

Best of 2017 Rankings

Biggest Numbers Ever

Maryland RRCA State Championship Series

50 Plus Club

Best of 2015

Best of 2016

Best of 2017

Best of 2018



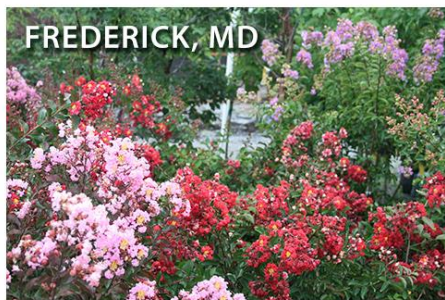
By [James Moreland](#)

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There were a record 1,536 races that were qualifiers, one hundred more than last year but with the same total number of runners that was the second lowest in the last five years at 663,428. Every season there were scores more races with no qualifiers. There were 232 *major* races, meaning 500 or more runners. The average race size shrunk by a third to 461. There were again 117 races with more than 1,000 finishers. There were fifty-four with more than 2,000, thirty-two with more than 3,000, twenty-three with more than 4,000, and sixteen with more than 5,000 finishers.

| 2017 | Major | Total | Percent | Ranked | Runners |
|--------|-------|-------|---------|--------|---------|
| Winter | 78 | 359 | 3.14% | 4963 | 157933 |
| Spring | 69 | 460 | 2.23% | 4750 | 212767 |
| Summer | 39 | 313 | 3.94% | 3335 | 84730 |
| Fall | 59 | 404 | 1.91% | 3981 | 208008 |
| Total | 245 | 1536 | 2.57% | 17029 | 663438 |

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

Men and women's ranked times represented 17,029 times, about a small three percent increase from 2016, with women representing fifty-eight percent of the times. Of those who qualified to be ranked, 362 were men and 424 were women.

The largest divisions women 50-54 with fifty-three qualifiers and both men and women in the 60-64 age group with fifty-two men qualifiers as well as fifty-one women in the 55-59 division. The Open women's division had sixty-five and Open men's division had fifty-six, but both of them include runners from multiple divisions.

In the Elite division, runner-up Desta Beriso Morkama had a monster year with an incredible 29 overall victories. Forty-third place Nick Reed had ten victories. Twentieth place Thomas Bean had nine victories. Top submaster Sherry Stick leads all women with twelve wins. Megan DiGregorio in nineteenth place and Sarah Lasker in twenty-fourth place both had ten victories. Third ranked Stephanie Reich had eight wins and sixth overall Perry Shoemaker had seven. In the age group battles, 53 male runners had ten or more victories and twenty-three had fifteen or more victories, while 52 female runners had ten or more victories and twenty had fifteen or more victories. Twenty-two had twenty or more, including six members of the 50 Plus Club* with the top five of all runners having thirty-five or more age group wins.

Women

| PL | Name | Age | AG Wins |
|----|---------------------|-----|---------|
| 1 | Jeanette Novak* | 73 | 60 |
| 2 | Mary Lowe Mayhugh | 61 | 41 |
| 3 | Sushila Nanda | 56 | 31 |
| 4 | Tami Graf* | 81 | 29 |
| 5 | Clare Imholtz | 71 | 29 |
| 6 | Cindy Conant | 56 | 25 |
| 7 | Rose Crist | 62 | 24 |
| 8 | Maureen Hall | 52 | 23 |
| 9 | Ecris Williams | 78 | 23 |
| 10 | Mandy Whalen | 77 | 22 |
| 11 | Claire Wigglesworth | 15 | 22 |

Men

| PL | Name | Age | AG Wins |
|----|----------------------|-----|---------|
| 1 | Kirk Gordon* | 61 | 59 |
| 2 | James Moreland* | 65 | 38 |
| 6 | Desta Beriso Morkama | 32 | 35 |
| 3 | Howard Frost | 52 | 32 |
| 4 | Karsten Brown* | 43 | 32 |
| 5 | Robert Gurtler* | 82 | 31 |
| 7 | Lou Shapiro | 76 | 23 |
| 8 | Greg Dawson | 52 | 20 |
| 9 | Matt Boyd | 47 | 18 |
| 10 | Travis Boltjes | 38 | 18 |

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

There were eighty-two half marathons with twenty-seven major and more than half of them (17) having more than 1,000 finishers. By far the most popular distance, the 5K had 1,062 occurrences at 141 major and fifty-seven with more than 1,000 runners. The 8K had ten major races with eight times having more than 1,000 runners out of sixty-eight events. For the marathon, there were twenty-six with six major and all of those with more than 1,000 finishers. For the 10 Mile, there were ten major of thirty-seven races with ten as well as the largest race, the Army ten miler, with more than 1,000. In the 10K, there were the second and fourth largest of all races with twenty-nine majors, including seventeen with more than 1,000 of the 153 events. The four mile race had thirty-one races with seven major and three with more than 1,000 finishers. Finally, six other races were major with three more than 1,000. The other races with less common distances such as the 3M, 6K, 12K, 15K, and 20K occurred sixty-four times.

