>Women Walk</b>		
Julie Myers, 29	Norfolk	22:37	Cathy Kaurich, 63	Williamsburg	41:48
Katie Abelt, 27	Williamsburg	25:45	Laura Urban, 39	Williamsburg	44:09
Meghan Madler, 24	Newport News	35:35	Ruth Larson, 56	Williamsburg	46:42
Holly Henn, 27	Williamsburg	58:55	Amy Gelhaar, 44	Newport News	53:13
<b>Women 30-39</b>			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**

<b>Men Overall</b>			Jason Miller, 41	Williamsburg	6
Roger Hopper, 28	Norfolk	10	Paul Pelletier, 53	Williamsburg	5
Logan St. John, 24	Newport News	9	Isaac Lamprecht, 12	New Kent	4
Greg Lynn, 44	Hayes	8	Chris Novakoski, 37	Chesapeake	3
Glenn Glass, 15	Williamsburg	7	Steve Seiler, 33	Williamsburg	2



Nicholas Spadaro, 15	Williamsburg	1	Greg Lynn, 44	Hayes	5
			Jason Miller, 41	Williamsburg	4
<b>Masters Men 40-and-over</b>			David Glass, 46	Williamsburg	3
Greg Lynn, 44	Hayes	5	David Berger, 43	Williamsburg	2
Jason Miller, 41	Williamsburg	4			
Paul Pelletier, 53	Williamsburg	3	<b>Men 50-59</b>		
Ken Alberg, 58	Suffolk	2	Paul Pelletier, 53	Williamsburg	5
Chris Abelt, 62	Williamsburg	1	Ken Alberg, 58	Suffolk	4
			Tinsley Goad, 55	Williamsburg	3
<b>Men 19-and-under</b>			Robert Jean, 54	Williamsburg	2
Glenn Glass, 15	Williamsburg	5	Terry Packer, 53	Williamsburg	1
Isaac Lamprecht, 12	New Kent	4			
Nicholas Spadaro, 15	Williamsburg	3	<b>Men 60-69</b>		
Carter Thrash, 14	Williamsburg	2	Chris Abelt, 62	Williamsburg	5
Jacob Barton, 17	Williamsburg	1	Steve Altman, 63	Williamsburg	4
			Rick Platt, 68	Williamsburg	3
<b>Men 20-29</b>			Richard Goode, 66	Williamsburg	2
Roger Hopper, 28	Norfolk	5	Jimmy Blount, 68	Williamsburg	1
Logan St. John, 24	Newport News	4			
			<b>Men 70-and-over</b>		
<b>Men 30-39</b>			Larry Arata, 74	Williamsburg	5
Chris Novakoski, 37	Chesapeake	5	John Strassberger, 74	Williamsburg	4
Steve Seiler, 33	Williamsburg	4	Michael Gontesky, 76	Hampton	3
Darin Stiefvater, 30	Williamsburg	3			
William McCallister, 36	Lanexa	2	<b>Men Walk</b>		
Michael deVivero, 31	Yorktown	1	John Strassberger, 74	Williamsburg	5
			Bob Curtin, 66	Hampton	4
<b>Men 40-49</b>			Jonathan Rust, 14	Poquoson	3
<b>Women Overall</b>			none		
Sorena Jean, 16	Williamsburg	10			
Allison Crookston, 17	Williamsburg	9	<b>Women 30-39</b>		
Karen Grabowski, 35	Toano	8	Karen Grabowski, 35	Toano	5
Cannon Jean, 14	Williamsburg	7	Jessica Anderson, 37	Williamsburg	4
Ainsley Lord, 14	Williamsburg	6	Maura Rust, 39	Poquoson	3
Susan Hagel, 45	Norfolk	5	Sydney Downs, 33	Seaford	2
Lindsay Meadows, 12	Williamsburg	4			
Jessica Anderson, 37	Williamsburg	3	<b>Women 40-49</b>		
Marjorie Thrash, 43	Williamsburg	2	Susan Hagel, 45	Norfolk	5
Maura Rust, 39	Poquoson	1	Marjorie Thrash, 43	Williamsburg	4
			Alison Grygalonis, 40	Williamsburg	3
<b>Masters Women 40-and-over</b>			Margaret Tinsley, 47	Williamsburg	2
Susan Hagel, 45	Norfolk	5			
Marjorie Thrash, 43	Williamsburg	4	<b>Women 50-59</b>		
Patricia Travis, 67	Williamsburg	3	Tara Dress, 51	Yorktown	5
Mary Ann Goode, 61	Williamsburg	2	Criztina Jean, 50	Williamsburg	4
Tara Dress, 51	Yorktown	1	Linda St. John, 58	Williamsburg	3
			Sara Clark, 54	Williamsburg	2
<b>Women 19-and-under</b>					
Sorena Jean, 16	Williamsburg	5	<b>Women 60-69</b>		
Allison Crookston, 17	Williamsburg	4	Patricia Travis, 67	Williamsburg	5
Cannon Jean, 14	Williamsburg	3	Mary Ann Goode, 61	Williamsburg	4
Ainsley Lord, 14	Williamsburg	2	Shirley Stephens, 62	Williamsburg	3
Lindsay Meadows, 12	Williamsburg	1	Cathy Kaurich, 63	Williamsburg	2
			Nancy Byrd, 65	Toano	1
<b>Women 20-29</b>					

**Women 70-and-over**

Pauline Ely, 80 Hampton 5

Nancy Byrd, 65

Toano 4

Karen Schenck, 64

Ark 3

Anna Clark, 16

Williamsburg 2

Sara Clark, 54

Williamsburg 1

**Women Walk**

Cathy Kaurich, 63 Williamsburg 5

**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

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

**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

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**

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

**Masters Women 40-and-over**

Susan Hagel, 45 Norfolk 24:11

**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
Criztina 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
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**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

William McCallister, 36	Lanexa	3
David Boyd, 37	Williamsburg	2
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

**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 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 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 20-29**

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

**Men 30-39**

Ryan Doupe, 33	Newport News	5
Scott Sevigny, 36	Newport News	4

**Men Walk**

John Strassberger, 74	Williamsburg	5
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Bob Curtin, 66	Hampton	4	Sam Cox, 66	Elberon	2
Jonathan Rust, 14	Poquoson	3			
<b>Women Overall</b>			Kelly Miller, 38	Williamsburg	2
Emily Honeycutt, 28	Newport News	10	Jessica Anderson, 37	Williamsburg	1
Karla Havens, 57	Plainview	9	<b>Women 40-49</b>		
Karen Grabowski, 35	Toano	8	Susan Hagel, 46	Norfolk	5
Alison Politte, 38	Newport News	7	Rachel Alexander, 46	Gloucester	4
Elise Schasse, 39	Hampton	6	Michele Beck, 49	Gloucester	3
Susan Hagel, 46	Norfolk	5	Alison Grygalonis, 40	Williamsburg	2
Kelly Miller, 38	Williamsburg	4	Marcie Caldwell, 40	Williamsburg	1
Jessica Anderson, 37	Williamsburg	3	<b>Women 50-59</b>		
Norma Phillips, 58	Williamsburg	2	Karla Havens, 57	Plainview	5
Valor Foy Jones, 55	Newport News	1	Norma Phillips, 58	Williamsburg	4
<b>Masters Women 40-and-over</b>			Valor Foy Jones, 55	Newport News	3
Karla Havens, 57	Plainview	5	Beate Rudnik, 56	Yorktown	2
Susan Hagel, 46	Norfolk	4	Susan Ferrandino, 50	Williamsburg	1
Norma Phillips, 58	Williamsburg	3	<b>Women 60-69</b>		
Valor Foy Jones, 55	Newport News	2	Patricia Travis, 67	Williamsburg	5
Beate Rudnik, 56	Yorktown	1	Shirley Stephens, 62	Williamsburg	4
<b>Women 19-and-under</b>			Martha Gullo, 66	Williamsburg	3
Samantha Daugherty, 12	Smithfield	5	Julie Conlee, 62	Williamsburg	2
Samantha Burcham, 14	Williamsburg	4	Brenda Mitchell, 68	Williamsburg	1
Charlotte Urban, 10	Williamsburg	3	<b>Women 70-and-over</b>		
Caroline Urban, 8	Williamsburg	2	Roswitha Goossens-Winter, 70	Williamsburg	5
<b>Women 20-29</b>			Nancy Blount, 73	Williamsburg	4
Emily Honeycutt, 28	Newport News	5	Pauline Ely, 80	Hampton	3
Margarita Orozco, 20	Jacksonville, FL	4	<b>Women Walk</b>		
Alexa Hladick, 21	New Egypt, NJ	3	Cathy Kaurich, 63	Williamsburg	5
Taryn Hannam-Zatz, 20	Herndon	2	Carrie Elliott, 48	Williamsburg	4
Meaghan Likert, 28	Poquoson	1	Nancy Byrd, 65	Toano	3
<b>Women 30-39</b>			Laura Urban, 39	Williamsburg	2
Karen Grabowski, 35	Toano	5	Karen Schenck, 64	Ark	1
Alison Politte, 38	Newport News	4			
Elise Schasse, 39	Hampton	3			

### Queens Lake 5K Run Times

<b>Men Overall</b>			Keith Schumann, 48	Williamsburg	17:24
Keith Schumann, 48	Williamsburg	17:24	Greg Lynn, 44	Hayes	18:48
Logan St. John, 24	Newport News	18:08	Rick Samaha, 61	Williamsburg	18:55
Ryan Doupe, 33	Newport News	18:26	Paul Pelletier, 53	Williamsburg	19:03
Glenn Glass, 15	Williamsburg	18:43	Jason Miller, 41	Williamsburg	19:08
Greg Lynn, 44	Hayes	18:48	<b>Men 19-and-under</b>		
Rick Samaha, 61	Williamsburg	18:55	Glenn Glass, 15	Williamsburg	18:43
Paul Pelletier, 53	Williamsburg	19:03	Isaac Lamprecht, 12	New Kent	19:25
Jason Miller, 41	Williamsburg	19:08	Ethan Sevigny, 10	Newport News	21:07
Isaac Lamprecht, 12	New Kent	19:25	Braden Coykendall, 15	Williamsburg	21:17.3
Jonathan Torres, 29	Newport News	19:33	Jacob Lohr, 16	Williamsburg	21:17.6
<b>Masters Men 40-and-over</b>					

**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
David Anderson, 49	Williamsburg	19:51

**Men 50-59**

Paul Pelletier, 53	Williamsburg	19:03
Greg Dawson, 53	Williamsburg	19:41
Ken Alberg, 58	Suffolk	21:02

**Women Overall**

Emily Honeycutt, 28	Newport News	20:26
Karla Havens, 57	Plainview	21:43
Karen Grabowski, 35	Toano	22:20
Alison Politte, 38	Newport News	23:02
Elise Schasse, 39	Hampton	23:33
Susan Hagel, 46	Norfolk	24:13
Kelly Miller, 38	Williamsburg	24:38
Jessica Anderson, 37	Williamsburg	24:46
Norma Phillips, 58	Williamsburg	25:04
Valor Foy Jones, 55	Newport News	25:12

**Masters Women 40-and-over**

Karla Havens, 57	Plainview	21:43
Susan Hagel, 46	Norfolk	24:13
Norma Phillips, 58	Williamsburg	25:04
Valor Foy Jones, 55	Newport News	25:12
Beate Rudnik, 56	Yorktown	26:27

**Women 19-and-under**

Samantha Daugherty, 12	Smithfield	30:25
Samantha Burcham, 14	Williamsburg	31:07
Charlotte Urban, 10	Williamsburg	53:23
Caroline Urban, 8	Williamsburg	53:23

**Women 20-29**

Emily Honeycutt, 28	Newport News	20:26
Margarita Orozco, 20	Jacksonville, FL	34:18
Alexa Hladick, 21	New Egypt, NJ	35:52.2
Taryn Hannam-Zatz, 20	Herndon	35:52.7
Meaghan Likert, 28	Poquoson	37:12

Robert Jean, 54	Williamsburg	24:32
Michael Gravitt, 53	Gloucester Point	24:51

**Men 60-69**

Rick Samaha, 61	Williamsburg	18:55
Chris Abelt, 62	Williamsburg	22:45
Steve Altman, 63	Williamsburg	23:28
Rick Platt, 68	Williamsburg	23:50
Jim Gullo, 64	Williamsburg	24:57

**Men 70-and-over**

Larry Arata, 74	Williamsburg	27:24
Nickolas Hagel, 76	Norfolk	30:32
Bruce Hurwitz, 72	Williamsburg	34:07
John Strassberger, 74	Williamsburg	37:22
Steve Scudder, 70	Virginia Beach	42:37

**Men Walk**

John Strassberger, 74	Williamsburg	37:22
Bob Curtin, 66	Hampton	45:00
Jonathan Rust, 14	Poquoson	51:03
Sam Cox, 66	Elberon	1:02:28

**Women 30-39**

Karen Grabowski, 35	Toano	22:20
Alison Politte, 38	Newport News	23:02
Elise Schasse, 39	Hampton	23:33
Kelly Miller, 38	Williamsburg	24:38
Jessica Anderson, 37	Williamsburg	24:46
Maryanna Aldunate, 39	Ripley, ME	26:04

**Women 40-49**

Susan Hagel, 46	Norfolk	24:13
Rachel Alexander, 46	Gloucester	28:09
Michele Beck, 49	Gloucester	28:45
Alison Grygalonis, 40	Williamsburg	30:20
Marcie Caldwell, 40	Williamsburg	30:32

**Women 50-59**

Karla Havens, 57	Plainview	21:43
Norma Phillips, 58	Williamsburg	25:04
Valor Foy Jones, 55	Newport News	25:12
Beate Rudnik, 56	Yorktown	26:27
Susan Ferrandino, 50	Williamsburg	26:40

**Women 60-69**

Patricia Travis, 67	Williamsburg	28:38
Shirley Stephens, 62	Williamsburg	30:00
Martha Gullo, 66	Williamsburg	30:57
Julie Conlee, 62	Williamsburg	36:52
Brenda Mitchell, 68	Williamsburg	39:46

**Women 70-and-over**

Roswitha Goossens-Winter, 70	Williamsburg	31:23
Nancy Blount, 73	Williamsburg	41:32

Pauline Ely, 80	Hampton	49:03	Carrie Elliott, 48	Williamsburg	40:39
			Nancy Byrd, 65	Toano	40:44
<b>Women Walk</b>			Laura Urban, 39	Williamsburg	42:56
Cathy Kaurich, 63	Williamsburg	40:21	Karen Schenck, 64	Ark	45:38

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

<b>Men Overall</b>			Brian Chandler, 36	Williamsburg	2
Roger Hopper, 28	Norfolk	10	Dennis Frazee, 32	Fort Belvoir	1
Collins Ombikhwa, 20	Hampton	9			
Stacin Martin, 49	Chesapeake	8	<b>Men 40-49</b>		
Logan St. John, 24	Newport News	7	Stacin Martin, 49	Chesapeake	5
Nick Vaka, 20	Leesburg	6	Jason Miller, 41	Williamsburg	4
Matthew Franco, 34	Williamsburg	5	Greg Lynn, 44	Hayes	3
Jason Miller, 41	Williamsburg	4	Allen Zent, 45	Stafford	2
Conrad Briles, 20	Leesburg	3	Joseph Corcoran, 43	Williamsburg	1
Jesse Dineen, 20	Leesburg	2			
Paul Pelletier, 53	Williamsburg	1	<b>Men 50-59</b>		
			Paul Pelletier, 53	Williamsburg	5
<b>Masters Men (ages 40-and-over)</b>			Craig Hymes, 56	Yorktown	4
Stacin Martin, 49	Chesapeake	5	Greg Dawson, 53	Williamsburg	3
Jason Miller, 41	Williamsburg	4	Timothy Collins, 58	Williamsburg	2
Paul Pelletier, 53	Williamsburg	3	Steve Talbert, 57	Seaford	1
Greg Lynn, 44	Hayes	2			
Craig Hymes, 56	Yorktown	1	<b>Men 60-69</b>		
			Richard Grant, 65	Suffolk	5
<b>Men 19-and-under</b>			Tim Westfall, 60	Norfolk	4
Glenn Glass, 15	Williamsburg	5	Chris Abelt, 62	Williamsburg	3
Joseph Macfarlane, 16	Yorktown	4	Rick Platt, 68	Williamsburg	2
DJ Guthinger, 16	Yorktown	3	Joe Day, 68	Yorktown	1
Joshua Guthinger, 10	Yorktown	2			
Will Wilson, 15	Yorktown	1	<b>Men 70-and-over</b>		
			Larry Arata, 74	Williamsburg	5
<b>Men 20-29</b>			Rich Hildreth, 70	Virginia Beach	4
Roger Hopper, 28	Norfolk	5	John Strassberger, 74	Williamsburg	3
Collins Ombikhwa, 20	Hampton	4	Ed Sharp, 79	Gloucester	2
Logan St. John, 24	Newport News	3	Ernest Schillinger, 87	Williamsburg	1
Nick Vaka, 20	Leesburg	2			
Conrad Briles, 20	Leesburg	1	<b>Men Walk</b>		
			John Strassberger, 74	Williamsburg	5
<b>Men 30-39</b>			Bob Curtin, 66	Hampton	4
Matthew Franco, 34	Williamsburg	5	William Wilson, 55	Yorktown	3
Steve Seiler, 33	Williamsburg	4	Ulises Sanchez, 48	Williamsburg	2
Frank Leone, 34	Newport News	3	Kelly Hayes, 57	Yorktown	1
<b>Women Overall</b>			Victoria Baker, 28	Cincinnati, OH	2
Emily Honeycutt, 28	Newport News	10	Sheila Scotti, 35	Yorktown	1
Alison Valrey, 37	Hampton	9			
Sorena Jean, 16	Williamsburg	8	<b>Masters Women (ages 40-and-over)</b>		
Karla Havens, 57	Plainview	7	Karla Havens, 57	Plainview	5
Maria Spady, 28	Yorktown	6	Mary Jo Bailey, 58	Williamsburg	4
Tracy Hofstetter, 33	Poquoson	5	Holli Allen, 48	Yorktown	3
Emily Brown, 31	Newport News	4	Susan Hagel, 46	Norfolk	2
Sarah Laine, 25	Newport News	3	Nancy Delaney, 53	Virginia Beach	1

<b>Women 19-and-under</b>			Robin Britton, 43	West Point	1
Sorena Jean, 16	Williamsburg	5	<b>Women 50-59</b>		
Mackenzie Corcoran, 19	Williamsburg	4	Karla Havens, 57	Plainview	5
Cannon Jean, 14	Williamsburg	3	Mary Jo Bailey, 58	Williamsburg	4
Grace Breitenbeck, 19	Alexandria	2	Nancy Delaney, 53	Virginia Beach	3
Sarah Butterfield, 19	Poquoson	1	Norma Phillips, 58	Williamsburg	2
			Gabriele Lingenfelter, 56	Yorktown	1
<b>Women 20-29</b>			<b>Women 60-69</b>		
Emily Honeycutt, 28	Newport News	5	Carol Talley, 64	Toano	5
Maria Spady, 28	Yorktown	4	Helen Worthington, 64	Bena	4
Sarah Laine, 25	Newport News	3	Patricia Travis, 67	Williamsburg	3
Victoria Baker, 28	Cincinnati, OH	2	Jean Phelan, 63	Virginia Beach	2
Marissa Stone, 22	Charlottesville	1	Shirley Stephens, 62	Williamsburg	1
<b>Women 30-39</b>			<b>Women 70-and-over</b>		
Alison Valrey, 37	Hampton	5	Barbara Biasi, 71	Yorktown	5
Tracy Hofstetter, 33	Poquoson	4	Roswitha Goossens-Winter, 70	Williamsburg	4
Emily Brown, 31	Newport News	3	Shirley White, 71	Yorktown	3
Sheila Scotti, 35	Yorktown	2			
Laurel Henshaw, 38	Williamsburg	1	<b>Women Walk</b>		
<b>Women 40-49</b>			Laura Scott, 53	Poquoson	5
Holli Allen, 48	Yorktown	5	Cathy Kaurich, 63	Williamsburg	4
Susan Hagel, 46	Norfolk	4	Renee Kent, 53	Yorktown	3
Jennifer Cornette, 47	Norfolk	3	Lisa Wood, 57	Yorktown	2
Lisa Leech, 43	Newport News	2	Michele Donnelly, 65	Yorktown	1