| | Race | Runners |
|---|--|----------------|
| 1 | Baltimore United Way 5K | 5344 |
| 2 | Kelly's Shamrock 5K | 4515 |
| 3 | Race for Every Child 5K | 3665 |
| 4 | Arlington Turkey Trot 5K | 3402 |
| 5 | Great Pumpkin Race 5K | 3258 |
| 1 | Charlottesville 4 Mile | 1815 |
| 2 | Fairfax Four Mile | 1462 |
| 3 | Virginia 4 Mile | 1283 |
| 4 | Devotion Mother's Day 4M | 854 |
| 5 | Four Courts 4M | 794 |
| 1 | TowneBank Shamrock Festival 8K | 7759 |
| 2 | VCU 8K | 2677 |
| 3 | HCA 8K | 2608 |
| 4 | Busch Gardens Christmas Town Dash 8K | 2438 |
| 5 | CHKD 8K | 549 |
| 1 | Surf 'n' Santa 5M | 5223 |
| 2 | Alexandria Turkey Trot 5M | 4329 |
| 3 | Navy 5 Mile | 1836 |
| 4 | Semper Five | 1186 |
| 5 | FARC Heritage Festival 5 Mile | 472 |
| 1 | Ukrops Monument Avenue 10K | 21947 |
| 2 | Across the Bay 10K | 19411 |
| 3 | Marine Corps 10K | 7063 |
| 4 | Anthem Wicked 10K | 4784 |
| 5 | Sole for the City 10K | 3770 |
| 1 | Army Ten Miler | 24723 |
| 2 | Credit Union Cherry Blossom 10M | 17709 |
| 3 | George Washington Parkway Classic 10 Mile | 4448 |
| 4 | Baltimore 10 Miler | 3900 |
| 5 | Annapolis 10 Miler | 3050 |
| 1 | Rock 'n' Roll Half Marathon | 12953 |
| 2 | Baltimore Half Marathon | 8073 |
| 3 | 2017 American Family Fitness Half Marathon | 7811 |
| 4 | 2016 American Family Fitness Half Marathon | 7339 |

| | | |
|---|-------------------------------|-------|
| 5 | Rock N Roll Half Marathon | 5737 |
| 1 | Marine Corps Marathon | 20148 |
| 2 | 2017 Anthem Richmond Marathon | 4231 |
| 3 | 2016 Anthem Richmond Marathon | 4056 |
| 4 | Baltimore Marathon | 2501 |
| 5 | Rock 'n' Roll Marathon | 2373 |

Races with more than 100 Ranked Runners

| Event | Ranked |
|--|--------|
| Credit Union Cherry Blossom 10M | 480 |
| Ukrops Monument Avenue 10K | 321 |
| 2017 American Family Fitness Half Marathon | 220 |
| Army Ten Miler | 192 |
| 2016 American Family Fitness Half Marathon | 189 |
| Annapolis 10 Miler | 174 |
| Across the Bay 10K | 163 |
| Pike's Peek 10K | 158 |
| RRCA Challenge 10 Mile | 152 |
| 2017 Anthem Richmond Marathon | 151 |
| Rock 'n' Roll Half Marathon | 131 |
| 20013 Anthem Richmond Marathon | 131 |
| George Washington Parkway Classic 10 Mile | 130 |
| 2016 HCA 8K | 116 |
| Alexandria Turkey Trot 5M | 114 |
| Parks Half Marathon | 110 |
| Marine Corps Marathon | 109 |
| TowneBank Shamrock Festival 8K | 101 |
| 2017 VCU 8K | 100 |

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

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

Open Men

VCU 8K 22:48, 10K = 28:57

How could Desta Beriso Morkama not be the champion? He won a record 29 times out of 32 races, usually by ridiculous margins at the small events where

sometimes he dawdled enough to be caught. Fifteen of his races were major races with nine overall wins. His best race was his first, the American Family Fitness Half Marathon in 1:07:19, ahead of tenth place Robert Reynolds who ran 1:08:19. In December, he won the Jingle All the Way 15K in 47:55, ahead of eighth place Kieran O'Connor who ran in 47:55. O'Connor would later race the Clarendon Day 5K speedway race for third overall in 14:46, just ahead of Paul Thistle's 14:48 that earned him ninth place. Kyle Wagener was not shabby at all in 15:02 but only earns eighteenth place. Morkama ran the accompanying 10K in 31:00. Earlier in the year he had a serious off day when Thistle won it all at the Capitol Hill Classic 10K in 31:19 to his pedestrian 34:14. Morkama also busted an excellent win at the Marine Corps Marathon in 2:25:14, beating third place marathon finisher O'Connor's 2:28:07.