### Victory at Yorktown 10K Run/Walk Times

<b>Men Overall</b>			<b>Men 20-29</b>		
Roger Hopper, 28	Norfolk	33:30	Roger Hopper, 28	Norfolk	33:30
Collins Ombikhwa, 20	Hampton	36:19	Collins Ombikhwa, 20	Hampton	36:19
Stacin Martin, 49	Chesapeake	37:03	Logan St. John, 24	Newport News	38:03
Logan St. John, 24	Newport News	38:03	Nick Vaka, 20	Leesburg	38:24
Nick Vaka, 20	Leesburg	38:24	Conrad Briles, 20	Leesburg	39:27
Matthew Franco, 34	Williamsburg	38:40	Jesse Dineen, 20	Leesburg	39:27
Jason Miller, 41	Williamsburg	39:10	<b>Men 30-39</b>		
Conrad Briles, 20	Leesburg	39:27	Matthew Franco, 34	Williamsburg	38:40
Jesse Dineen, 20	Leesburg	39:27	Steve Seiler, 33	Williamsburg	40:09
Paul Pelletier, 53	Williamsburg	39:32	Frank Leone, 34	Newport News	41:32
<b>Masters Men (ages 40-and-over)</b>			Brian Chandler, 36	Williamsburg	41:34
Stacin Martin, 49	Chesapeake	37:03	Dennis Frazee, 32	Fort Belvoir	41:49
Jason Miller, 41	Williamsburg	39:10	<b>Men 40-49</b>		
Paul Pelletier, 53	Williamsburg	39:32	Stacin Martin, 49	Chesapeake	37:03
Greg Lynn, 44	Hayes	39:37	Jason Miller, 41	Williamsburg	39:10
Craig Hymes, 56	Yorktown	39:52	Greg Lynn, 44	Hayes	39:37
<b>Men 19-and-under</b>			Allen Zent, 45	Stafford	40:17
Glenn Glass, 15	Williamsburg	41:28	Joseph Corcoran, 43	Williamsburg	42:08
Joseph Macfarlane, 16	Yorktown	42:06	David Anderson, 49	Williamsburg	42:10
DJ Guthinger, 16	Yorktown	46:12	<b>Men 50-59</b>		
Joshua Guthinger, 10	Yorktown	49:48			
Will Wilson, 15	Yorktown	48:53			

Paul Pelletier, 53	Williamsburg	39:32
Craig Hymes, 56	Yorktown	39:52
Greg Dawson, 53	Williamsburg	40:44
Timothy Collins, 58	Williamsburg	42:50
Steve Talbert, 57	Seaford	44:28

### Men 60-69

Richard Grant, 65	Suffolk	42:16
Tim Westfall, 60	Norfolk	48:07
Chris Abelt, 62	Williamsburg	48:31
Rick Platt, 68	Williamsburg	49:47
Joe Day, 68	Yorktown	52:35

### 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

### 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 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 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 30-39

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

### Men 70-and-over

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

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

### 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 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 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 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

**Men 19-and-under**

Donovan Foley, 19	Vienna	5
Jacob Lohr, 16	Williamsburg	4
Noah Fields, 18	Williamsburg	3
Ethan Baker, 14	Chagrin Falls, OH	2
Glenn Glass, 15	Williamsburg	1

**Men 20-29**

Brayden Burleigh, 26	Midlothian	5
Robert Reynolds, 28	Mechanicsville	4
Patrick Wachter, 21	Williamsburg	3
Roger Hopper, 28	Norfolk	2
Peter Ramundo, 26	Manhattan, KS	1

**Men 30-39**

Brian Mongeon, 33	Stowe, VT	5
Ryan Doupe, 33	Newport News	4
Steve Seiler, 33	Williamsburg	3

**Women Overall**

Ann Mazur Robb, 33	Charlottesville	10
Abigail Motley, 24	Williamsburg	9
Renee High, 37	Norfolk	8
Kirsten Long, 17	Williamsburg	7
Leah Kappel, 18	Arlington	6
Claire Bauer, 13	Williamsburg	5
Sorena Jean, 16	Williamsburg	4
Lauren Hoy, 28	Smithfield	3
Laurel Goodpasture, 20	Midlothian	2
Emily Honeycutt, 28	Newport News	1

**Women Masters (ages 40-and-over)**

Karla Havens, 57	Plainview	5
Annie Gilbride, 51	Providence Forge	4

John Sturtevant, 38	Newport News	2
Dennis Frazee, 32	Fort Belvoir	1

**Men 40-49**

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

**Men 50-59**

Paul Pelletier, 53	Williamsburg	5
David Lockard, 50	Hampton	4
Jon Leiding, 56	Virginia Beach	3
Dan O'Brien, 56	Williamsburg	2
Timothy Collins, 58	Williamsburg	1

**Men 60-69**

Stephen Chantry, 64	Williamsburg	5
Robert Whitaker, 60	Yorktown	4
Bob Keroack, 61	Williamsburg	3
Terry Imbery, 61	Williamsburg	2
Chris Abelt, 62	Williamsburg	1

**Men 70-and-over**

Larry Arata, 74	Williamsburg	5
George Deamer, 75	Williamsburg	4
Jack Espinal, 74	Falls Church	3
Randy Hawthorne, 73	Williamsburg	2
Knut Nilsson, 76	Richmond	1

**Men Walk**

John Strassberger, 75	Williamsburg	5
Dwight Kane, 66	Chesapeake	4
Mike AtLee, 69	Gloucester	3
Jarret Lee, 40	Gloucester	2
Robert Curtin, 66	Hampton	1

Mary Jo Bailey, 58	Williamsburg	3
Darcie Badami, 40	Yorktown	2
Susan Hagel, 46	Norfolk	1

**Women 19-and-under**

Kirsten Long, 17	Williamsburg	5
Leah Kappel, 18	Arlington	4
Claire Bauer, 13	Williamsburg	3
Sorena Jean, 16	Williamsburg	2
Finley Stewart, 19	Williamsburg	1

**Women 20-29**

Abigail Motley, 24	Williamsburg	5
Lauren Hoy, 28	Smithfield	4
Laurel Goodpasture, 20	Midlothian	3

Emily Honeycutt, 28	Newport News	2	Mary Ransom, 50	Richmond	1
Caitlyn Unsworth, 25	Charlottesville	1			
<b>Women 30-39</b>					
Ann Mazur Robb, 33	Charlottesville	5	Patricia Travis, 67	Williamsburg	5
Renee High, 37	Norfolk	4	Dougie Winthrop, 62	Williamsburg	4
Emily Brown, 31	Newport News	3	Shirley Stephens, 62	Williamsburg	3
Jessica Gilligan, 38	Williamsburg	2	Sally Adler, 68	Williamsburg	2
Melissa Reese, 34	Chesterfield	1	Ruth LeBarron, 62	Williamsburg	1
<b>Women 40-49</b>					
Darcie Badami, 40	Yorktown	5	Barbara Biasi, 71	Yorktown	5
Susan Hagel, 46	Norfolk	4	Roswitha Goossens-Winter, 70	Williamsburg	4
Lina Tonk, 42	Toano	3	Sarah Carey, 71	Williamsburg	3
Adrienne Sines, 44	Williamsburg	2	Bunny Majcher, 71	Williamsburg	2
Kate Langbehn, 42	Williamsburg	1	Sally Davis, 78	Hartfield	1
<b>Women 50-59</b>					
Karla Havens, 57	Plainview	5	Laura Liechti, 57	Williamsburg	5
Annie Gilbride, 51	Providence Forge	4	Nancy Byrd, 65	Toano	4
Mary Jo Bailey, 58	Williamsburg	3	Cathy Kaurich, 63	Williamsburg	3
Norma Phillips, 58	Williamsburg	2	Laura Urban, 39	Williamsburg	2
			Christina Packer, 47	Williamsburg	1

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

<b>Men Overall</b>			Roger Hopper, 28	Norfolk	16:23
Brayden Burleigh, 26	Midlothian	15:33	Peter Ramundo, 26	Manhattan, KS	16:30
Robert Reynolds, 28	Mechanicsville	15:45	<b>Men 30-39</b>		
Patrick Wachter, 21	Williamsburg	16:04	Brian Mongeon, 33	Stowe, VT	16:41
Roger Hopper, 28	Norfolk	16:23	Ryan Doupe, 33	Newport News	18:14
Peter Ramundo, 26	Manhattan, KS	16:30	Steve Seiler, 33	Williamsburg	19:06
Brian Mongeon, 33	Stowe, VT	16:41	John Sturtevant, 38	Newport News	20:00
Victor Flemming, 40	Carrollton	16:48	Dennis Frazee, 32	Fort Belvoir	20:12
Patrick Russo, 20	Henrico	17:15	<b>Men 40-49</b>		
Mark Tompkins, 43	Williamsburg	17:22	Victor Flemming, 40	Carrollton	16:48
Donovan Foley, 19	Vienna	17:31	Mark Tompkins, 43	Williamsburg	17:22
<b>Men Masters (ages 40-and-over)</b>			Robert Hunter, 44	Virginia Beach	18:25
Victor Flemming, 40	Carrollton	16:48	Greg Lynn, 44	Hayes	18:35
Mark Tompkins, 43	Williamsburg	17:22	Jason Miller, 41	Williamsburg	18:52
Robert Hunter, 44	Virginia Beach	18:25	<b>Men 50-59</b>		
Greg Lynn, 44	Hayes	18:35	Paul Pelletier, 53	Williamsburg	19:03
Jason Miller, 41	Williamsburg	18:52	David Lockard, 50	Hampton	19:30
<b>Men 19-and-under</b>			Jon Leiding, 56	Virginia Beach	19:59
Donovan Foley, 19	Vienna	17:31	Dan O'Brien, 56	Williamsburg	21:05
Jacob Lohr, 16	Williamsburg	18:32	Timothy Collins, 58	Williamsburg	21:25
Noah Fields, 18	Williamsburg	19:00	<b>Men 60-69</b>		
Ethan Baker, 14	Chagrin Falls, OH	19:05	Stephen Chantry, 64	Williamsburg	18:56
Glenn Glass, 15	Williamsburg	19:05	Robert Whitaker, 60	Yorktown	19:15
<b>Men 20-29</b>			Bob Keroack, 61	Williamsburg	23:01
Brayden Burleigh, 26	Midlothian	15:33	Terry Imberry, 61	Williamsburg	23:02
Robert Reynolds, 28	Mechanicsville	15:45	Chris Abelt, 62	Williamsburg	23:06
Patrick Wachter, 21	Williamsburg	16:04			

**Men 70-and-over**

Larry Arata, 74	Williamsburg	28:33
George Deamer, 75	Williamsburg	29:03
Jack Espinal, 74	Falls Church	30:20
Randy Hawthorne, 73	Williamsburg	33:22
Knut Nilsson, 76	Richmond	35:36

**Women Overall**

Ann Mazur Robb, 33	Charlottesville	18:08
Abigail Motley, 24	Williamsburg	19:11
Renee High, 37	Norfolk	19:58
Kirsten Long, 17	Williamsburg	20:01
Leah Kappel, 18	Arlington	20:20
Claire Bauer, 13	Williamsburg	20:24
Sorena Jean, 16	Williamsburg	20:36
Lauren Hoy, 28	Smithfield	20:37
Laurel Goodpasture, 20	Midlothian	20:39
Emily Honeycutt, 28	Newport News	20:43

**Women Masters (ages 40-and-over)**

Karla Havens, 57	Plainview	21:23
Annie Gilbride, 51	Providence Forge	21:39
Mary Jo Bailey, 58	Williamsburg	23:29
Darcie Badami, 40	Yorktown	24:19
Susan Hagel, 46	Norfolk	24:45

**Women 19-and-under**

Kirsten Long, 17	Williamsburg	20:01
Leah Kappel, 18	Arlington	20:20
Claire Bauer, 13	Williamsburg	20:24
Sorena Jean, 16	Williamsburg	20:36
Finley Stewart, 19	Williamsburg	21:04

**Women 20-29**

Abigail Motley, 24	Williamsburg	19:11
Lauren Hoy, 28	Smithfield	20:37
Laurel Goodpasture, 20	Midlothian	20:39
Emily Honeycutt, 28	Newport News	20:43
Caitlyn Unsworth, 25	Charlottesville	21:00

**Women 30-39**

Ann Mazur Robb, 33	Charlottesville	18:08
Renee High, 37	Norfolk	19:58
Emily Brown, 31	Newport News	22:11

**Men Walk**

John Strassberger, 75	Williamsburg	37:44
Dwight Kane, 66	Chesapeake	39:47
Mike AtLee, 69	Gloucester	41:44
Jarret Lee, 40	Gloucester	43:51
Robert Curtin, 66	Hampton	45:19

Jessica Gilligan, 38	Williamsburg	22:31
Melissa Reese, 34	Chesterfield	22:38

**Women 40-49**

Darcie Badami, 40	Yorktown	24:19
Susan Hagel, 46	Norfolk	24:45
Lina Tonk, 42	Toano	24:57
Adrienne Sines, 44	Williamsburg	25:10
Kate Langbehn, 42	Williamsburg	25:18

**Women 50-59**

Karla Havens, 57	Plainview	21:23
Annie Gilbride, 51	Providence Forge	21:39
Mary Jo Bailey, 58	Williamsburg	23:29
Norma Phillips, 58	Williamsburg	25:41
Mary Ransom, 50	Richmond	25:46

**Women 60-69**

Patricia Travis, 67	Williamsburg	29:03
Dougie Winthrop, 62	Williamsburg	30:20
Shirley Stephens, 62	Williamsburg	30:31
Sally Adler, 68	Williamsburg	31:44
Ruth LeBarron, 62	Williamsburg	31:47

**Women 70-and-over**

Barbara Biasi, 71	Yorktown	30:20
Roswitha Goossens-Winter, 70	Williamsburg	32:36
Sarah Carey, 71	Williamsburg	35:55
Bunny Majcher, 71	Williamsburg	47:17
Sally Davis, 78	Hartfield	48:45

**Women Walk**

Laura Liehti, 57	Williamsburg	36:47
Nancy Byrd, 65	Toano	41:01
Cathy Kaurich, 63	Williamsburg	41:05
Laura Urban, 39	Williamsburg	42:07
Christina Packer, 47	Williamsburg	44:08

**Virginia Regional Ballet 5K at First Colony Points  
Saturday, May 4, 2019**

**Men Overall**

Roger Hopper, 28	Norfolk	10
Cary Caldwell, 15	Williamsburg	9
Logan St. John, 25	Newport News	8
Stephen Chantry, 64	Williamsburg	7
Greg Lynn, 44	Hayes	6
Glenn Glass, 15	Williamsburg	5

Robert Whitaker, 60	Yorktown	4
Steve Seiler, 33	Williamsburg	3
Paul Pelletier, 53	Williamsburg	2
Jonathan Torres, 29	Newport News	1

**Masters Men 40-and-over**

Stephen Chantry, 64	Williamsburg	5
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Greg Lynn, 44	Hayes	4
Robert Whitaker, 60	Yorktown	3
Paul Pelletier, 53	Williamsburg	2
Steven Short, 44	Toano	1

**Men 19-and-under**

Cary Caldwell, 15	Williamsburg	5
Glenn Glass, 15	Williamsburg	4
Lorenzo Short, 13	Toano	3
Johnny Contrucci, 14	Williamsburg	2
Kyle Klarenbach, 16	Williamsburg	1

**Men 20-29**

Roger Hopper, 28	Norfolk	5
Logan St. John, 25	Newport News	4
Jonathan Torres, 29	Newport News	3

**Men 30-39**

Steve Seiler, 33	Williamsburg	5
Chris Novakoski, 37	Chesapeake	4
Benjamin Kaurich, 31	Newport News	3
William McCallister III, 36	Lanexa	2
David Boyd, 37	Williamsburg	1

**Men 40-49**

Greg Lynn, 44	Hayes	5
Steven Short, 44	Toano	4

**Women Overall**

Susan Hagel, 46	Norfolk	10
Haylee Walker, 24	Powell, TN	9
Lindsay Meadows, 12	Williamsburg	8
Lydia Short, 9	Toano	7
Susan Ferrandino, 50	Williamsburg	6
Daphne Papaefthimiou, 42	Toano	5
Amy Colley, 53	Williamsburg	4
Christine Hopps, 47	Deer Park, NY	3
Caroline Roe, 43	Deer Park, NY	2
Lindsey Colburn, 14	Williamsburg	1

**Masters Women 40-and-over**

Susan Hagel, 46	Norfolk	5
Susan Ferrandino, 50	Williamsburg	4
Daphne Papaefthimiou, 42	Toano	3
Amy Colley, 53	Williamsburg	2
Christine Hopps, 47	Deer Park, NY	1

**Women 19-and-under**

Lindsay Meadows, 12	Williamsburg	5
Lydia Short, 9	Toano	4
Lindsey Colburn, 14	Williamsburg	3
Caroline Urban, 8	Williamsburg	2
Elizabeth Betzner, 6	Williamsburg	1

**Women 20-29**

Haylee Walker, 24	Powell, TN	5
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Rob Klarenbach, 47	Williamsburg	3
David Glass, 47	Williamsburg	2
Doug Higgons, 49	Toano	1

**Men 50-59**

Paul Pelletier, 53	Williamsburg	5
William Palagyi, 54	Suffolk	4
David St. John, 58	Williamsburg	3

**Men 60-69**

Stephen Chantry, 64	Williamsburg	5
Robert Whitaker, 60	Yorktown	4
Chris Abelt, 62	Williamsburg	3
Steve Altman, 63	Williamsburg	2
Thomas Barry, 61	Williamsburg	1

**Men 70-and-over**

Larry Arata, 74	Williamsburg	5
John Strassberger, 75	Williamsburg	4
George Fenigsohn, 71	Poquoson	3

**Men Walk**

John Strassberger, 75	Williamsburg	5
George Fenigsohn, 71	Poquoson	4
Bob Curtin, Jr., 66	Hampton	3
Zach Trogdon, 46	Williamsburg	2

Bethany Davis, 25	Newport News	4
Monica Meharg, 25	Yorktown	3

**Women 30-39**

Kristi Bridges, 37	Williamsburg	5
Brandy Humphries-Betzner, 33	Williamsburg	4
Amber Kaczmarczyk, 37	Williamsburg	3
Laura Urban, 39	Williamsburg	2

**Women 40-49**

Susan Hagel, 46	Norfolk	5
Daphne Papaefthimiou, 42	Toano	4
Christine Hopps, 47	Deer Park, NY	3
Caroline Roe, 43	Deer Park, NY	2
Amy Schroeder, 49	Williamsburg	1

**Women 50-59**

Susan Ferrandino, 50	Williamsburg	5
Amy Colley, 53	Williamsburg	4
Tara Dress, 51	Yorktown	3
Priscilla Caldwell, 52	Williamsburg	2
Linda St. John, 59	Williamsburg	1

**Women 60-69**

Jan Barry, 66	Williamsburg	5
Patricia Travis, 67	Williamsburg	4
Shirley Stephens, 62	Williamsburg	3
Cathy Kaurich, 63	Williamsburg	2

Nancy Byrd, 65	Toano	1	Cathy Kaurich, 63	Williamsburg	5
<b>Women 70-and-over</b>			Nancy Byrd, 65	Toano	4
Nancy Blount, 73	Williamsburg	5	Nancy Rettinhouse, 63	Land O Lakes, FL	3
			Karen Schenck, 64	Ark	2
			Charlotte Urban, 10	Williamsburg	1

### Women Walk

## Virginia Regional Ballet 5K at First Colony Times

### Men Overall

Roger Hopper, 28	Norfolk	16:03
Cary Caldwell, 15	Williamsburg	18:07
Logan St. John, 25	Newport News	18:11
Stephen Chantry, 64	Williamsburg	18:29
Greg Lynn, 44	Hayes	18:32
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

### 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

Benjamin Kaurich, 31	Newport News	23:04
William McCallister III, 36	Lanexa	23:06
David Boyd, 37	Williamsburg	23:27

### 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

### 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

Elizabeth Betzner, 6	Williamsburg	33:40	Amy Colley, 53	Williamsburg	26:51
			Tara Dress, 51	Yorktown	29:42
<b>Women 20-29</b>			Priscilla Caldwell, 52	Williamsburg	31:40
Haylee Walker, 24	Powell, TN	25:52	Linda St. John, 59	Williamsburg	32:28
Bethany Davis, 25	Newport News	37:00			
Monica Meharg, 25	Yorktown	37:01	<b>Women 60-69</b>		
<b>Women 30-39</b>			Jan Barry, 66	Williamsburg	28:05
Kristi Bridges, 37	Williamsburg	29:48	Patricia Travis, 67	Williamsburg	28:12
Brandy Humphries-Betzner, 33	Williamsburg	33:40	Shirley Stephens, 62	Williamsburg	30:38
Amber Kaczmarczyk, 37	Williamsburg	36:19	Cathy Kaurich, 63	Williamsburg	39:58
Laura Urban, 39	Williamsburg	51:26	Nancy Byrd, 65	Toano	40:16
			<b>Women 70-and-over</b>		
<b>Women 40-49</b>			Nancy Blount, 73	Williamsburg	41:36
Susan Hagel, 46	Norfolk	23:35			
Daphne Papaefthimiou, 42	Toano	26:36	<b>Women Walk</b>		
Christine Hopps, 47	Deer Park, NY	27:49	Cathy Kaurich, 63	Williamsburg	39:58
Caroline Roe, 43	Deer Park, NY	27:50	Nancy Byrd, 65	Toano	40:16
Amy Schroeder, 49	Williamsburg	29:52	Nancy Rettinhouse, 63	Land O Lakes, FL	41:35
			Karen Schenck, 64	Ark	44:17
<b>Women 50-59</b>			Charlotte Urban, 10	Williamsburg	51:26
Susan Ferrandino, 50	Williamsburg	26:19			

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

<b>Men Overall</b>			Logan St. John, 25	Newport News	2
Brayden Burleigh, 26	Midlothian	10	Owen Flannery, 24	Williamsburg	1
Trevor Hopper, 23	Henrico	9			
Cary Caldwell, 15	Williamsburg	8	<b>Men 30-39</b>		
William Toth, 15	Williamsburg	7	Steve Seiler, 33	Williamsburg	5
Steve Seiler, 33	Williamsburg	6	Cody Faulk, 32	Yorktown	4
Jason Miller, 41	Williamsburg	5	Benjamin Kaurich, 31	Newport News	3
Robert Whitaker, 60	Yorktown	4	Matthew Eppright, 33	Williamsburg	2
Stephen Chantry, 64	Williamsburg	3	Andrew Pittman, 35	Williamsburg	1
Jonathan Torres, 29	Newport News	2			
Logan St. John, 25	Newport News	1	<b>Men 40-49</b>		
			Jason Miller, 41	Williamsburg	5
<b>Men Masters Overall</b>			Greg Lynn, 45	Hayes	4
Jason Miller, 41	Williamsburg	5	David Anderson, 49	Williamsburg	3
Robert Whitaker, 60	Yorktown	4	Steven Short, 45	Toano	2
Stephen Chantry, 64	Williamsburg	3	John Grantz, 46	Williamsburg	1
Greg Lynn, 45	Hayes	2			
David Anderson, 49	Williamsburg	1	<b>Men 50-59</b>		
			Darrin Denny, 53	Williamsburg	5
<b>Men 19-and-under</b>			Robert Jean, 54	Williamsburg	4
Cary Caldwell, 15	Williamsburg	5	R. Dravis, 56	Williamsburg	3
William Toth, 15	Williamsburg	4	James Ahearn, 59	Williamsburg	2
Lorenzo Short, 13	Toano	3	Michael Parker, 55	Suffolk	1
John Contrucci, 14	Williamsburg	2			
Orion Berger, 12	Williamsburg	1	<b>Men 60-69</b>		
			Robert Whitaker, 60	Yorktown	5
<b>Men 20-29</b>			Stephen Chantry, 64	Williamsburg	4
Brayden Burleigh, 26	Midlothian	5	Jim Thornton, 65	Toano	3
Trevor Hopper, 23	Henrico	4	Chris Abelt, 62	Williamsburg	2
Jonathan Torres, 29	Newport News	3	David Pape, 60	Williamsburg	1

**Men 70-and-over**

Randy Hawthorne, 73	Williamsburg	5
John Strassberger, 75	Williamsburg	4

**Women Overall**

Leah Schubel, 28	Richmond	10
Thorin Jean, 18	Williamsburg	9
Sorena Jean, 17	Williamsburg	8
Emily Honeycutt, 28	Newport News	7
Cannon Jean, 14	Williamsburg	6
Jessica Anderson, 37	Williamsburg	5
Caitlyn Burkhalter, 12	Williamsburg	4
Lydia Short, 9	Toano	3
Linda Wagers, 60	Leander, TX	2
Daphne Papaefthimiou, 42	Toano	1

**Women Masters Overall (ages 40-and-over)**

Linda Wagers, 60	Leander, TX	5
Daphne Papaefthimiou, 42	Toano	4
Amy Friedl, 43	Hampton	3
Pamela Eddy, 58	Williamsburg	2
Alison Grygalonis, 41	Williamsburg	1

**Women 19-and-under**

Thorin Jean, 18	Williamsburg	5
Sorena Jean, 17	Williamsburg	4
Cannon Jean, 14	Williamsburg	3
Caitlyn Burkhalter, 12	Williamsburg	2
Lydia Short, 9	Toano	1

**Women 20-29**

Leah Schubel, 28	Richmond	5
Emily Honeycutt, 28	Newport News	4
Zoe Friedl, 21	Hampton	3
Erica Pineda, 27	Yorktown	2
Eden Kibler, 23	Newport News	1

**Women 30-39****Men Race Walk**

John Strassberger, 75	Williamsburg	5
Bob Curtin, 66	Hampton	4

Jessica Anderson, 37	Williamsburg	5
Cindy Cattell, 36	Williamsburg	4
Rebecca Nonnemacher, 35	Hampton	3
Elaine Jeffers, 33	Virginia Beach	2
Amanda Running, 32	Williamsburg	1

**Women 40-49**

Daphne Papaefthimiou, 42	Toano	5
Amy Friedl, 43	Hampton	4
Alison Grygalonis, 41	Williamsburg	3
Jennifer Contrucci, 48	Williamsburg	2
Kisten Slaughter, 47	Gloucester	1

**Women 50-59**

Pamela Eddy, 58	Williamsburg	5
Cristina Jean, 50	Williamsburg	4
Jennifer Jeffers, 59	Virginia Beach	3
Chris Mooney, 51	Williamsburg	2
Koren Rivera, 53	Virginia Beach	1

**Women 60-69**

Linda Wagers, 60	Leander, TX	5
Shirley Stephens, 62	Williamsburg	4
Dottie Humphreys, 67	Newport News	3
Cathy Kaurich, 63	Williamsburg	2
Debra Middlebrook, 60	Williamsburg	1

**Women 70-and-over**  
none**Women Walk**

Elaine Jeffers, 33	Virginia Beach	5
Cathy Kaurich, 63	Williamsburg	4

**Miles of Kindness One Mile Road Races on DoG Street Times****Men Overall**

Brayden Burleigh, 26	Midlothian	4:35
Trevor Hopper, 23	Henrico	4:56
Cary Caldwell, 15	Williamsburg	4:59
William Toth, 15	Williamsburg	5:16
Steve Seiler, 33	Williamsburg	5:19
Jason Miller, 41	Williamsburg	5:21
Robert Whitaker, 60	Yorktown	5:27.2
Stephen Chantry, 64	Williamsburg	5:27.6
Jonathan Torres, 29	Newport News	5:30.2
Logan St. John, 25	Newport News	5:30.6

**Men Masters Overall**

Jason Miller, 41	Williamsburg	5:21
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Robert Whitaker, 60	Yorktown	5:27.2
Stephen Chantry, 64	Williamsburg	5:27.6
Greg Lynn, 45	Hayes	5:33
David Anderson, 49	Williamsburg	5:54

**Men 19-and-under**

Cary Caldwell, 15	Williamsburg	4:59
William Toth, 15	Williamsburg	5:16
Lorenzo Short, 13	Toano	5:42
John Contrucci, 14	Williamsburg	6:55
Orion Berger, 12	Williamsburg	7:01

**Men 20-29**

Brayden Burleigh, 26	Midlothian	4:35
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Trevor Hopper, 23	Henrico	4:56	Darrin Denny, 53	Williamsburg	7:10
Jonathan Torres, 29	Newport News	5:30.2	Robert Jean, 54	Williamsburg	7:22
Logan St. John, 25	Newport News	5:30.6	R. Dravis, 56	Williamsburg	7:34
Owen Flannery, 24	Williamsburg	6:59	James Ahearn, 59	Williamsburg	8:17
			Michael Parker, 55	Suffolk	9:30

### Men 30-39

Steve Seiler, 33	Williamsburg	5:19
Cody Faulk, 32	Yorktown	6:15
Benjamin Kaurich, 31	Newport News	6:22
Matthew Eppright, 33	Williamsburg	6:24
Andrew Pittman, 35	Williamsburg	6:43

### Men 40-49

Jason Miller, 41	Williamsburg	5:21
Greg Lynn, 45	Hayes	5:33
David Anderson, 49	Williamsburg	5:54
Steven Short, 45	Toano	6:14
John Grantz, 46	Williamsburg	7:03

### Men 50-59

### 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

### 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 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 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 30-39

### 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

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 50-59

Pamela Eddy, 58	Williamsburg	8:00
Criztina 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 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 70-and-over

none

### Women Walk

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



**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

Ryan Doupe, 33	Rogers, AR	5
Steve Seiler, 33	Williamsburg	4
Chris Novakoski, 37	Chesapeake	3
Benjamin Kaurich, 31	Newport News	2
William McCallister, 36	Lanexa	1

**Men 40-49**

Greg Lynn, 45	Hayes	5
Ryan Gregory, 45	Williamsburg	4
Steven Short, 45	Toano	3
Robert Murphie, 44	Williamsburg	2
David Glass, 47	Williamsburg	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 50-59**

Ken Alberg, 58	Suffolk	5
Orlando Perez, 57	Newport News	4

**Men 60-69**

Rob Whitaker, 60	Yorktown	5
Jim Thornton, 65	Toano	4
Chris Abelt, 62	Williamsburg	3
Steve Altman, 63	Williamsburg	2
Rick Platt, 68	Williamsburg	1

**Men 19-and-under**

Paul Glass, 17	Williamsburg	5
Glenn Glass, 15	Williamsburg	4
Lorenzo Short, 13	Toano	3
Grayson Lewis, 10	Williamsburg	2
Orion Berger, 12	Williamsburg	1

**Men 70-and-over**

John Strassberger, 75	Williamsburg	5
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**Men 20-29**

Roger Hopper, 28	Norfolk	5
Logan St. John, 25	Newport News	4
Jonathan Torres, 29	Newport News	3
Kevin Kaurich, 27	Richmond	2

**Men Walk**

John Strassberger, 75	Williamsburg	5
Dwight Kane, 66	Chesapeake	4
Alexey Popov, 36	Newport News	3
Bob Curtin, 66	Hampton	2

**Men 30-39**

**Women Overall**

Laura Broderick, 39	Williamsburg	10
Katie Abelt, 27	Williamsburg	9
Norma Phillips, 58	Williamsburg	8
Susan Ferrandino, 50	Williamsburg	7
Lydia Short, 9	Toano	6
Daphne Papaefthimiou, 42	Toano	5
Ivy Stermer, 11	Williamsburg	4
Patricia Travis, 68	Williamsburg	3
Mary Ann Goode, 61	Williamsburg	2
Shirley Stephens, 62	Williamsburg	1

**Women 19-and-under**

Lydia Short, 9	Toano	5
Ivy Stermer, 11	Williamsburg	4
Lilyan Brenegan, 10	Williamsburg	3
Eva Fields, 13	Williamsburg	2
Jordan Smith, 12	Williamsburg	1

**Women 20-29**

Katie Abelt, 27	Williamsburg	5
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**Women 30-39**

Laura Broderick, 39	Williamsburg	5
Rebecca Currier, 31	Toano	4

**Women 40-49**

Daphne Papaefthimiou, 42	Toano	5
Alison Grygalonis, 41	Williamsburg	4

**Masters Women 40-and-over**

Norma Phillips, 58	Williamsburg	5
Susan Ferrandino, 50	Williamsburg	4
Daphne Papaefthimiou, 42	Toano	3
Patricia Travis, 68	Williamsburg	2
Mary Ann Goode, 61	Williamsburg	1

Julie Brenegan, 43	Williamsburg	3	Cathy Kaurich, 63	Williamsburg	2
Catherine Lintzenich, 44	Williamsburg	2	Nancy Byrd, 65	Toano	1
<b>Women 50-59</b>			<b>Women 70-and-over</b>		
Norma Phillips, 58	Williamsburg	5	Roswitha Goossens-Winter, 70	Williamsburg	5
Susan Ferrandino, 50	Williamsburg	4	Nancy Blount, 73	Williamsburg	4
Lori Sherwood, 55	Portsmouth	3	<b>Women Walk</b>		
<b>Women 60-69</b>			Lori Sherwood, 55	Portsmouth	5
Patricia Travis, 68	Williamsburg	5	Cathy Kaurich, 63	Williamsburg	4
Mary Ann Goode, 61	Williamsburg	4	Nancy Byrd, 65	Toano	3
Shirley Stephens, 62	Williamsburg	3			

### Kingswood Klam 5K Run Times

<b>Men Overall</b>			Ryan Doupe, 33	Rogers, AR	18:21
Roger Hopper, 28	Norfolk	16:11	Steve Seiler, 33	Williamsburg	19:22
Paul Glass, 17	Williamsburg	18:00	Chris Novakoski, 37	Chesapeake	19:40
Ryan Doupe, 33	Rogers, AR	18:21	Benjamin Kaurich, 31	Newport News	22:19
Logan St. John, 25	Newport News	18:39	William McCallister, 36	Lanexa	24:00
Glenn Glass, 15	Williamsburg	18:59	<b>Men 40-49</b>		
Greg Lynn, 45	Hayes	19:21	Greg Lynn, 45	Hayes	19:21
Steve Seiler, 33	Williamsburg	19:22	Ryan Gregory, 45	Williamsburg	21:28
Chris Novakoski, 37	Chesapeake	19:40	Steven Short, 45	Toano	21:33
Rob Whitaker, 60	Yorktown	19:50	Robert Murphie, 44	Williamsburg	23:18
Jonathan Torres, 29	Newport News	20:08	David Glass, 47	Williamsburg	25:12
<b>Masters Men 40-and-over</b>			<b>Men 50-59</b>		
Greg Lynn, 45	Hayes	19:21	Ken Alberg, 58	Suffolk	20:18
Rob Whitaker, 60	Yorktown	19:50	Orlando Perez, 57	Newport News	22:08
Ken Alberg, 58	Suffolk	20:18	<b>Men 60-69</b>		
Jim Thornton, 65	Toano	20:58	Rob Whitaker, 60	Yorktown	19:50
Ryan Gregory, 45	Williamsburg	21:28	Jim Thornton, 65	Toano	20:58
<b>Men 19-and-under</b>			Chris Abelt, 62	Williamsburg	23:38
Paul Glass, 17	Williamsburg	18:00	Steve Altman, 63	Williamsburg	24:13
Glenn Glass, 15	Williamsburg	18:59	Rick Platt, 68	Williamsburg	24:55
Lorenzo Short, 13	Toano	20:56	<b>Men 70-and-over</b>		
Grayson Lewis, 10	Williamsburg	24:02	John Strassberger, 75	Williamsburg	37:54
Orion Berger, 12	Williamsburg	25:14	<b>Men Walk</b>		
<b>Men 20-29</b>			John Strassberger, 75	Williamsburg	37:54
Roger Hopper, 28	Norfolk	16:11	Dwight Kane, 66	Chesapeake	37:58
Logan St. John, 25	Newport News	18:39	Alexey Popov, 36	Newport News	38:21
Jonathan Torres, 29	Newport News	20:08	Bob Curtin, 66	Hampton	48:47
Kevin Kaurich, 27	Richmond	28:24	<b>Women Overall</b>		
<b>Men 30-39</b>			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
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			

<b>Masters Women 40-and-over</b>			Julie Brenegan, 43	Williamsburg	48:34
Norma Phillips, 58	Williamsburg	25:31	Catherine Lintzenich, 44	Williamsburg	48:34
Susan Ferrandino, 50	Williamsburg	26:57	<b>Women 50-59</b>		
Daphne Papaefthimiou, 42	Toano	27:09	Norma Phillips, 58	Williamsburg	25:31
Patricia Travis, 68	Williamsburg	29:00	Susan Ferrandino, 50	Williamsburg	26:57
Mary Ann Goode, 61	Williamsburg	29:29	Lori Sherwood, 55	Portsmouth	38:49
<b>Women 19-and-under</b>			<b>Women 60-69</b>		
Lydia Short, 9	Toano	27:05	Patricia Travis, 68	Williamsburg	29:00
Ivy Stermer, 11	Williamsburg	27:28	Mary Ann Goode, 61	Williamsburg	29:29
Lilyan Brenegan, 10	Williamsburg	36:10	Shirley Stephens, 62	Williamsburg	31:11
Eva Fields, 13	Williamsburg	36:55	Cathy Kaurich, 63	Williamsburg	40:43
Jordan Smith, 12	Williamsburg	36:56	Nancy Byrd, 65	Toano	41:30
<b>Women 20-29</b>			<b>Women 70-and-over</b>		
Katie Abelt, 27	Williamsburg	25:16	Roswitha Goossens-Winter, 70	Williamsburg	32:31
<b>Women 30-39</b>			Nancy Blount, 73	Williamsburg	41:50
Laura Broderick, 39	Williamsburg	24:26	<b>Women Walk</b>		
Rebecca Currier, 31	Toano	39:21	Lori Sherwood, 55	Portsmouth	38:49
<b>Women 40-49</b>			Cathy Kaurich, 63	Williamsburg	40:43
Daphne Papaefthimiou, 42	Toano	27:09	Nancy Byrd, 65	Toano	41:30
Alison Grygalonis, 41	Williamsburg	32:28			

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

<b>Men Overall</b>			Logan St. John, 25	Newport News	5
Matt Joosse, 39	Williamsburg	10	Jonathan Torres, 29	Newport News	4
Logan St. John, 25	Newport News	9	Levan Roberts, 23	Williamsburg	3
Jason Miller, 42	Williamsburg	8	Kenneth Giddings, 25	Newport News	2
Andy Riley, 40	Toano	7	Joseph Humphreys, 20	White Stone	1
Greg Lynn, 45	Hayes	6	<b>Men 30-39</b>		
Robert Whitaker, 60	Yorktown	5	Matt Joosse, 39	Williamsburg	5
Jonathan Torres, 29	Newport News	4	Chris Novakoski, 37	Chesapeake	4
Isaac Lamprecht, 12	New Kent	3	Steve Seiler, 33	Williamsburg	3
Chris Novakoski, 37	Chesapeake	2	Timothy Decker, 38	Williamsburg	2
Paul Pelletier, 53	Williamsburg	1	Kareem Monroe, 38	Chesapeake	1
<b>Masters Men 40-and-over</b>			<b>Men 40-49</b>		
Jason Miller, 42	Williamsburg	5	Jason Miller, 42	Williamsburg	5
Andy Riley, 40	Toano	4	Andy Riley, 40	Toano	4
Greg Lynn, 45	Hayes	3	Greg Lynn, 45	Hayes	3
Robert Whitaker, 60	Yorktown	2	Richard Barhydt, 45	Manassas Park	2
Paul Pelletier, 53	Williamsburg	1	Bruce Scheidemantle, 45	Newport News	1
<b>Men 19-and-under</b>			<b>Men 50-59</b>		
Isaac Lamprecht, 12	New Kent	5	Paul Pelletier, 53	Williamsburg	5
Carter Thrash, 15	Williamsburg	4	Steven Menzies, 55	Williamsburg	4
Jayce Jurgilanis, 12	Mechanicsville	3	Larry Golub, 57	Williamsburg	3
Andrew Shuck, 9	Williamsburg	2	Kevin Hughes, 50	Williamsburg	2
Joshua Collins, 18	Lanexa	1	Kostas Orginos, 50	Williamsburg	1
<b>Men 20-29</b>					

<b>Men 60-69</b>			Randy Hawthorne, 73	Williamsburg	4
Robert Whitaker, 60	Yorktown	5	John Strassberger, 75	Williamsburg	3
Jim Thornton, 65	Toano	4			
Will Murray, 63	Williamsburg	3	<b>Men Walk</b>		
Rick Platt, 68	Williamsburg	2	Scott Stakes, 56	Portsmouth	5
Chris Abelt, 62	Williamsburg	1	Alexey Popov, 36	Newport News	4
			John Strassberger, 75	Williamsburg	3
<b>Men 70-and-over</b>			Robert Curtin, 66	Hampton	2
Larry Arata, 74	Williamsburg	5	Alex Street, 7	Williamsburg	1
<b>Women Overall</b>			Catherine Simpson, 30	Williamsburg	3
Kim Decker, 37	Williamsburg	10	Rebecca Lofgren, 38	Williamsburg	2
Svetlana Goncharova, 21	Williamsburg	9	Amy Peters, 36	Yorktown	1
Sarah Laine, 25	Newport News	8			
Susan Hagel, 46	Norfolk	7	<b>Women 40-49</b>		
Jennifer Brown, 43	Lewisburg, PA	6	Susan Hagel, 46	Norfolk	5
April Giddings, 26	Newport News	5	Jennifer Brown, 43	Lewisburg, PA	4
Tracie Sims, 38	Lanexa	4	Emily Shuck, 40	Williamsburg	3
Julie Gravette, 50	Newport News	3	Kristina Carter, 42	Williamsburg	2
Catherine Simpson, 30	Williamsburg	2	Lauren DeFelice, 46	Williamsburg	1
Rebecca Lofgren, 38	Williamsburg	1			
			<b>Women 50-59</b>		
<b>Masters Women 40-and-over</b>			Julie Gravette, 50	Newport News	5
Susan Hagel, 46	Norfolk	5	Janice Kailos, 58	Williamsburg	4
Jennifer Brown, 43	Lewisburg, PA	4	Laurie Brown, 56	Williamsburg	3
Julie Gravette, 50	Newport News	3	Lisa Aaron, 51	Henrico	2
Janice Kailos, 58	Williamsburg	2	Jennifer Haynes, 53	West Point	1
Emily Shuck, 40	Williamsburg	1			
			<b>Women 60-69</b>		
<b>Women 19-and-under</b>			Shirley Stephens, 62	Williamsburg	5
Cheyenne Reagan, 11	Williamsburg	5	Ruth LeBarron, 63	Williamsburg	4
Kyra Warren, 11	Williamsburg	4	Sally Adler, 68	Williamsburg	3
Alaina DeFelice, 14	Williamsburg	3	Suzanne Mitrovic, 61	Williamsburg	2
Jazmin Johnson, 12	Williamsburg	2	Brenda Mitchell, 68	Williamsburg	1
Kayla Zanette, 14	Toano	1			
			<b>Women 70-and-over</b>		
<b>Women 20-29</b>			Roswitha Goossens-Winter, 70	Williamsburg	5
Svetlana Goncharova, 21	Williamsburg	5	Nancy Blount, 73	Williamsburg	4
Sarah Laine, 25	Newport News	4			
April Giddings, 26	Newport News	3	<b>Women Walk</b>		
Whitney Madden, 29	Williamsburg	2	Cathy Kaurich, 63	Williamsburg	5
Kayla Aaron, 22	Henrico	1	Nancy Byrd, 65	Toano	4
			Ellen Gulden, 13	Toano	3
<b>Women 30-39</b>			Tracey Gulden, 48	Toano	2
Kim Decker, 37	Williamsburg	5	Chanel McAlpine, 41	Williamsburg	1
Tracie Sims, 38	Lanexa	4			

### WISC Gymnastics Flipping 5K Times

<b>Men Overall</b>			Jonathan Torres, 29	Newport News	18:44
Matt Joosse, 39	Williamsburg	17:43	Isaac Lamprecht, 12	New Kent	18:49
Logan St. John, 25	Newport News	18:15	Chris Novakoski, 37	Chesapeake	19:07
Jason Miller, 42	Williamsburg	18:16	Paul Pelletier, 53	Williamsburg	19:30
Andy Riley, 40	Toano	18:20			
Greg Lynn, 45	Hayes	18:22	<b>Masters Men 40-and-over</b>		
Robert Whitaker, 60	Yorktown	18:37	Jason Miller, 42	Williamsburg	18:16

Andy Riley, 40	Toano	18:20	Greg Lynn, 45	Hayes	18:22
Greg Lynn, 45	Hayes	18:22	Richard Barhydt, 45	Manassas Park	20:49
Robert Whitaker, 60	Yorktown	18:37	Bruce Scheidemantle, 45	Newport News	21:52
Paul Pelletier, 53	Williamsburg	19:30			

### Men 19-and-under

Isaac Lamprecht, 12	New Kent	18:49
Carter Thrash, 15	Williamsburg	20:38
Jayce Jurgilanis, 12	Mechanicsville	24:08
Andrew Shuck, 9	Williamsburg	27:02
Joshua Collins, 18	Lanexa	28:11

### Men 20-29

Logan St. John, 25	Newport News	18:15
Jonathan Torres, 29	Newport News	18:44
Levan Roberts, 23	Williamsburg	24:32
Kenneth Giddings, 25	Newport News	25:47
Joseph Humphreys, 20	White Stone	30:22

### Men 30-39

Matt Joosse, 39	Williamsburg	17:43
Chris Novakoski, 37	Chesapeake	19:07
Steve Seiler, 33	Williamsburg	19:40
Timothy Decker, 38	Williamsburg	20:34
Kareem Monroe, 38	Chesapeake	21:19

### Men 40-49

Jason Miller, 42	Williamsburg	18:16
Andy Riley, 40	Toano	18:20

### Women Overall

Kim Decker, 37	Williamsburg	21:55
Svetlana Goncharova, 21	Williamsburg	22:34
Sarah Laine, 25	Newport News	22:35
Susan Hagel, 46	Norfolk	23:53
Jennifer Brown, 43	Lewisburg, PA	24:17
April Giddings, 26	Newport News	25:46
Tracie Sims, 38	Lanexa	26:34
Julie Gravette, 50	Newport News	27:18
Catherine Simpson, 30	Williamsburg	27:20
Rebecca Lofgren, 38	Williamsburg	27:45

### Masters Women 40-and-over

Susan Hagel, 46	Norfolk	23:53
Jennifer Brown, 43	Lewisburg, PA	24:17
Julie Gravette, 50	Newport News	27:18
Janice Kailos, 58	Williamsburg	27:52
Emily Shuck, 40	Williamsburg	28:47

### Women 19-and-under

Cheyenne Reagan, 11	Williamsburg	29:17.1
Kyra Warren, 11	Williamsburg	29:17.4
Alaina DeFelice, 14	Williamsburg	30:31
Jazmin Johnson, 12	Williamsburg	31:42
Kayla Zanette, 14	Toano	31:57

### Men 50-59

Paul Pelletier, 53	Williamsburg	19:30
Steven Menzies, 55	Williamsburg	20:32
Larry Golub, 57	Williamsburg	23:01
Kevin Hughes, 50	Williamsburg	23:59
Kostas Orginos, 50	Williamsburg	24:40

### Men 60-69

Robert Whitaker, 60	Yorktown	18:37
Jim Thornton, 65	Toano	20:38
Will Murray, 63	Williamsburg	21:10
Rick Platt, 68	Williamsburg	22:46
Chris Abelt, 62	Williamsburg	23:10

### Men 70-and-over

Larry Arata, 74	Williamsburg	28:38
Randy Hawthorne, 73	Williamsburg	31:38
John Strassberger, 75	Williamsburg	37:14

### Men Walk

Scott Stakes, 56	Portsmouth	36:03
Alexey Popov, 36	Newport News	36:21
John Strassberger, 75	Williamsburg	37:14
Robert Curtin, 66	Hampton	47:38
Alex Street, 7	Williamsburg	1:07:13

### Women 20-29

Svetlana Goncharova, 21	Williamsburg	22:34
Sarah Laine, 25	Newport News	22:35
April Giddings, 26	Newport News	25:46
Whitney Madden, 29	Williamsburg	27:56
Kayla Aaron, 22	Henrico	32:12

### Women 30-39

Kim Decker, 37	Williamsburg	21:55
Tracie Sims, 38	Lanexa	26:34
Catherine Simpson, 30	Williamsburg	27:20
Rebecca Lofgren, 38	Williamsburg	27:45
Amy Peters, 36	Yorktown	28:14

### Women 40-49

Susan Hagel, 46	Norfolk	23:53
Jennifer Brown, 43	Lewisburg, PA	24:17
Emily Shuck, 40	Williamsburg	28:47
Kristina Carter, 42	Williamsburg	29:08
Lauren DeFelice, 46	Williamsburg	30:16

### Women 50-59

Julie Gravette, 50	Newport News	27:18
Janice Kailos, 58	Williamsburg	27:52
Laurie Brown, 56	Williamsburg	29:52
Lisa Aaron, 51	Henrico	30:17

Jennifer Haynes, 53	West Point	31:43	Roswitha Goossens-Winter, 70	Williamsburg	31:25
			Nancy Blount, 73	Williamsburg	42:07

**Women 60-69**

Shirley Stephens, 62	Williamsburg	29:35
Ruth LeBarron, 63	Williamsburg	31:21
Sally Adler, 68	Williamsburg	32:07
Suzanne Mitrovic, 61	Williamsburg	32:18
Brenda Mitchell, 68	Williamsburg	39:04

**Women Walk**

Cathy Kaurich, 63	Williamsburg	40:20
Nancy Byrd, 65	Toano	40:29
Ellen Gulden, 13	Toano	45:40
Tracey Gulden, 48	Toano	45:43
Chanel McAlpine, 41	Williamsburg	46:22

**Women 70-and-over**

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

**Men Overall**

Matt Joosse, 39	Williamsburg	10
Paul Glass, 17	Williamsburg	9
Greg Lynn, 45	Hayes	8
Logan St. John, 25	Newport News	7
Jason Miller, 42	Williamsburg	6
Steve Seiler, 33	Williamsburg	5
Robert Whitaker, 60	Yorktown	4
Jacob Lohr, 16	Williamsburg	3
Stephen Chantry, 64	Williamsburg	2
Chris Novakoski, 37	Chesapeake	1

Chris Novakoski, 37	Chesapeake	3
Benjamin Kaurich, 31	Newport News	2
Matt Eppright, 34	Williamsburg	1

**Men 40-49**

Greg Lynn, 45	Hayes	5
Jason Miller, 42	Williamsburg	4
Rob Goldsmith, 40	Williamsburg	3
David Anderson, 49	Williamsburg	2
Chris Scrofani, 44	Williamsburg	1

**Men 50-59**

Paul Pelletier, 54	Williamsburg	5
Robert Jean, 54	Williamsburg	4
Kevin Appel, 52	Williamsburg	3
Alan Kostner, 55	Williamsburg	2
Samuel Viniard, 50	Williamsburg	1

**Men 60-64**

Robert Whitaker, 60	Yorktown	5
Stephen Chantry, 64	Williamsburg	4
Will Murray, 63	Williamsburg	3
Jim Thornton, 65	Toano	2
Rick Platt, 69	Williamsburg	1

**Men 70-and-over**

George Fenigsohn, 71	Poquoson	5
John Strassberger, 75	Williamsburg	4
Jesse Paz, 71	Williamsburg	3

**Men Walk**

Alexey Popov, 36	Newport News	5
George Fenigsohn, 71	Poquoson	4
John Strassberger, 75	Williamsburg	3
Rick Webb, 61	Yorktown	2
Rick Gravel, 54	Toano	1

**Men 20-29**

Logan St. John, 25	Newport News	5
Jonathan Torres, 29	Newport News	4
Mark Titcomb, 26	Williamsburg	3
Wesley Prothro, 22	Williamsburg	2
Ravi Pradhanang, 29	Williamsburg	1

**Men 30-39**

Matt Joosse, 39	Williamsburg	5
Steve Seiler, 33	Williamsburg	4

**Women Overall**

Emily Honeycutt, 28	Newport News	10
Sorena Jean, 17	Williamsburg	9
Kirsten Long, 17	Williamsburg	8
Ashley Foretich, 14	Yorktown	7

Connie Cassidy, 37	Williamsburg	6
Jessica Anderson, 37	Williamsburg	5
Parker Long, 13	Williamsburg	4
Laurel Henshaw, 38	Williamsburg	3
Cannon Jean, 14	Williamsburg	2

Anne Condon, 42	Williamsburg	1	Laura Stoner, 47	Williamsburg	4
			Catherine Law, 41	Williamsburg	3
<b>Masters Women 40-and-over</b>			Susan Hagel, 46	Norfolk	2
Anne Condon, 42	Williamsburg	5	Janet Veith, 44	Williamsburg	1
Laura Stoner, 47	Williamsburg	4			
Norma Phillips, 58	Williamsburg	3	<b>Women 50-59</b>		
Catherine Law, 41	Williamsburg	2	Norma Phillips, 58	Williamsburg	5
Susan Hagel, 46	Norfolk	1	Tara Dress, 51	Newport News	4
			Criztina Jean, 50	Williamsburg	3
<b>Women 19-and-under</b>			Melissa Shelton, 50	Williamsburg	2
Sorena Jean, 17	Williamsburg	5	Molly McBeath, 55	Barhamsville	1
Kirsten Long, 17	Williamsburg	4			
Ashley Foretich, 14	Yorktown	3	<b>Women 60-69</b>		
Parker Long, 13	Williamsburg	2	Jan Barry, 66	Williamsburg	5
Cannon Jean, 14	Williamsburg	1	Patricia Travis, 68	Williamsburg	4
			Shirley Stephens, 62	Williamsburg	3
<b>Women 20-29</b>			Sally Adler, 68	Williamsburg	2
Emily Honeycutt, 28	Newport News	5	Cathy Kaurich, 63	Williamsburg	1
Maggie Viniard, 20	Williamsburg	4			
			<b>Women 70-and-over</b>		
<b>Women 30-39</b>			Roswitha Goossens-Winter, 70	Williamsburg	5
Connie Cassidy, 37	Williamsburg	5			
Jessica Anderson, 37	Williamsburg	4	<b>Women Walk</b>		
Laurel Henshaw, 38	Williamsburg	3	Laura Liechti, 57	Williamsburg	5
Michelle Van Dyke, 32	Williamsburg	2	Cathy Kaurich, 63	Williamsburg	4
Amanda Benner, 39	Williamsburg	1	Nancy Byrd, 65	Toano	3
			Stephanie Gravel, 51	Toano	2
<b>Women 40-49</b>			Judy Jarrett, 63	Williamsburg	1
Anne Condon, 42	Williamsburg	5			

### WISC Mad Dash 5K Run Times

<b>Men Overall</b>			Jack Howard, 17	Williamsburg	21:12
Matt Joosse, 39	Williamsburg	18:49			
Paul Glass, 17	Williamsburg	19:06	<b>Men 20-29</b>		
Greg Lynn, 45	Hayes	19:10	Logan St. John, 25	Newport News	19:18
Logan St. John, 25	Newport News	19:18	Jonathan Torres, 29	Newport News	20:05
Jason Miller, 42	Williamsburg	19:22	Mark Titcomb, 26	Williamsburg	20:39
Steve Seiler, 33	Williamsburg	19:24	Wesley Prothro, 22	Williamsburg	29:20
Robert Whitaker, 60	Yorktown	19:35	Ravi Pradhanang, 29	Williamsburg	40:34
Jacob Lohr, 16	Williamsburg	19:43			
Stephen Chantry, 64	Williamsburg	19:50	<b>Men 30-39</b>		
Chris Novakoski, 37	Chesapeake	19:57	Matt Joosse, 39	Williamsburg	18:49
			Steve Seiler, 33	Williamsburg	19:24
<b>Masters Men 40-and-over</b>			Chris Novakoski, 37	Chesapeake	19:57
Greg Lynn, 45	Hayes	19:10	Benjamin Kaurich, 31	Newport News	23:17
Jason Miller, 42	Williamsburg	19:22	Matt Eppright, 34	Williamsburg	23:48
Robert Whitaker, 60	Yorktown	19:35			
Stephen Chantry, 64	Williamsburg	19:50	<b>Men 40-49</b>		
Paul Pelletier, 54	Williamsburg	20:08	Greg Lynn, 45	Hayes	19:10
			Jason Miller, 42	Williamsburg	19:22
<b>Men 19-and-under</b>			Rob Goldsmith, 40	Williamsburg	21:25
Paul Glass, 17	Williamsburg	19:06	David Anderson, 49	Williamsburg	21:36
Jacob Lohr, 16	Williamsburg	19:43	Chris Scrofani, 44	Williamsburg	23:06
Glenn Glass, 15	Williamsburg	20:20			
Owen Stanton, 17	Poquoson	20:27	<b>Men 50-59</b>		

Paul Pelletier, 54	Williamsburg	20:08			
Robert Jean, 54	Williamsburg	26:47	<b>Men 70-and-over</b>		
Kevin Appel, 52	Williamsburg	28:36	George Fenigsohn, 71	Poquoson	38:32
Alan Kostner, 55	Williamsburg	30:45	John Strassberger, 75	Williamsburg	40:10
Samuel Viniard, 50	Williamsburg	33:31	Jesse Paz, 71	Williamsburg	55:31
<b>Men 60-64</b>			<b>Men Walk</b>		
Robert Whitaker, 60	Yorktown	19:35	Alexey Popov, 36	Newport News	37:12
Stephen Chantry, 64	Williamsburg	19:50	George Fenigsohn, 71	Poquoson	38:32
Will Murray, 63	Williamsburg	22:42	John Strassberger, 75	Williamsburg	40:10
Jim Thornton, 65	Toano	21:23	Rick Webb, 61	Yorktown	42:38
Rick Platt, 69	Williamsburg	25:03	Rick Gravel, 54	Toano	45:51
<b>Women Overall</b>			Michelle Van Dyke, 32	Williamsburg	31:45
Emily Honeycutt, 28	Newport News	21:03	Amanda Benner, 39	Williamsburg	33:46
Sorena Jean, 17	Williamsburg	21:30	<b>Women 40-49</b>		
Kirsten Long, 17	Williamsburg	22:17	Anne Condon, 42	Williamsburg	25:42
Ashley Foretich, 14	Yorktown	23:56	Laura Stoner, 47	Williamsburg	26:09
Connie Cassidy, 37	Williamsburg	23:59	Catherine Law, 41	Williamsburg	26:50
Jessica Anderson, 37	Williamsburg	24:21	Susan Hagel, 46	Norfolk	27:15
Parker Long, 13	Williamsburg	24:23	Janet Veith, 44	Williamsburg	31:20
Laurel Henshaw, 38	Williamsburg	24:49	<b>Women 50-59</b>		
Cannon Jean, 14	Williamsburg	24:56	Norma Phillips, 58	Williamsburg	26:49
Anne Condon, 42	Williamsburg	25:42	Tara Dress, 51	Newport News	32:12
<b>Masters Women 40-and-over</b>			Criztina Jean, 50	Williamsburg	33:47
Anne Condon, 42	Williamsburg	25:42	Melissa Shelton, 50	Williamsburg	34:01
Laura Stoner, 47	Williamsburg	26:09	Molly McBeath, 55	Barhamsville	38:03
Norma Phillips, 58	Williamsburg	26:49	<b>Women 60-69</b>		
Catherine Law, 41	Williamsburg	26:50	Jan Barry, 66	Williamsburg	30:43
Susan Hagel, 46	Norfolk	27:15	Patricia Travis, 68	Williamsburg	31:12
<b>Women 19-and-under</b>			Shirley Stephens, 62	Williamsburg	31:30
Sorena Jean, 17	Williamsburg	21:30	Sally Adler, 68	Williamsburg	34:24
Kirsten Long, 17	Williamsburg	22:17	Cathy Kaurich, 63	Williamsburg	43:04
Ashley Foretich, 14	Yorktown	23:56	<b>Women 70-and-over</b>		
Parker Long, 13	Williamsburg	24:23	Roswitha Goossens-Winter, 70	Williamsburg	33:36
Cannon Jean, 14	Williamsburg	24:56	<b>Women Walk</b>		
<b>Women 20-29</b>			Laura Liechti, 57	Williamsburg	38:43
Emily Honeycutt, 28	Newport News	21:03	Cathy Kaurich, 63	Williamsburg	43:04
Maggie Viniard, 20	Williamsburg	36:46	Nancy Byrd, 65	Toano	43:15
<b>Women 30-39</b>			Stephanie Gravel, 51	Toano	45:50
Connie Cassidy, 37	Williamsburg	23:59	Judy Jarrett, 63	Williamsburg	54:02
Jessica Anderson, 37	Williamsburg	24:21			
Laurel Henshaw, 38	Williamsburg	24:49			

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

<b>Men Overall</b>			Jacob Lohr, 16	Williamsburg	7
Owen Bradley, 18	Mays Landing, NJ	10	Logan St. John, 25	Newport News	6
Jonathan Torres, 29	Newport News	9	Greg Lynn, 45	Hayes	5
Andy Riley, 41	Toano	8	Steve Seiler, 34	Williamsburg	4





Lyn Whitt, 46	Gloucester	2	Arlene Rayburn, 67	Crownsville, MD	2
Melissa Hazelwood, 40	Suffolk	1	Martha Gullo, 66	Williamsburg	1
<b>Women 50-59</b>			<b>Women 70-and-over</b>		
Norma Phillips, 58	Williamsburg	5	Roswitha Goossens-Winter, 70	Williamsburg	5
Liz Wostbrock, 58	Marietta, GA	4	Candice Michalik, 71	Williamsburg	4
Christine Payne, 56	Williamsburg	3	Sarah Houghland, 76	Williamsburg	3
Criztina Jean, 50	Williamsburg	2	<b>Women Walk</b>		
Robin Rice, 53	Williamsburg	1	Louise Canfield, 67	Williamsburg	5
<b>Women 60-69</b>			Cathy Kaurich, 63	Williamsburg	4
Patricia Travis, 68	Williamsburg	5	Amy Crotty, 59	Ark	3
Shirley Stephens, 62	Williamsburg	4	Judi Howard, 65	Lanexa	2
Sally Adler, 68	Williamsburg	3	Lori Laws, 51	Yorktown	1

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

<b>Men Overall</b>			Clayton Blosser, 32	Newport News	20:43
Owen Bradley, 18	Mays Landing, NJ	17:34	Benjamin Kaurich, 31	Newport News	21:51
Jonathan Torres, 29	Newport News	18:27	<b>Men 40-49</b>		
Andy Riley, 41	Toano	18:31	Andy Riley, 41	Toano	18:31
Jacob Lohr, 16	Williamsburg	18:37	Greg Lynn, 45	Hayes	18:43
Logan St. John, 25	Newport News	18:41	Jason Miller, 42	Williamsburg	18:53
Greg Lynn, 45	Hayes	18:43	David Anderson, 49	Williamsburg	20:21
Steve Seiler, 34	Williamsburg	18:48	Paul Scribbins, 46	Gloucester	21:00
Jason Miller, 42	Williamsburg	18:53	<b>Men 50-59</b>		
Robert Whitaker, 60	Yorktown	19:00	Timothy Collins, 58	Williamsburg	20:28
Stephen Chantry, 64	Williamsburg	19:15	Terry McManus, 58	Williamsburg	20:52
<b>Masters Men 40-and-over</b>			Larry Golub, 57	Williamsburg	23:07
Andy Riley, 41	Toano	18:31	Kevin Hughes, 50	Williamsburg	23:59
Greg Lynn, 45	Hayes	18:43	Robert Jean, 54	Williamsburg	25:18
Jason Miller, 42	Williamsburg	18:53	<b>Men 60-69</b>		
Robert Whitaker, 60	Yorktown	19:00	Robert Whitaker, 60	Yorktown	19:00
Stephen Chantry, 64	Williamsburg	19:15	Stephen Chantry, 64	Williamsburg	19:15
<b>Men 19-and-under</b>			Jim Thornton, 65	Toano	20:03
Owen Bradley, 18	Mays Landing, NJ	17:34	Will Murray, 63	Williamsburg	21:32
Jacob Lohr, 16	Williamsburg	18:37	Rick Platt, 69	Williamsburg	24:27
Isaac Lamprecht, 12	New Kent	20:40	<b>Men 70-and-over</b>		
Braden Coykendall, 15	Williamsburg	20:59	Larry Arata, 74	Williamsburg	28:36
Patrick Trost, 16	New Kent	25:38	Bob Canfield, 73	Williamsburg	31:36
<b>Men 20-29</b>			John Strassberger, 75	Williamsburg	38:37
Jonathan Torres, 29	Newport News	18:27	Charles Crone, 77	Williamsburg	52:25
Logan St. John, 25	Newport News	18:41	<b>Men Walk</b>		
Paul Jones, 26	Williamsburg	21:47	Alexey Popov, 36	Newport News	34:55
Steven Zayas, 29	Providence Forge	33:43	John Strassberger, 75	Williamsburg	38:37
Thomas Betro, 22	Williamsburg	35:22	Simon Davies, 32	Williamsburg	48:27
<b>Men 30-39</b>			Hunter Creech, 49	Williamsburg	50:01
Steve Seiler, 34	Williamsburg	18:48	Dewayne Williams, 47	Lanexa	51:18
Chris Novakoski, 37	Chesapeake	19:22	<b>Women Overall</b>		
Todd Kessler, 36	Dallas, TX	20:08	Emily Honeycutt, 28	Newport News	20:08

Sorena Jean, 17	Williamsburg	20:28	Kristin Koernig, 37	Washington, DC	27:22
Svetlana Goncharova, 21	Williamsburg	24:02	Kate Chapman, 31	Williamsburg	27:35
Cannon Jean, 14	Williamsburg	24:06			
Jessica Anderson, 37	Williamsburg	24:07	<b>Women 40-49</b>		
Norma Phillips, 58	Williamsburg	25:32	Cathy Dahl, 40	Williamsburg	28:27
Erin Shields, 37	Williamsburg	26:15	Yolanda Jefferson, 41	Newport News	28:35
Marija Kirbeneva, 34	Williamsburg	26:51	Jen Primich, 43	Williamsburg	29:48
Aleigh Custer, 16	Williamsburg	26:56	Lyn Whitt, 46	Gloucester	34:40
Angela Payne, 19	Williamsburg	27:06	Melissa Hazelwood, 40	Suffolk	35:12

#### Masters Women 40-and-over

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

#### 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
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#### 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

#### Women Overall

Emily Honeycutt, 28	Newport News	10
Sorena Jean, 17	Williamsburg	9
Tonisha Woods, 45	Newport News	8
Ashley Foretich, 14	Yorktown	7
Cannon Jean, 14	Williamsburg	6
Sydney Crocetta, 16	Toano	5
Svetlana Goncharova, 21	Williamsburg	4
Mary Bennick, 14	Newport News	3
Kori Massey, 15	New Kent	2
Charlotte Verdu, 15	New Kent	1

#### Masters Women 40-and-over

Tonisha Woods, 45	Newport News	5
Norma Phillips, 58	Williamsburg	4
Amy Colley, 53	Williamsburg	3
Daphne Papaefthimiou, 42	Toano	2
Gina Flango, 46	Williamsburg	1

#### Women 19-and-under

Sorena Jean, 17	Williamsburg	5
Ashley Foretich, 14	Yorktown	4
Cannon Jean, 14	Williamsburg	3
Sydney Crocetta, 16	Toano	2
Mary Bennick, 14	Newport News	1

#### Women 20-29

Emily Honeycutt, 28	Newport News	5
Svetlana Goncharova, 21	Williamsburg	4
Jessica Bryant, 25	Sciota, PA	3
Erin Gedicke, 29	Hayes	2
Emilie Duncan, 29	Newport News	1

#### Women 30-39

#### 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

#### Men Walk

Alexey Popov, 36	Newport News	5
George Fenigsohn, 71	Poquoson	4
John Strassberger, 75	Williamsburg	3
Robert Curtin, 66	Hampton	2
Claudio Cardenas, 55	Williamsburg	1

Rachel Scheitrum, 37	Williamsburg	5
Nichole Volo, 39	Aylett	4

#### Women 40-49

Tonisha Woods, 45	Newport News	5
Daphne Papaefthimiou, 42	Toano	4
Gina Flango, 46	Williamsburg	3
Frisha Fyfe-Horne, 46	Williamsburg	2
Leslie Franklin, 48	Williamsburg	1

#### Women 50-59

Norma Phillips, 58	Williamsburg	5
Amy Colley, 53	Williamsburg	4
Susan Ferrandino, 50	Williamsburg	3
Lexa Smith, 50	Barhamsville	2
Criztina Jean, 50	Williamsburg	1

#### Women 60-69

Shirley Stephens, 62	Williamsburg	5
Patricia Travis, 68	Williamsburg	4
Christina Lavender, 65	Williamsburg	3
Brenda Mitchell, 69	Williamsburg	2
Judy Jarrett, 63	Williamsburg	1

#### Women 70-and-over

Roswitha Goossens-Winter, 70	Williamsburg	5
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#### Women Walk

Cathy Kaurich, 63	Williamsburg	5
Nancy Byrd, 65	Toano	4
Lois Short, 69	Narragansett, RI	3
Kathleen Woods, 61	Newport News	2
Laurie Cardenas, 54	Williamsburg	1

## York River State Park 5K Run/Walk Times

### Men Overall

Roger Hopper, 28	Norfolk	16:29
Nate Peterson, 26	Gloucester	16:33
Michael Wegner, 23	Columbia, MD	17:26
Louka Fetter, 14	Chesapeake	17:50
Cary Caldwell, 15	Williamsburg	18:11
Nicholas Smerlis, 14	Yorktown	18:32
Johnathan Mummert, 14	Newport News	18:53
Greg Lynn, 45	Hayes	18:56
Jake Falcone, 14	Williamsburg	18:59
Andy Riley, 41	Toano	19:06

### Masters Men 40-and-over

Greg Lynn, 45	Hayes	18:56
Andy Riley, 41	Toano	19:06
Paul Pelletier, 54	Williamsburg	20:10
Ken Alberg, 58	Suffolk	20:56
Joe Calkins, 48	Lanexa	21:35

### Men 19-and-under

Louka Fetter, 14	Chesapeake	17:50
Cary Caldwell, 15	Williamsburg	18:11
Nicholas Smerlis, 14	Yorktown	18:32
Johnathan Mummert, 14	Newport News	18:53
Jake Falcone, 14	Williamsburg	18:59
William Toth, 15	Williamsburg	19:09

### Men 20-29

Roger Hopper, 28	Norfolk	16:29
Nate Peterson, 26	Gloucester	16:33
Michael Wegner, 23	Columbia, MD	17:26
Jonathan Torres, 29	Newport News	19:27
Logan St. John, 25	Newport News	20:18

### Men 30-39

Steven Seiler, 34	Williamsburg	19:28
Michael Pilola, 37	Yorktown	21:33

### Women Overall

Emily Honeycutt, 28	Newport News	20:50
Sorena Jean, 17	Williamsburg	21:46
Tonisha Woods, 45	Newport News	22:55
Ashley Foretich, 14	Yorktown	23:22
Cannon Jean, 14	Williamsburg	23:36
Sydney Crocetta, 16	Toano	23:49
Svetlana Goncharova, 21	Williamsburg	23:55
Mary Bennick, 14	Newport News	24:06
Kori Massey, 15	New Kent	24:17
Charlotte Verdu, 15	New Kent	25:04

### Masters Women 40-and-over

Tonisha Woods, 45	Newport News	22:55
Norma Phillips, 58	Williamsburg	26:28
Amy Colley, 53	Williamsburg	28:08

Benjamin Kaurich, 31	Newport News	22:24
Michael Dixon, 32	Williamsburg	23:42
William McCallister, 36	Lanexa	24:08

### Men 40-49

Greg Lynn, 45	Hayes	18:56
Andy Riley, 41	Toano	19:06
Joe Calkins, 48	Lanexa	21:35
Steven Short, 45	Toano	22:01
Aden Digges, 49	Williamsburg	22:51

### Men 50-59

Paul Pelletier, 54	Williamsburg	20:10
Ken Alberg, 58	Suffolk	20:56
Tim Irish, 52	Attleboro, MA	22:53
Ryan Davis, 56	Williamsburg	29:19
Kyle Patterson, 50	Williamsburg	32:05

### Men 60-69

Will Murray, 63	Williamsburg	22:22
Rick Platt, 69	Williamsburg	24:38
Chris Abelt, 63	Williamsburg	28:51
Jimmy Blount, 68	Williamsburg	30:48
George Dever, 66	Newport News	33:52

### Men 70-and-over

Larry Arata, 74	Williamsburg	29:46
George Fenigsohn, 71	Poquoson	39:25
John Strassberger, 75	Williamsburg	39:32

### Men Walk

Alexey Popov, 36	Newport News	35:50
George Fenigsohn, 71	Poquoson	39:25
John Strassberger, 75	Williamsburg	39:32
Robert Curtin, 66	Hampton	50:26
Claudio Cardenas, 55	Williamsburg	1:01:37

Daphne Papaefthimiou, 42	Toano	28:30
Gina Flango, 46	Williamsburg	28:32

### Women 19-and-under

Sorena Jean, 17	Williamsburg	21:46
Ashley Foretich, 14	Yorktown	23:22
Cannon Jean, 14	Williamsburg	23:36
Sydney Crocetta, 16	Toano	23:49
Mary Bennick, 14	Newport News	24:06
Kori Massey, 15	New Kent	24:17

### Women 20-29

Emily Honeycutt, 28	Newport News	20:50
Svetlana Goncharova, 21	Williamsburg	23:55
Jessica Bryant, 25	Sciota, PA	27:20
Erin Gedicke, 29	Hayes	31:56

Emilie Duncan, 29	Newport News	33:30	Cristina Jean, 50	Williamsburg	34:00
<b>Women 30-39</b>			<b>Women 60-69</b>		
Rachel Scheitrum, 37	Williamsburg	40:08	Shirley Stephens, 62	Williamsburg	30:43
Nichole Volo, 39	Aylett	48:24	Patricia Travis, 68	Williamsburg	31:20
<b>Women 40-49</b>			<b>Women 70-and-over</b>		
Tonisha Woods, 45	Newport News	22:55	Christina Lavender, 65	Williamsburg	34:43
Daphne Papaefthimiou, 42	Toano	28:30	Brenda Mitchell, 69	Williamsburg	38:57
Gina Flango, 46	Williamsburg	28:32	Judy Jarrett, 63	Williamsburg	41:07
Frisha Fyfe-Horne, 46	Williamsburg	29:41	Roswitha Goossens-Winter, 70 Williamsburg 31:54		
Leslie Franklin, 48	Williamsburg	30:05	<b>Women Walk</b>		
Jen Primich, 43	Williamsburg	30:18	Cathy Kaurich, 63	Williamsburg	42:17
<b>Women 50-59</b>			Nancy Byrd, 65	Toano	43:21
Norma Phillips, 58	Williamsburg	26:28	Lois Short, 69	Narragansett, RI	46:11
Amy Colley, 53	Williamsburg	28:08	Kathleen Woods, 61	Newport News	57:20
Susan Ferrandino, 50	Williamsburg	28:39	Laurie Cardenas, 54	Williamsburg	1:01:37
Lexa Smith, 50	Barhamsville	29:13			

**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
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	John Strassberger, 75	Williamsburg	4
			Ulises Sanchez, 49	Williamsburg	3
<b>Men Walk</b>			Bob Curtin, 66	Hampton	2
Alexey Popov, 36	Newport News	5	Raymond Campbell, 52	Forest	1

### Women Overall

Emily Honeycutt, 28	Newport News	10	Megan Schulze, 37	Glen Allen	4
Brooke Gainey, 31	Newport News	9	Katie Sheftic, 37	Fort Eustis	3
Sorena Jean, 17	Williamsburg	8	Laurel Henshaw, 38	Williamsburg	2
Megan Schulze, 37	Glen Allen	7	Amelia Seagle, 31	Williamsburg	1
Katie Sheftic, 37	Fort Eustis	6			
Julie Hicks, 43	Virginia Beach	5	<b>Women 40-49</b>		
Karla Havens, 57	Plainview	4	Julie Hicks, 43	Virginia Beach	5
Julie Myers, 29	Norfolk	3	Marycarmen Montes, 40	Bronx, NY	4
Svetlana Goncharova, 21	Williamsburg	2	Susan Hagel, 46	Norfolk	3
Cannon Jean, 14	Williamsburg	1	Lisa Leech, 43	Newport News	2
			Adrienne Sines, 45	Williamsburg	1

### Masters Women 40-and-over

Julie Hicks, 43	Virginia Beach	5	<b>Women 50-59</b>		
Karla Havens, 57	Plainview	4	Karla Havens, 57	Plainview	5
Mary Jo Bailey, 58	Williamsburg	3	Mary Jo Bailey, 58	Williamsburg	4
Marycarmen Montes, 40	Bronx, NY	2	Nancy Delaney, 53	Virginia Beach	3
Nancy Delaney, 53	Virginia Beach	1	Norma Phillips, 58	Williamsburg	2
			Valor Foy Jones, 56	Newport News	1

### Women 19-and-under

Sorena Jean, 17	Williamsburg	5	<b>Women 60-69</b>		
Cannon Jean, 14	Williamsburg	4	Helen Worthington, 65	Bena	5
Hannah Buttner, 15	Williamsburg	3	Patricia Travis, 68	Williamsburg	4
Giovanna Moriarty, 19	Vienna	2	Shirley Stephens, 62	Williamsburg	3
Brianna Frank, 16	Yorktown	1	Thea Ganoë, 61	Hampton	2
			Pat Jedlinski, 63	Williamsburg	1

### Women 20-29

Emily Honeycutt, 28	Newport News	5	<b>Women 70-and-over</b>		
Julie Myers, 29	Norfolk	4	Roswitha Goossens-Winter, 70	Wmsburg	5
Svetlana Goncharova, 21	Williamsburg	3			
Meagan Jackson, 29	Richmond	2	<b>Women Walk</b>		
Erin Gedicke, 29	Hayes	1	Brenda Bustillos, 39	Williamsburg	5
			Cathy Kaurich, 63	Williamsburg	4

### Women 30-39

Brooke Gainey, 31	Newport News	5	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	Jason Miller, 42	Williamsburg	38:10
Andrew Osborne, 25	Yorktown	34:25	Greg Lynn, 45	Hayes	39:19
Jason Miller, 42	Williamsburg	38:10	Thomas Hicks, 47	Virginia Beach	39:28
Jonathan Torres, 29	Newport News	38:29	Robert Whitaker, 60	Yorktown	39:33
Greg Lynn, 45	Hayes	39:19	Paul Pelletier, 54	Williamsburg	39:44
Thomas Hicks, 47	Virginia Beach	39:28			
Robert Whitaker, 60	Yorktown	39:33	<b>Men 19-and-under</b>		
Paul Pelletier, 54	Williamsburg	39:44	Glenn Glass, 15	Williamsburg	41:23
Steve Seiler, 34	Williamsburg	39:45	DJ Guthinger, 17	Yorktown	42:12
Chris Novakoski, 37	Chesapeake	40:00	Isaac Lamprecht, 12	New Kent	43:22
			Joe Barry, 19	Northport, NY	1:01:47
			Braden Dumas, 13	Chesapeake	1:21:44

### Masters Men 40-and-over

<b>Men 20-29</b>			Ken Alberg, 58	Suffolk	42:10
Roger Hopper, 28	Norfolk	32:39	Timothy Collins, 58	Williamsburg	42:24
Andrew Osborne, 25	Yorktown	34:25	Alan Van Zandt, 58	Newport News	47:06
Jonathan Torres, 29	Newport News	38:29			
Logan St. John, 25	Newport News	42:39	<b>Men 60-69</b>		
Brad Ward, 27	Williamsburg	44:27	Robert Whitaker, 60	Yorktown	39:33
			Richard Grant, 66	Suffolk	43:32
<b>Men 30-39</b>			Jim Duffy, 67	Poquoson	46:07
Steve Seiler, 34	Williamsburg	39:45	Bill Price, 60	Chesapeake	48:30
Chris Novakoski, 37	Chesapeake	40:00	Rick Platt, 69	Williamsburg	49:09
Dennis Frazee, 32	Fort Belvoir	44:44			
Benjamin Kaurich, 31	Newport News	46:29	<b>Men 70-and-over</b>		
Michael Dixon, 32	Williamsburg	46:50	William Moore, 73	Williamsburg	55:44
			Larry Arata, 74	Williamsburg	58:20
<b>Men 40-49</b>			Mike Daly, 72	Williamsburg	59:43
Jason Miller, 42	Williamsburg	38:10	Randy Hawthorne, 74	Williamsburg	1:04:26
Greg Lynn, 45	Hayes	39:19	Rich Hildreth, 70	Virginia Beach	1:11:30
Thomas Hicks, 47	Virginia Beach	39:28			
Russ Fiebig, 48	Alexandria	41:32	<b>Men Walk</b>		
David Anderson, 49	Williamsburg	42:13	Alexey Popov, 36	Newport News	1:08:13
			John Strassberger, 75	Williamsburg	1:16:59
<b>Men 50-59</b>			Ulises Sanchez, 49	Williamsburg	1:28:12
Paul Pelletier, 54	Williamsburg	39:44	Bob Curtin, 66	Hampton	1:35:05
Jon Leiding, 56	Virginia Beach	41:28	Raymond Campbell, 52	Forest	1:39:35
<b>Women Overall</b>			Erin Gedicke, 29	Hayes	1:02:18
Emily Honeycutt, 28	Newport News	41:55			
Brooke Gainey, 31	Newport News	43:00	<b>Women 30-39</b>		
Sorena Jean, 17	Williamsburg	45:02	Brooke Gainey, 31	Newport News	43:00
Megan Schulze, 37	Glen Allen	45:03	Megan Schulze, 37	Glen Allen	45:03
Katie Sheftic, 37	Fort Eustis	45:21	Katie Sheftic, 37	Fort Eustis	45:21
Julie Hicks, 43	Virginia Beach	47:02	Laurel Henshaw, 38	Williamsburg	50:08
Karla Havens, 57	Plainview	47:08	Amelia Seagle, 31	Williamsburg	51:18
Julie Myers, 29	Norfolk	47:22			
Svetlana Goncharova, 21	Williamsburg	47:42	<b>Women 40-49</b>		
Cannon Jean, 14	Williamsburg	48:06	Julie Hicks, 43	Virginia Beach	47:02
			Marycarmen Montes, 40	Bronx, NY	50:54
<b>Masters Women 40-and-over</b>			Susan Hagel, 46	Norfolk	53:57
Julie Hicks, 43	Virginia Beach	47:02	Lisa Leech, 43	Newport News	54:00
Karla Havens, 57	Plainview	47:08	Adrienne Sines, 45	Williamsburg	55:15
Mary Jo Bailey, 58	Williamsburg	48:12			
Marycarmen Montes, 40	Bronx, NY	50:54	<b>Women 50-59</b>		
Nancy Delaney, 53	Virginia Beach	51:27	Karla Havens, 57	Plainview	47:08
			Mary Jo Bailey, 58	Williamsburg	48:12
<b>Women 19-and-under</b>			Nancy Delaney, 53	Virginia Beach	51:27
Sorena Jean, 17	Williamsburg	45:02	Norma Phillips, 58	Williamsburg	51:46
Cannon Jean, 14	Williamsburg	48:06	Valor Foy Jones, 56	Newport News	53:08
Hannah Buttner, 15	Williamsburg	58:23			
Giovanna Moriarty, 19	Vienna	1:01:57	<b>Women 60-69</b>		
Brianna Frank, 16	Yorktown	1:06:08	Helen Worthington, 65	Bena	56:50
			Patricia Travis, 68	Williamsburg	1:01:53
<b>Women 20-29</b>			Shirley Stephens, 62	Williamsburg	1:01:59
Emily Honeycutt, 28	Newport News	41:55	Thea Ganoë, 61	Hampton	1:02:30
Julie Myers, 29	Norfolk	47:22	Pat Jedlinski, 63	Williamsburg	1:21:25
Svetlana Goncharova, 21	Williamsburg	47:42			
Meagan Jackson, 29	Richmond	59:31	<b>Women 70-and-over</b>		



Roswitha Goossens-Winter, 70	Wmsburg	1:03:43	Cathy Kaurich, 63	Williamsburg	1:25:02
			Lisa Marston, 58	Hayes	1:28:17
			Norma Ellis, 46	Newport News	1:28:51
			Dana Hoot, 49	Williamsburg	1:35:12

### Women Walk

Brenda Bustillos, 39 Williamsburg 1:22:03

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

### Men Overall

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

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  
 David Berger, 44 Williamsburg 1

### Men 50-59

Paul Pelletier, 54 Williamsburg 5  
 Joe Johns, 52 Johnstown, PA 4  
 James Burden, 58 Williamsburg 3  
 Michael Smith, 58 Newport News 2  
 Rex Hoover, 56 Williamsburg 1

### Men 60-69

Robert Whitaker, 60 Yorktown 5  
 Jim Thornton, 65 Toano 4  
 Chris Abelt, 63 Williamsburg 3  
 Thomas Barry, 61 Williamsburg 2  
 Rick Platt, 69 Williamsburg 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 70-and-over

George Fenigsohn, 71 Poquoson 5  
 John Strassberger, 75 Williamsburg 4

### Men 30-39

Steve Seiler, 34 Williamsburg 5  
 Chris Novakoski, 37 Chesapeake 4  
 Benjamin Kaurich, 31 Newport News 3

### Men Walk

Alexey Popov, 36 Newport News 5  
 George Fenigsohn, 71 Poquoson 4  
 John Strassberger, 75 Williamsburg 3  
 Robert Curtin, 66 Hampton 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

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 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

### Masters Women 40-and-over

Danielle Drake, 24	Williamsburg	3	Tara Dress, 51	Newport News	5
			Elizabeth Buie, 52	Lanexa	4
<b>Women 30-39</b>			<b>Women 60-69</b>		
Lisa Osterhoudt, 37	Williamsburg	5	Shirley Stephens, 62	Williamsburg	5
Ashley Floyd, 35	Williamsburg	4	Brenda Mitchell, 69	Williamsburg	4
Karen Grabowski, 35	Toano	3	Cathy Kaurich, 63	Williamsburg	3
Colleen Moreno, 30	Chesapeake	2	Nancy Byrd, 65	Toano	2
Lauren Burr, 32	Middletown, NY	1			
<b>Women 40-49</b>			<b>Women 70-and-over</b>		
Susan Hagel, 46	Norfolk	5	Roswitha Goossens-Winter, 71	Williamsburg	5
Jeanette Primich, 43	Williamsburg	4			
Toni Colton, 43	Poquoson	3	<b>Women Walk</b>		
Tracey Mansisor, 47	Williamsburg	2	Cathy Kaurich, 63	Williamsburg	5
			Nancy Byrd, 65	Toano	4
			Elizabeth Buie, 52	Lanexa	3

### Greensprings Miles for Smiles 8K Run/Walk Times

<b>Men Overall</b>			Stuart Hughes, 30	Williamsburg	37:02
Roger Hopper, 28	Norfolk	26:37	Jordan Chapman, 31	Williamsburg	40:36
Travis Boltjes, 40	Washington, DC	27:21	<b>Men 40-49</b>		
Jonathan Torres, 29	Newport News	31:11	Travis Boltjes, 40	Washington, DC	27:21
Greg Lynn, 45	Hayes	31:15	Greg Lynn, 45	Hayes	31:15
Steve Seiler, 34	Williamsburg	31:41	Rob Goldsmith, 41	Williamsburg	36:16
Robert Whitaker, 60	Yorktown	32:03	Bradford Smith, 44	Williamsburg	39:03
Paul Pelletier, 54	Williamsburg	32:07	David Berger, 44	Williamsburg	41:34
Logan St. John, 25	Newport News	32:16	<b>Men 50-59</b>		
Chris Novakoski, 37	Chesapeake	32:27	Paul Pelletier, 54	Williamsburg	32:07
Jim Thornton, 65	Toano	34:24	Joe Johns, 52	Johnstown, PA	37:28
<b>Masters Men 40-and-over</b>			James Burden, 58	Williamsburg	42:28
Travis Boltjes, 40	Washington, DC	27:21	Michael Smith, 58	Newport News	48:56
Greg Lynn, 45	Hayes	31:15	Rex Hoover, 56	Williamsburg	1:06:12
Robert Whitaker, 60	Yorktown	32:03	<b>Men 60-69</b>		
Paul Pelletier, 54	Williamsburg	32:07	Robert Whitaker, 60	Yorktown	32:03
Jim Thornton, 65	Toano	34:24	Jim Thornton, 65	Toano	34:24
<b>Men 19-and-under</b>			Chris Abelt, 63	Williamsburg	40:24
Isaac Lamprecht, 13	New Kent	35:57	Thomas Barry, 61	Williamsburg	41:03
Orion Berger, 13	Williamsburg	47:16	Rick Platt, 69	Williamsburg	43:48
<b>Men 20-29</b>			<b>Men 70-and-over</b>		
Roger Hopper, 28	Norfolk	26:37	George Fenigsohn, 71	Poquoson	1:03:16
Jonathan Torres, 29	Newport News	31:11	John Strassberger, 75	Williamsburg	1:03:32
Logan St. John, 25	Newport News	32:16	<b>Men Walk</b>		
Nick Miller, 27	Williamsburg	1:04:54	Alexey Popov, 36	Newport News	53:51
Jesse Cox, 29	Lanexa	1:08:56	George Fenigsohn, 71	Poquoson	1:03:16
<b>Men 30-39</b>			John Strassberger, 75	Williamsburg	1:03:32
Steve Seiler, 34	Williamsburg	31:41	Robert Curtin, 66	Hampton	1:18:05
Chris Novakoski, 37	Chesapeake	32:27	<b>Women Overall</b>		
Benjamin Kaurich, 31	Newport News	35:49	Ashley Floyd, 35	Williamsburg	37:43
			Karen Grabowski, 35	Toano	39:10

Susan Hagel, 46	Norfolk	41:52	Karen Grabowski, 35	Toano	39:10
Lindsay Meadows, 12	Toano	42:09	Colleen Moreno, 30	Chesapeake	43:32
Farren Billue, 29	Richmond	42:58	Lauren Burr, 32	Middletown, NY	47:31
Ashley Foretich, 14	Yorktown	43:03			
Colleen Moreno, 30	Chesapeake	43:32	<b>Women 40-49</b>		
Lauren Burr, 32	Middletown, NY	47:31	Susan Hagel, 46	Norfolk	41:52
Jeanette Primich, 43	Williamsburg	47:38	Jeanette Primich, 43	Williamsburg	47:38
			Toni Colton, 43	Poquoson	54:33
			Tracey Mansisor, 47	Williamsburg	57:43

#### 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

#### 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

#### 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
Cathy Kaurich, 63	Williamsburg	1:07:32
Nancy Byrd, 65	Toano	1:11:37

#### Women 70-and-over

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

#### 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	John Strassberger, 75	Williamsburg	3
Frank Scaringello, 65	Norfolk	2	Harlan Redcay, 73	Landisville, PA	2
John Bernier, 61	Mechanicsville	1			
<b>Men 70-and-over</b>					
Larry Arata, 75	Williamsburg	5	Alexey Popov, 36	Newport News	5
Randy Hawthorne, 74	Williamsburg	4	John Strassberger, 75	Williamsburg	4
			Harlan Redcay, 73	Landisville, PA	3
<b>Women Overall</b>					
Emily Honeycutt, 28	Newport News	10	Jessica Anderson, 37	Williamsburg	3
Ashley Floyd, 35	Williamsburg	9	Sarah O'Brien, 36	Williamsburg	2
Claire Bridgeforth, 27	Midlothian	8	Mary Hall, 38	Gloucester	1
Karen Grabowski, 35	Toano	7	<b>Women 40-49</b>		
Katie Lapidus, 26	Richmond	6	Laura Cordes, 49	Yorktown	5
Jessica Anderson, 37	Williamsburg	5	Susan Hagel, 46	Norfolk	4
Jamie Bubeck, 51	King of Prussia, PA	4	Jennifer Gray, 43	Toano	3
Svetlana Goncharova, 21	Williamsburg	3	Jennifer Johnson, 48	Poquoson	2
Laura Cordes, 49	Yorktown	2	Heather Waddell, 40	Poquoson	1
Sarah O'Brien, 36	Williamsburg	1	<b>Women 50-59</b>		
<b>Masters Women 40-and-over</b>					
Jamie Bubeck, 51	King of Prussia, PA	5	Jamie Bubeck, 51	King of Prussia, PA	5
Laura Cordes, 49	Yorktown	4	Jennifer Merkel, 50	Williamsburg	4
Susan Hagel, 46	Norfolk	3	Michelle Bryant, 53	Williamsburg	3
Jennifer Merkel, 50	Williamsburg	2	Paula Pickering, 52	Williamsburg	2
Jennifer Gray, 43	Toano	1	Stacey Curtis, 51	Yorktown	1
<b>Women 19-and-under</b>					
none					
<b>Women 20-29</b>					
Emily Honeycutt, 28	Newport News	5	<b>Women 60-69</b>		
Claire Bridgeforth, 27	Midlothian	4	Patricia Travis, 68	Williamsburg	5
Katie Lapidus, 26	Richmond	3	Regina Wightman, 66	Clermont, FL	4
Svetlana Goncharova, 21	Williamsburg	2	Shirley Stephens, 62	Williamsburg	3
Brittney Hatley, 28	Chesapeake	1	Elizabeth Renee Lease, 65	Williamsburg	2
<b>Women 30-39</b>					
Ashley Floyd, 35	Williamsburg	5	Cathy Kaurich, 63	Williamsburg	1
Karen Grabowski, 35	Toano	4	<b>Women 70-and-over</b>		
<b>Run for the Hills 10K Times</b>					
<b>Men Overall</b>					
Patrick Wachter, 22	Williamsburg	33:25	Greg Lynn, 45	Hayes	39:22
Greg Lynn, 45	Hayes	39:22	Paul Pelletier, 54	Williamsburg	41:00
Chris Novakoski, 37	Chesapeake	40:19	Ken Alberg, 58	Suffolk	42:28
Steve Seiler, 34	Williamsburg	40:39	Jim Thornton, 65	Toano	43:22
Paul Pelletier, 54	Williamsburg	41:00	David Anderson, 49	Williamsburg	43:39
Ken Alberg, 58	Suffolk	42:28	<b>Men 19-and-under</b>		
Jim Thornton, 65	Toano	43:22	none		
David Anderson, 49	Williamsburg	43:39	<b>Men 20-29</b>		
Steven Menzies, 55	Williamsburg	44:27	Patrick Wachter, 22	Williamsburg	33:25
David Tikiob, 55	Jarrettsville, MD	44:43	Ryan Martin, 28	Providence Forge	49:21
<b>Masters Men 40-and-over</b>					

**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

**Women Overall**

Emily Honeycutt, 28	Newport News	42:45
Ashley Floyd, 35	Williamsburg	48:39
Claire Bridgeforth, 27	Midlothian	48:41
Karen Grabowski, 35	Toano	48:42
Katie Lapidus, 26	Richmond	50:23
Jessica Anderson, 37	Williamsburg	50:31
Jamie Bubeck, 51	King of Prussia, PA	52:30
Svetlana Goncharova, 21	Williamsburg	52:33
Laura Cordes, 49	Yorktown	52:46
Sarah O'Brien, 36	Williamsburg	53:22

**Masters Women 40-and-over**

Jamie Bubeck, 51	King of Prussia, PA	52:30
Laura Cordes, 49	Yorktown	52:46
Susan Hagel, 46	Norfolk	54:55
Jennifer Merkel, 50	Williamsburg	55:38
Jennifer Gray, 43	Toano	56:23

**Women 19-and-under**  
none**Women 20-29**

Emily Honeycutt, 28	Newport News	42:45
Claire Bridgeforth, 27	Midlothian	48:41
Katie Lapidus, 26	Richmond	50:23
Svetlana Goncharova, 21	Williamsburg	52:33
Brittney Hatley, 28	Chesapeake	59:26

**Women 30-39**

Ashley Floyd, 35	Williamsburg	48:39
Karen Grabowski, 35	Toano	48:42

Keith Fox, 55	Williamsburg	52:43
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**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**

Alexey Popov, 36	Newport News	1:08:22
John Strassberger, 75	Williamsburg	1:18:50
Harlan Redcay, 73	Landisville, PA	1:45:38

Jessica Anderson, 37	Williamsburg	50:31
Sarah O'Brien, 36	Williamsburg	53:22
Mary Hall, 38	Gloucester	55:25

**Women 40-49**

Laura Cordes, 49	Yorktown	52:46
Susan Hagel, 46	Norfolk	54:55
Jennifer Gray, 43	Toano	56:23
Jennifer Johnson, 48	Poquoson	1:01:01
Heather Waddell, 40	Poquoson	1:03:22

**Women 50-59**

Jamie Bubeck, 51	King of Prussia, PA	52:30
Jennifer Merkel, 50	Williamsburg	55:38
Michelle Bryant, 53	Williamsburg	58:28
Paula Pickering, 52	Williamsburg	1:00:30
Stacey Curtis, 51	Yorktown	1:00:52

**Women 60-69**

Patricia Travis, 68	Williamsburg	1:00:33
Regina Wightman, 66	Clermont, FL	1:05:46
Shirley Stephens, 62	Williamsburg	1:08:25
Elizabeth Renee Lease, 65	Williamsburg	1:15:38
Cathy Kaurich, 63	Williamsburg	1:25:42

**Women 70-and-over**

Bernie Redcay, 76	Landisville, PA	1:44:49
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**Women 10K Walk**

Cathy Kaurich, 63	Williamsburg	1:25:42
Bernie Redcay, 76	Landisville, PA	1:44:49
Angela Burbrink, 47	Landisville, PA	1:45:36

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

**Men Overall**

Andrew Carlin, 21	Quinton	10
Logan St. John, 25	Newport News	9
Jonathan Torres, 29	Newport News	8
Greg Lynn, 45	Hayes	7
Jason Miller, 42	Williamsburg	6
Paul Pelletier, 54	Williamsburg	5
Chris Novakoski, 37	Chesapeake	4
Isaac Lamprecht, 13	New Kent	3
Jim Thornton, 65	Toano	2
Benjamin Kaurich, 31	Newport News	1

**Masters Men 40-and-over**

Greg Lynn, 45	Hayes	5
Jason Miller, 42	Williamsburg	4
Paul Pelletier, 54	Williamsburg	3
Jim Thornton, 65	Toano	2
Will Murray, 63	Williamsburg	1

**Men 19-and-under**

Isaac Lamprecht, 13	New Kent	5
Thomas Hall, 19	Hampton	4
Juan Ballesteros, 16	Pozoblanco, Spain	3

**Men 20-29**

Andrew Carlin, 21	Quinton	5
Logan St. John, 25	Newport News	4
Jonathan Torres, 29	Newport News	3
Eric LaMastro, 29	Williamsburg	2

**Men 30-39**

Chris Novakoski, 37	Chesapeake	5
Benjamin Kaurich, 31	Newport News	4

**Women Overall**

Sorena Jean, 17	Williamsburg	10
Kara Woody, 38	Williamsburg	9
Cannon Jean, 14	Williamsburg	8
Susan Hagel, 46	Norfolk	7
Norma Phillips, 59	Williamsburg	6
Maggie Pat Rafferty, 50	Gilbert, SC	5
Jennifer Vess-Morgan, 36	Hayes	4
Deelyn Robinson, 54	Williamsburg	3
Rachel Novakoski, 36	Chesapeake	2
Jeanette Primich, 43	Williamsburg	1

**Masters Women 40-and-over**

Susan Hagel, 46	Norfolk	5
Norma Phillips, 59	Williamsburg	4
Maggie Pat Rafferty, 50	Gilbert, SC	3
Deelyn Robinson, 54	Williamsburg	2
Jeanette Primich, 43	Williamsburg	1

William McCallister, 36	Lanexa	3
Alexey Popov, 36	Newport News	2

**Men 40-49**

Greg Lynn, 45	Hayes	5
Jason Miller, 42	Williamsburg	4
Robert Murphie, 45	Williamsburg	3
Matt Chism, 44	Carrollton	2
Juan Antonio Ballesteros, 44	Williamsburg	1

**Men 50-59**

Paul Pelletier, 54	Williamsburg	5
Pete Conrad, 59	Newport News	4
Robert Jean, 53	Williamsburg	3

**Men 60-69**

Jim Thornton, 65	Toano	5
Will Murray, 63	Williamsburg	4
Thomas Barry, 61	Williamsburg	3
Chris Abelt, 63	Williamsburg	2
Rick Platt, 69	Williamsburg	1

**Men 70-and-over**

Ronald Kellum, 75	Hampton	5
Randy Hawthorne, 74	Williamsburg	4
John Strassberger, 75	Williamsburg	3
Stephen Scudder, 71	Virginia Beach	2

**Men Walk**

Alexey Popov, 36	Newport News	5
John Strassberger, 75	Williamsburg	4
Bob Curtin, 66	Hampton	3

**Women 19-and-under**

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

**Women 20-29**

Rebekah Mason, 20	Williamsburg	5
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**Women 30-39**

Kara Woody, 38	Williamsburg	5
Jennifer Vess-Morgan, 36	Hayes	4
Rachel Novakoski, 36	Chesapeake	3

**Women 40-49**

Susan Hagel, 46	Norfolk	5
Jeanette Primich, 43	Williamsburg	4
Nicole Powell, 43	Yorktown	3
Michele Nordeen, 47	Newport News	2

**Women 50-59**

Norma Phillips, 59	Williamsburg	5	Nancy Byrd, 65	Toano	2
Maggie Pat Rafferty, 50	Gilbert, SC	4	Brenda Mitchell, 69	Williamsburg	1
Deelyn Robinson, 54	Williamsburg	3			
Gerri Foster, 58	Newport News	2	<b>Women 70-and-over</b>		
Carol Bryan, 57	Fairfax	1	Roswitha Goossens-Winter, 71	Williamsburg	5
<b>Women 60-69</b>			<b>Women Walk</b>		
Patricia Travis, 68	Williamsburg	5	Cathy Kaurich, 63	Williamsburg	5
Martha Gullo, 66	Williamsburg	4	Nancy Byrd, 65	Toano	4
Cathy Kaurich, 63	Williamsburg	3	Karen Schenck, 65	Ark	3

### World Class Freedom Run 8K Run/Walk Times

#### Men Overall

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

#### Masters Men 40-and-over

Greg Lynn, 45	Hayes	30:56
Jason Miller, 42	Williamsburg	31:05
Paul Pelletier, 54	Williamsburg	31:11
Jim Thornton, 65	Toano	33:31
Will Murray, 63	Williamsburg	36:03

#### Men 19-and-under

Isaac Lamprecht, 13	New Kent	31:47
Thomas Hall, 19	Hampton	35:02
Juan Ballesteros, 16	Pozoblanco, Spain	49:54

#### Men 20-29

Andrew Carlin, 21	Quinton	25:18
Logan St. John, 25	Newport News	30:15
Jonathan Torres, 29	Newport News	30:30
Eric LaMastro, 29	Williamsburg	42:22

#### Men 30-39

Chris Novakoski, 37	Chesapeake	31:19
Benjamin Kaurich, 31	Newport News	33:40

#### Women Overall

Sorena Jean, 17	Williamsburg	34:24
Kara Woody, 38	Williamsburg	35:31
Cannon Jean, 14	Williamsburg	38:54
Susan Hagel, 46	Norfolk	40:59
Norma Phillips, 59	Williamsburg	41:53
Maggie Pat Rafferty, 50	Gilbert, SC	41:54
Jennifer Vess-Morgan, 36	Hayes	42:47
Deelyn Robinson, 54	Williamsburg	44:20

William McCallister, 36	Lanexa	38:56
Alexey Popov, 36	Newport News	58:18

#### Men 40-49

Greg Lynn, 45	Hayes	30:56
Jason Miller, 42	Williamsburg	31:05
Robert Murphie, 45	Williamsburg	37:44
Matt Chism, 44	Carrollton	40:54
Juan Antonio Ballesteros, 44	Williamsburg	49:54

#### Men 50-59

Paul Pelletier, 54	Williamsburg	31:11
Pete Conrad, 59	Newport News	41:47
Robert Jean, 53	Williamsburg	43:41

#### Men 60-69

Jim Thornton, 65	Toano	33:31
Will Murray, 63	Williamsburg	36:03
Thomas Barry, 61	Williamsburg	38:16
Chris Abelt, 63	Williamsburg	38:46
Rick Platt, 69	Williamsburg	39:52

#### Men 70-and-over

Ronald Kellum, 75	Hampton	50:51
Randy Hawthorne, 74	Williamsburg	54:04
John Strassberger, 75	Williamsburg	1:01:22
Stephen Scudder, 71	Virginia Beach	1:10:08

#### Men Walk

Alexey Popov, 36	Newport News	58:18
John Strassberger, 75	Williamsburg	1:01:22
Bob Curtin, 66	Hampton	1:18:09

Rachel Novakoski, 36	Chesapeake	46:03
Jeanette Primich, 43	Williamsburg	47:03

#### Masters Women 40-and-over

Susan Hagel, 46	Norfolk	40:59
Norma Phillips, 59	Williamsburg	41:53
Maggie Pat Rafferty, 50	Gilbert, SC	41:54
Deelyn Robinson, 54	Williamsburg	44:20
Jeanette Primich, 43	Williamsburg	47:03

**Women 19-and-under**

Sorena Jean, 17	Williamsburg	34:24
Cannon Jean, 14	Williamsburg	38:54

**Women 20-29**

Rebekah Mason, 20	Williamsburg	56:12
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**Women 30-39**

Kara Woody, 38	Williamsburg	35:31
Jennifer Vess-Morgan, 36	Hayes	42:47
Rachel Novakoski, 36	Chesapeake	46:03

**Women 40-49**

Susan Hagel, 46	Norfolk	40:59
Jeanette Primich, 43	Williamsburg	47:03
Nicole Powell, 43	Yorktown	53:31
Michele Nordeen, 47	Newport News	58:18

**Women 50-59**

Norma Phillips, 59	Williamsburg	41:53
Maggie Pat Rafferty, 50	Gilbert, SC	41:54
Deelyn Robinson, 54	Williamsburg	44:20
Gerri Foster, 58	Newport News	52:38
Carol Bryan, 57	Fairfax	53:30

**Women 60-69**

Patricia Travis, 68	Williamsburg	50:52
Martha Gullo, 66	Williamsburg	52:41
Cathy Kaurich, 63	Williamsburg	1:06:31
Nancy Byrd, 65	Toano	1:07:01
Brenda Mitchell, 69	Williamsburg	1:11:41

**Women 70-and-over**

Roswitha Goossens-Winter, 71	Williamsburg	58:02
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**Women Walk**

Cathy Kaurich, 63	Williamsburg	1:06:31
Nancy Byrd, 65	Toano	1:07:01
Karen Schenck, 65	Ark	1:13:02

### 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
William McCallister III, 36	Lanexa	2
Donavan Hyalarides, 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	Alexey Popov, 36	Newport News	5
			John Strassberger, 75	Williamsburg	4
<b>Men Walk</b>			Jim Talley, 83	Williamsburg	3
<b>Women Overall</b>			Amy Moser, 36	Williamsburg	3
Sorena Jean, 17	Williamsburg	10	Amy Hawkins, 38	Manakin Sabot	2
Emily Honeycutt, 28	Newport News	9	Stephanie McCallister, 35	Lanexa	1
Kirsten Long, 18	Williamsburg	8			
Ashley Floyd, 35	Williamsburg	7	<b>Women 40-49</b>		
Karla Havens, 57	Plainview	6	Daphne Papaefthimiou, 43	Toano	5
Carolyn Weddel, 29	Manassas	5	Yvonne Fleischman, 42	Williamsburg	4
Cannon Jean, 14	Williamsburg	4	Jeanette Primich, 43	Williamsburg	3
Karen Grabowski, 35	Toano	3	Jennifer Pohren, 44	Williamsburg	2
Nadia Grant, 10	Williamsburg	2	Jennifer Williams, 45	Virginia Beach	1
Catherine Clinton, 13	Williamsburg	1			
<b>Masters Women 40-and-over</b>			<b>Women 50-59</b>		
Karla Havens, 57	Plainview	5	Karla Havens, 57	Plainview	5
Norma Phillips, 59	Williamsburg	4	Norma Phillips, 59	Williamsburg	4
Patty Hildenbrand, 55	Chelsea, MI	3	Patty Hildenbrand, 55	Chelsea, MI	3
Daphne Papaefthimiou, 43	Toano	2	Deelyn Robinson, 54	Williamsburg	2
Yvonne Fleischman, 42	Williamsburg	1	Marie Price, 51	Chesapeake	1
<b>Women 19-and-under</b>			<b>Women 60-69</b>		
Sorena Jean, 17	Williamsburg	5	Jan Barry, 66	Williamsburg	5
Kirsten Long, 18	Williamsburg	4	Patricia Travis, 68	Williamsburg	4
Cannon Jean, 14	Williamsburg	3	Shirley Stephens, 62	Williamsburg	3
Nadia Grant, 10	Williamsburg	2	Beth Guiliano, 60	Williamsburg	2
Catherine Clinton, 13	Williamsburg	1	Martha Gullo, 66	Williamsburg	1
<b>Women 20-29</b>			<b>Women 70-and-over</b>		
Emily Honeycutt, 28	Newport News	5	Roswitha Goossens-Winter, 71	Williamsburg	5
Carolyn Weddel, 29	Manassas	4			
Lauren Hylarides, 28	Clemmons, SC	3	<b>Women Walk</b>		
<b>Women 30-39</b>			Nancy Byrd, 65	Toano	5
Ashley Floyd, 35	Williamsburg	5	Tamara Gilliam, 56	Williamsburg	4
Karen Grabowski, 35	Toano	4	Emily Olson, 46	Williamsburg	3
			Gina Foster, 67	Williamsburg	2
			Debi Bloom, 62	Newport News	1

### The Governor's Land 5K Run Times

<b>Men Overall</b>			Andy Almarode, 43	Richmond	18:20
Khalid Elmorabit, 16	Williamsburg	16:20	Jason Miller, 42	Williamsburg	18:40
Gabriel Le Gouellec, 15	Williamsburg	16:50	Greg Lynn, 45	Hayes	18:43
Luke Tompkins, 15	Williamsburg	17:02			
Mark Tompkins, 44	Williamsburg	17:06	<b>Men 19-and-under</b>		
Lorenzo Short, 14	Toano	17:21	Khalid Elmorabit, 16	Williamsburg	16:20
Paul Glass, 18	Williamsburg	17:23	Gabriel Le Gouellec, 15	Williamsburg	16:50
Layton Miller, 15	Williamsburg	17:23	Luke Tompkins, 15	Williamsburg	17:02
Andy Riley, 41	Toano	17:50	Lorenzo Short, 14	Toano	17:21
William Toth, 16	Williamsburg	17:53	Paul Glass, 18	Williamsburg	17:23
Steve Seiler, 34	Williamsburg	18:02			
<b>Masters Men 40-49</b>			<b>Men 20-29</b>		
Mark Tompkins, 44	Williamsburg	17:06	Jonathan Torres, 29	Newport News	18:17
Andy Riley, 41	Toano	17:50	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 Hylarides, 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

**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

Robert Jean, 54	Williamsburg	25:38
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**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

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
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**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

**Women Overall**

Megan Schulze, 37	Glen Allen	10
Emily Honeycutt, 28	Newport News	9
Susan Hagel, 46	Norfolk	8
Norma Phillips, 59	Williamsburg	7
Daphne Papaefthimiou, 43	Toano	6
Jeanette Primich, 43	Williamsburg	5
Lindsey Colburn, 14	Williamsburg	4
Shirley Stephens, 63	Williamsburg	3
Martha Gullo, 66	Williamsburg	2
Maryanne Lee, 37	Quinton	1

**Masters Women 40-and-over**

Susan Hagel, 46	Norfolk	5
Norma Phillips, 59	Williamsburg	4
Daphne Papaefthimiou, 43	Toano	3

Alexey Popov, 36	Newport News	2
Michael Gelhaar, 35	Newport News	1

**Men 40-49**

Greg Lynn, 45	Hayes	5
Shane Blackman, 42	Chesapeake Beach, MD	4
Steven Short, 45	Toano	3
David Glass, 47	Williamsburg	2
Brian Lamprecht, 49	New Kent	1

**Men 50-59**

Paul Pelletier, 54	Williamsburg	5
Jim Case, 55	Williamsburg	4
David St. John, 58	Williamsburg	3

**Men 60-69**

Jim Thornton, 65	Toano	5
Chris Abelt, 63	Williamsburg	4
Steve Altman, 64	Williamsburg	3
Jim Gullo, 65	Williamsburg	2
Andrew Hersey, 60	Richmond	1

**Men 70-and-over**

Larry Arata, 75	Williamsburg	5
Randy Hawthorne, 74	Williamsburg	4
George Fenigsohn, 72	Poquoson	3
John Strassberger, 75	Williamsburg	2

**Men Walk**

Alexey Popov, 36	Newport News	5
George Fenigsohn, 72	Poquoson	4
John Strassberger, 75	Williamsburg	3
Jim Winthrop, 63	Williamsburg	2
Michael Gelhaar, 35	Newport News	1

Jeanette Primich, 43	Williamsburg	2
Shirley Stephens, 63	Williamsburg	1

**Women 19-and-under**

Lindsey Colburn, 14	Williamsburg	5
Hannah Holstrom, 14	Williamsburg	4

**Women 20-29**

Emily Honeycutt, 28	Newport News	5
CeeCee Bishop, 21	Williamsburg	4

**Women 30-39**

Megan Schulze, 37	Glen Allen	5
Maryanne Lee, 37	Quinton	4

**Women 40-49**

Susan Hagel, 46	Norfolk	5	Shirley Stephens, 63	Williamsburg	5
Daphne Papaefthimiou, 43	Toano	4	Martha Gullo, 66	Williamsburg	4
Jeanette Primich, 43	Williamsburg	3	Cathy Kaurich, 63	Williamsburg	3
Amy Gelhaar, 45	Newport News	2	Nancy Byrd, 65	Toano	2

### Women 50-59

Norma Phillips, 59	Williamsburg	5
Linda St. John, 59	Williamsburg	4
Sherrie Payne, 52	Williamsburg	3
Betsy Van Dyck, 58	Williamsburg	2
Colleen Wyman, 53	Cardinal	1

### Women 60-69

### Women 70-and-over none

### 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
Jonathan Torres, 29	Newport News	18:20
Steve Seiler, 34	Williamsburg	18:38
Greg Lynn, 45	Hayes	19:02
Logan St. John, 25	Newport News	19:10
Paul Pelletier, 54	Williamsburg	19:17
Glenn Glass, 16	Williamsburg	19:19
Isaac Lamprecht, 13	New Kent	20:02
Benjamin Kaurich, 31	Newport News	20:28
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

### Women Overall

Megan Schulze, 37	Glen Allen	19:59
Emily Honeycutt, 28	Newport News	20:03
Susan Hagel, 45	Norfolk	24:34

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
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

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	Daphne Papaefthimiou, 43	Toano	26:24
Martha Gullo, 66	Williamsburg	30:59	Jeanette Primich, 43	Williamsburg	27:37
Maryanne Lee, 37	Quinton	31:10	Amy Gelhaar, 45	Newport News	47:26

#### 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

#### 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
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#### 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

Cathy Kaurich, 63	Williamsburg	40:29
Nancy Byrd, 65	Toano	40:37
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
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	Frank Caruso, 70	Williamsburg	4
			Randy Hawthorne, 74	Williamsburg	3
<b>Men 60-69</b>			Charles Dzyak, 70	Springfield	2
Bill Price, 60	Chesapeake	5	Nick May, 71	Virginia Beach	1
Cecil Salyer, 63	Portsmouth	4			
Rick Platt, 69	Williamsburg	3	<b>Men Walk</b>		
Roy Blakeburn, 64	Virginia Beach	2	Alexey Popov, 36	Newport News	5
Tom Robinson, 61	Williamsburg	1	Gregory Eby, 62	Newport News	4
			Raymond Campbell, 53	Forest	3
<b>Men 70-and-over</b>			James Goggin, 66	Williamsburg	2
David Ozolek, 70	Williamsburg	5	Bob Curtin, Jr., 67	Hampton	1
			Jennifer Dunlap, 39	Newport News	2
<b>Women Overall</b>			Shelley Horner, 37	Pflugerville, TX	1
Abigail Motley, 25	Williamsburg	10			
Renee Merchant, 38	Norfolk	9	<b>Women 40-49</b>		
Sorena Jean, 17	Williamsburg	8	Erin Wreski, 42	Virginia Beach	5
Debbie Goodpasture, 50	Midlothian	7	Yolanda Jefferson, 42	Newport News	4
Rachel Bandy, 27	Springfield	6	Gretchen Jones, 46	Elizabeth City, NC	3
Laurel Goodpasture, 21	Midlothian	5	Tonya Duvall, 42	Manassas Park	2
Victoria Neisius, 25	Powhatan	4	Wendy Rafferty, 47	Virginia Beach	1
Courtney Kolberg, 24	Portsmouth	3			
Kaytlyn Senkbeil, 36	Salisbury, MD	2	<b>Women 50-59</b>		
Faith Lohr, 15	Williamsburg	1	Debbie Goodpasture, 50	Midlothian	5
			Mary Jo Bailey, 58	Williamsburg	4
<b>Masters Women 40-and-over</b>			Margaret Kopacz, 55	Chesapeake	3
Debbie Goodpasture, 50	Midlothian	5	Kaye Green, 51	Smithfield	2
Erin Wreski, 42	Virginia Beach	4	Norma Phillips, 59	Williamsburg	1
Yolanda Jefferson, 42	Newport News	3			
Mary Jo Bailey, 58	Williamsburg	2	<b>Women 60-69</b>		
Margaret Kopacz, 55	Chesapeake	1	Patricia Travis, 68	Williamsburg	5
			Frances Murphy, 61	Chesterfield	4
<b>Women 19-and-under</b>			Sue Krzastek, 63	Waynesboro	3
Sorena Jean, 17	Williamsburg	5	JoAnn McMahan, 60	Virginia Beach	2
Faith Lohr, 15	Williamsburg	4	Jackie Ahlsted, 66	Suffolk	1
Emily Rollins, 15	Chesapeake	3			
Cannon Jean, 15	Williamsburg	2	<b>Women 70-and-over</b>		
Lindsay Meadows, 12	Toano	1	Barbara Biasi, 72	Yorktown	5
			Sarah Carey, 71	Williamsburg	4
<b>Women 20-29</b>			Lou Norton, 73	Richmond	3
Abigail Motley, 25	Williamsburg	5	Barbara Gay, 75	Williamsburg	2
Rachel Bandy, 27	Springfield	4	Kathleen Martin, 73	Richmond	1
Laurel Goodpasture, 21	Midlothian	3			
Victoria Neisius, 25	Powhatan	2	<b>Women Walk</b>		
Courtney Kolberg, 24	Portsmouth	1	Maureen Ventrice, 54	Virginia Beach	5
			Laura Scott, 54	Poquoson	4
<b>Women 30-39</b>			Brenda Bustillos, 39	Williamsburg	3
Renee Merchant, 38	Norfolk	5	Cathy Kaurich, 63	Williamsburg	2
Kaytlyn Senkbeil, 36	Salisbury, MD	4	Paula Schutz, 67	Pine Bush, NY	1
Erin Machie, 35	Newport News	3			

### Christmas Town Dash 8K Run Times

<b>Men Overall</b>			Roger Hopper, 28	Norfolk	26:19
William Thompson, 27	Williamsburg	25:53	Zachary Sturm, 17	Yorktown	28:26
William Christian, 36	Chesapeake	26:01	Christopher Ware, 16	Newport News	29:38

Jacob Lohr, 17	Williamsburg	29:39	Jason Bridges, 36	Williamsburg	29:47
Jason Bridges, 36	Williamsburg	29:47	Jim Highsmith, 36	Newport News	30:19
Taylor Anthony, 15	Greenville	30:03	Steve Seiler, 34	Williamsburg	31:29
Evan Melanson, 17	Carrollton	30:08	Ben Mulherin, 33	Williamsburg	32:53
Jackson Price, 15	Virginia Beach	30:13			
			<b>Men 40-49</b>		
Jonathan Torres, 29	Newport News	30:16	Greg Lynn, 45	Hayes	31:21
Lorenzo Short, 14	Toano	30:18	Jason Miller, 42	Williamsburg	31:36
Jim Highsmith, 36	Newport News	30:19	Eric Berge, 40	Newport News	32:31
Paul Glass, 18	Williamsburg	30:23	Chris Laws, 44	Yorktown	32:50
			John Burcher, 47	Yorktown	33:52
			<b>Men 50-59</b>		
<b>Masters Men 40-and-over</b>			Paul Pelletier, 54	Williamsburg	31:17
Paul Pelletier, 54	Williamsburg	31:17	Timothy Collins, 58	Williamsburg	33:32
Greg Lynn, 45	Hayes	31:21	Chad Simpson, 51	Chesapeake	36:31
Jason Miller, 42	Williamsburg	31:36	Rodney Ragin, 54	North Chesterfield	37:04
Eric Berge, 40	Newport News	32:31	David Lassiter, 51	Williamsburg	37:52
Chris Laws, 44	Yorktown	32:50			
			<b>Men 60-69</b>		
<b>Men 19-and-under</b>			Bill Price, 60	Chesapeake	39:16
Zachary Sturm, 17	Yorktown	28:26	Cecil Salyer, 63	Portsmouth	40:53
Christopher Ware, 16	Newport News	29:38	Rick Platt, 69	Williamsburg	40:55
Jacob Lohr, 17	Williamsburg	29:39	Roy Blakeburn, 64	Virginia Beach	41:08
Taylor Anthony, 15	Greenville	30:03	Tom Robinson, 61	Williamsburg	41:28
Evan Melanson, 17	Carrollton	30:08	Glenn Young, 62	Mattaponi	41:28
Jackson Price, 15	Virginia Beach	30:13			
Lorenzo Short, 14	Toano	30:18	<b>Men 70-and-over</b>		
Paul Glass, 18	Williamsburg	30:23	David Ozolek, 70	Williamsburg	45:19
Ben Madrigal, 16	Yorktown	31:30	Frank Caruso, 70	Williamsburg	51:05
Glenn Glass, 16	Williamsburg	31:35	Randy Hawthorne, 74	Williamsburg	51:17
Dylan Raney, 16	Yorktown	31:35	Charles Dzyak, 70	Springfield	58:33
			Nick May, 71	Virginia Beach	1:03:26
			<b>Men Walk</b>		
<b>Men 20-29</b>			Alexey Popov, 36	Newport News	51:49
William Thompson, 27	Williamsburg	25:53	Gregory Eby, 62	Newport News	1:06:53
Roger Hopper, 28	Norfolk	26:19	Raymond Campbell, 53	Forest	1:07:01
Jonathan Torres, 29	Newport News	30:16	James Goggin, 66	Williamsburg	1:09:05
Logan St. John, 25	Newport News	31:44	Bob Curtin, Jr., 67	Hampton	1:19:24
Haijun Ramoundus, 24	Virginia Beach	33:17			
			<b>Women Overall</b>		
<b>Men 30-39</b>			Yolanda Jefferson, 42	Newport News	37:41
William Christian, 36	Chesapeake	26:01	Mary Jo Bailey, 58	Williamsburg	38:13
			Margaret Kopacz, 55	Chesapeake	38:37
			<b>Women 19-and-under</b>		
<b>Women Overall</b>			Sorena Jean, 17	Williamsburg	33:17
Abigail Motley, 25	Williamsburg	31:18	Faith Lohr, 15	Williamsburg	36:30
Renee Merchant, 38	Norfolk	31:55	Emily Rollins, 15	Chesapeake	37:09
Sorena Jean, 17	Williamsburg	33:17	Cannon Jean, 15	Williamsburg	37:26
Debbie Goodpasture, 50	Midlothian	34:37	Lindsay Meadows, 12	Toano	38:25
Rachel Bandy, 27	Springfield	35:03			
Laurel Goodpasture, 21	Midlothian	35:47	<b>Women 20-29</b>		
Victoria Neisius, 25	Powhatan	35:59	Abigail Motley, 25	Williamsburg	31:18
Courtney Kolberg, 24	Portsmouth	36:00	Rachel Bandy, 27	Springfield	35:03
Kaytlyn Senkbeil, 36	Salisbury, MD	36:24	Laurel Goodpasture, 21	Midlothian	35:47
Faith Lohr, 15	Williamsburg	36:30			
			<b>Masters Women 40-and-over</b>		
Debbie Goodpasture, 50	Midlothian	34:37			
Erin Wreski, 42	Virginia Beach	37:23			

Victoria Neisius, 25	Powhatan	35:59	Valor Foy Jones, 56	Newport News	41:57
Courtney Kolberg, 24	Portsmouth	36:00			
<b>Women 30-39</b>					
Renee Merchant, 38	Norfolk	31:55	Patricia Travis, 68	Williamsburg	46:50
Kaytlyn Senkbeil, 36	Salisbury, MD	36:24	Frances Murphy, 61	Chesterfield	47:10
Erin Machie, 35	Newport News	37:07	Sue Krzastek, 63	Waynesboro	47:35
Jennifer Dunlap, 39	Newport News	37:18	JoAnn McMahon, 60	Virginia Beach	47:47
Shelley Horner, 37	Pflugerville, TX	37:44	Jackie Ahlsted, 66	Suffolk	47:49
<b>Women 40-49</b>					
Erin Wreski, 42	Virginia Beach	37:23	Barbara Biasi, 72	Yorktown	48:16
Yolanda Jefferson, 42	Newport News	37:41	Sarah Carey, 71	Williamsburg	1:03:07
Gretchen Jones, 46	Elizabeth City, NC	39:06	Lou Norton, 73	Richmond	1:14:22
Tonya Duvall, 42	Manassas Park	39:49	Barbara Gay, 75	Williamsburg	1:27:39
Wendy Rafferty, 47	Virginia Beach	41:08	Kathleen Martin, 73	Richmond	1:38:20
<b>Women 50-59</b>					
Debbie Goodpasture, 50	Midlothian	34:37	Maureen Ventrice, 54	Virginia Beach	58:13
Mary Jo Bailey, 58	Williamsburg	38:13	Laura Scott, 54	Poquoson	59:56
Margaret Kopacz, 55	Chesapeake	38:37	Brenda Bustillos, 39	Williamsburg	1:04:37
Kaye Green, 51	Smithfield	40:58	Cathy Kaurich, 63	Williamsburg	1:07:34
Norma Phillips, 59	Williamsburg	41:53	Paula Schutz, 67	Pine Bush, NY	1:09:52

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

<b>Men Overall</b>			Michael Carrico, 21	Manakin Sabot	4
Patrick Wachter, 22	Williamsburg	10	Jonathan Torres, 29	Newport News	3
Michael Carrico, 21	Manakin Sabot	9	Nicholas Scheff, 22	Yorktown	2
Jonathan Torres, 29	Newport News	8	Ryan Ramirez, 26	Norfolk	1
Keith Schumann, 49	Williamsburg	7	<b>Men 30-39</b>		
Patrick Murphy, 18	Williamsburg	6	Steve Seiler, 34	Williamsburg	5
Steve Seiler, 34	Williamsburg	5	Chris Novakoski, 38	Chesapeake	4
Glenn Glass, 16	Williamsburg	4	Benjamin Kaurich, 31	Newport News	3
Stephen Chantry, 64	Williamsburg	3	William McCallister III, 36	Lanexa	2
Michael Dye, 16	Williamsburg	2	Ryan Vazquez, 34	Newport News	1
Greg Lynn, 45	Hayes		<b>Men 40-49</b>		
<b>Masters Men (ages 40-and-over)</b>			Keith Schumann, 49	Williamsburg	5
Keith Schumann, 49	Williamsburg	5	Greg Lynn, 45	Hayes	4
Stephen Chantry, 64	Williamsburg	4	Joe Calkins, 48	Lanexa	3
Greg Lynn, 45	Hayes	3	Adam Matheson, 40	Williamsburg	2
Robert Whitaker, 61	Yorktown	2	Steven Short, 45	Toano	1
Joe Calkins, 48	Lanexa	1	<b>Men 50-59</b>		
<b>Men 19-and-under</b>			Larry Golub, 58	Williamsburg	5
Patrick Murphy, 18	Williamsburg	5	Grant Watson, 53	Yorktown	4
Glenn Glass, 16	Williamsburg	4	Kevin Hughes, 50	Williamsburg	3
Michael Dye, 16	Williamsburg	3	Steve Sheffler, 58	Williamsburg	2
Hayden Petsy, 13	Williamsburg	2	Robert Weghorst, 51	Sperryville	1
J. Robert Azaltovic III, 14	Yorktown	1	<b>Men 60-69</b>		
<b>Men 20-29</b>			Stephen Chantry, 64	Williamsburg	5
Patrick Wachter, 22	Williamsburg	5			



Robert Whitaker, 61	Yorktown	4	Larry Arata, 75	Williamsburg	2
Jim Thornton, 65	Toano	3	Ken Mitchell, 75	Williamsburg	1
Chris Abelt, 63	Williamsburg	2			
Thomas Barry, 61	Williamsburg	1	<b>Men Walk</b>		
<b>Men 70-and-over</b>			Alexey Popov, 36	Newport News	5
Dale Abrahamson, 70	Yorktown	5	Hurricane Thompson, 67	Gloucester	4
David Ozolek, 70	Williamsburg	4	Jim Winthrop, 63	Williamsburg	3
Louis Dwyer, 76	Kitty Hawk, NC	3	Bob Byrd, 70	Williamsburg	2
			Jim Goggin, 66	Williamsburg	1
<b>Women Overall</b>			Jessica Anderson, 38	Williamsburg	2
Jen Anderson, 39	Williamsburg	10	Alexandra Saless, 38	Williamsburg	1
Leah Kappel, 19	Arlington	9			
Emily Honeycutt, 28	Newport News	8	<b>Women 40-49</b>		
Sorena Jean, 17	Williamsburg	7	Tamara Pelletier, 45	Yorktown	5
Rachel Weghorst, 16	Sperryville	6	Robin Toth, 48	Williamsburg	4
Tamara Pelletier, 45	Yorktown	5	Brandy Bergenstock, 44	Newport News	3
Annie Gilbride, 52	Providence Forge	4	Daphne Papaefthimiou, 43	Toano	2
Karen Grabowski, 35	Toano	3	Beth Berry, 49	Williamsburg	1
Rosie Gilbride, 15	Providence Forge	2			
Robin Toth, 48	Williamsburg	1	<b>Women 50-59</b>		
<b>Masters Women (ages 40-and-over)</b>			Annie Gilbride, 52	Providence Forge	5
Tamara Pelletier, 45	Yorktown	5	Deelyn Robinson, 54	Williamsburg	4
Annie Gilbride, 52	Providence Forge	4	Michelle Bryant, 53	Williamsburg	3
Robin Toth, 48	Williamsburg	3	Erin Darcy, 50	Williamsburg	2
Karen Fallon, 60	Williamsburg	2	Deborah Everitt, 51	Williamsburg	1
Brandy Bergenstock, 44	Newport News	1			
<b>Women 19-and-under</b>			<b>Women 60-69</b>		
Leah Kappel, 19	Arlington	5	Karen Fallon, 60	Williamsburg	5
Sorena Jean, 17	Williamsburg	4	Mary Lou O'Halloran, 61	Williamsburg	4
Rachel Weghorst, 16	Sperryville	3	Carol Talley, 65	Toano	3
Rosie Gilbride, 15	Providence Forge	2	Jan Barry, 66	Williamsburg	2
Joie Cooke, 11	Williamsburg	1	Cathy Vazquez, 62	Newport News	1
<b>Women 20-29</b>			<b>Women 70-and-over</b>		
Emily Honeycutt, 28	Newport News	5	Sarah Carey, 71	Williamsburg	5
Svetlana Goncharova, 21	Williamsburg	4	Helene Price, 74	Williamsburg	4
Morgan Shelton, 23	Williamsburg	3	Nancy Blount, 73	Williamsburg	3
Katelyn Birchfield, 22	Williamsburg	2	Dee Jenkins, 71	Harrisonburg	2
Hannah Fallon, 25	Roanoke	1	Pauline Ely, 81	Hampton	1
<b>Women 30-39</b>			<b>Women Walk</b>		
Jen Anderson, 39	Williamsburg	5	Nancy Byrd, 65	Toano	5
Karen Grabowski, 35	Toano	4	Cathy Kaurich, 63	Williamsburg	4
Jessica Gilligan, 38	Williamsburg	3	Dee Jenkins, 71	Harrisonburg	3
			Sylvia Garcia, 67	Williamsburg	2
			Tara Sagman, 39	Williamsburg	1

### Sleighbell 5K Run Times

<b>Men Overall</b>			Steve Seiler, 34	Williamsburg	18:45
Patrick Wachter, 22	Williamsburg	16:29	Glenn Glass, 16	Williamsburg	18:59
Michael Carrico, 21	Manakin Sabot	17:38	Stephen Chantry, 64	Williamsburg	19:27
Jonathan Torres, 29	Newport News	18:21	Michael Dye, 16	Williamsburg	19:34
Keith Schumann, 49	Williamsburg	18:28	Greg Lynn, 45	Hayes	19:42
Patrick Murphy, 18	Williamsburg	18:36	Robert Whitaker, 61	Yorktown	19:45

Chris Novakoski, 38	Chesapeake	19:57	Joe Calkins, 48	Lanexa	20:43
			Adam Matheson, 40	Williamsburg	20:57
			Steven Short, 45	Toano	21:10
<b>Masters Men (ages 40-and-over)</b>					
Keith Schumann, 49	Williamsburg	18:28			
Stephen Chantry, 64	Williamsburg	19:27	<b>Men 50-59</b>		
Greg Lynn, 45	Hayes	19:42	Larry Golub, 58	Williamsburg	22:35
Robert Whitaker, 61	Yorktown	19:45	Grant Watson, 53	Yorktown	22:38
Joe Calkins, 48	Lanexa	20:43	Kevin Hughes, 50	Williamsburg	23:56
Adam Matheson, 40	Williamsburg	20:57	Steve Sheffler, 58	Williamsburg	24:11
			Robert Weghorst, 51	Sperryville	24:21
<b>Men 19-and-under</b>					
Patrick Murphy, 18	Williamsburg	18:36	<b>Men 60-69</b>		
Glenn Glass, 16	Williamsburg	18:59	Stephen Chantry, 64	Williamsburg	19:27
Michael Dye, 16	Williamsburg	19:34	Robert Whitaker, 61	Yorktown	19:45
Hayden Petsy, 13	Williamsburg	22:34	Jim Thornton, 65	Toano	21:38
J. Robert Azaltovic III, 14	Yorktown	22:37	Chris Abelt, 63	Williamsburg	23:16
			Thomas Barry, 61	Williamsburg	23:20
<b>Men 20-29</b>					
Patrick Wachter, 22	Williamsburg	16:29	Tom Robinson, 61	Williamsburg	23:44
Michael Carrico, 21	Manakin Sabot	17:38	Steve Altman, 64	Williamsburg	23:55
Jonathan Torres, 29	Newport News	18:21			
Nicholas Scheff, 22	Yorktown	20:02	<b>Men 70-and-over</b>		
Ryan Ramirez, 26	Norfolk	21:31	Dale Abrahamson, 70	Yorktown	23:37
			David Ozolek, 70	Williamsburg	27:07
<b>Men 30-39</b>					
Steve Seiler, 34	Williamsburg	18:45	Louis Dwyer, 76	Kitty Hawk, NC	27:23
Chris Novakoski, 38	Chesapeake	19:57	Larry Arata, 75	Williamsburg	28:23
Benjamin Kaurich, 31	Newport News	20:26	Ken Mitchell, 75	Williamsburg	29:07
William McCallister III, 36	Lanexa	23:53			
Ryan Vazquez, 34	Newport News	25:13	<b>Men Walk</b>		
<b>Men 40-49</b>					
Keith Schumann, 49	Williamsburg	18:28	Alexey Popov, 36	Newport News	31:13
Greg Lynn, 45	Hayes	19:42	Hurricane Thompson, 67	Gloucester	39:36
			Jim Winthrop, 63	Williamsburg	41:24
			Bob Byrd, 70	Williamsburg	44:19
			Jim Goggin, 66	Williamsburg	44:58
<b>Women Overall</b>					
Jen Anderson, 39	Williamsburg	19:34	Sorena Jean, 17	Williamsburg	20:48
Leah Kappel, 19	Arlington	19:59	Rachel Weghorst, 16	Sperryville	20:57
Emily Honeycutt, 28	Newport News	20:33	Rosie Gilbride, 15	Providence Forge	22:35
Sorena Jean, 17	Williamsburg	20:48	Joie Cooke, 11	Williamsburg	23:59
Rachel Weghorst, 16	Sperryville	20:57			
Tamara Pelletier, 45	Yorktown	21:47	<b>Women 20-29</b>		
Annie Gilbride, 52	Providence Forge	22:10	Emily Honeycutt, 28	Newport News	20:33
Karen Grabowski, 35	Toano	22:29	Svetlana Goncharova, 21	Williamsburg	23:43
Rosie Gilbride, 15	Providence Forge	22:35	Morgan Shelton, 23	Williamsburg	23:57
Robin Toth, 48	Williamsburg	23:07	Katelyn Birchfield, 22	Williamsburg	23:57
			Hannah Fallon, 25	Roanoke	25:16
<b>Masters Women (ages 40-and-over)</b>					
Tamara Pelletier, 45	Yorktown	21:47	<b>Women 30-39</b>		
Annie Gilbride, 52	Providence Forge	22:10	Jen Anderson, 39	Williamsburg	19:34
Robin Toth, 48	Williamsburg	23:07	Karen Grabowski, 35	Toano	22:29
Karen Fallon, 60	Williamsburg	24:01	Jessica Gilligan, 38	Williamsburg	23:13
Brandy Bergenstock, 44	Newport News	25:01	Jessica Anderson, 38	Williamsburg	23:46
			Alexandra Saless, 38	Williamsburg	24:02
<b>Women 19-and-under</b>					
Leah Kappel, 19	Arlington	19:59	<b>Women 40-49</b>		
			Tamara Pelletier, 45	Yorktown	21:47

Robin Toth, 48	Williamsburg	23:07	Jan Barry, 66	Williamsburg	28:12
Brandy Bergenstock, 44	Newport News	25:01	Cathy Vazquez, 62	Newport News	29:49
Daphne Papaefthimiou, 43	Toano	25:35			
Beth Berry, 49	Williamsburg	26:02			
<b>Women 50-59</b>			<b>Women 70-and-over</b>		
Annie Gilbride, 52	Providence Forge	22:10	Sarah Carey, 71	Williamsburg	36:11
Deelyn Robinson, 54	Williamsburg	26:46	Helene Price, 74	Williamsburg	36:20
Michelle Bryant, 53	Williamsburg	26:57	Nancy Blount, 73	Williamsburg	39:50
Erin Darcy, 50	Williamsburg	27:18	Dee Jenkins, 71	Harrisonburg	44:40
Deborah Everitt, 51	Williamsburg	27:28	Pauline Ely, 81	Hampton	48:27
<b>Women 60-69</b>			<b>Women Walk</b>		
Karen Fallon, 60	Williamsburg	24:01	Nancy Byrd, 65	Toano	40:04
Mary Lou O'Halloran, 61	Williamsburg	27:14	Cathy Kaurich, 63	Williamsburg	40:30
Carol Talley, 65	Toano	27:56	Dee Jenkins, 71	Harrisonburg	44:40
			Sylvia Garcia, 67	Williamsburg	45:28
			Tara Sagman, 39	Williamsburg	46:15