Then Sean Keveran started becoming more than just a winning machine. He had won the challenging Sentara Colonial Half-Marathon in 1:08:39. Then the following week he stayed undefeated winning the Haven 8K in 23:36 to move ahead of Morkama's year. With all the big money at the Credit Union Cherry Blossom 10M, it is rare to have a local man in the money. This year Keveran pulled away from the crowd at the top of the rankings with a spectacular 48:23. Third place Charlie Hurt ran 50:35. Then it all came to a mad dash to the finish. Fifth place Christopher Sloane was next in 51:06 with Jerry Greenlaw earning sixth by edging out seventh place Andy Weaver 51:17 to 51:21. O'Connor had his third best race there in 52:06. Also, he had already beaten Weaver at the RRCA Challenge 10M in February, winning 52:38 to 53:17.

Stewart Reich had seven wins. His best win at the Veterans Day 10K in 30:46. It was just enough to get by Sloane who had beaten him at the Crystal City 5K, 15:13 to 15:18 but later succumbed to Reich at the Army Ten Miler, 52:59 to 53:13. Weaver would come back strong as runner-up at the Pike's Peek 10K in 30:44, enough to catch O'Connor. He also bested fourteenth place Girma Bedada who ran 31:29, a step ahead of seventeenth place Gary Mariano (31:30) and a lunge or two ahead of Thomas Bean (31:36) who takes the twentieth spot in the rankings. Eleventh place Will Christian takes his spot with a fine Virginia 10 Mile in 51:41. It was slightly off thirteenth place Graham Tribble's 51:38 at the Credit Union Cherry Blossom 10M, but Christian had already led the way home at the Rock 'n' Roll Half Marathon in 1:09:24, ahead of O'Connor's 1:09:39 and Tribble's 1:09:43.

While we are back to the Credit Union Cherry Blossom 10M, Mariano ran 52:08 and Bedada had his best race in 51:45. Nineteenth place Thomas Adam edges twenty-first place Matt Deters 52:19 to 52:36. One of Bean's nine wins was a marvelous 15:24 win at the cross-country Roosevelt Island Park Run 5K #39 in 15:24. Deters matched him on the streets of DC with his First Down 5K. Ryan Carroll always wins a lot of races and more than once a season title. His best race for the year was the Bon Secours 5K for Colon Cancer in 14:55 to give him twelfth place. Fifteenth place Tyler O'Brien made his move late in the year,

running the slightly longer than a 5K, Time Traveler Pi Miler (3.14M) in 15:08. Harrison Toney fits into sixteenth place with seven wins, including a year ending VCU 8K in 24:46.

Seven of the fifty-six qualifiers came from other divisions.

| Place | Name | Age | Hometown | 10K= | PL in 2016 | PL in 2015 |
|-------|--------------------------|-----|---------------------|-------|------------|------------|
| 1 | Keveran, Sean***** | 26 | Charlottesville, VA | 29:07 | | |
| 2 | Beriso Morkama, Desta*29 | 32 | Arlington, VA | 30:33 | | |
| 3 | Hurt, Charlie** | 34 | Charlottesville, VA | 30:26 | | |
| 4 | Reich, Stewart*7 | 25 | Frederick, MD | 30:46 | | |
| 5 | Sloane, Christopher*** | 34 | Gaithersburg, MD | 30:45 | | |
| 6 | Greenlaw, Jerry** | 29 | Arlington, VA | 30:51 | ▲20 | 12 |
| 7 | Weaver, Andy* | 26 | Baltimore, MD | 30:44 | ▼4 | 4 |
| 8 | O'Connor, Keiran*** | 30 | Arlington, VA | 30:48 | | |
| 9 | Thistle, Paul* | 30 | Capitol Heights, MD | 30:52 | | |
| 10 | Reynolds, Robert*** | 27 | Mechanicsville, VA | 31:00 | | |
| 11 | Christian, Will* | 34 | Norfolk, VA | 31:06 | | |
| 12 | Carroll, Ryan***** | 34 | Portsmouth, VA | 31:07 | ▲25 | 25 |
| 13 | Tribble, Graham* | 29 | Arlington, VA | 31:04 | | |
| 14 | Bedada, Girma | 37 | Washington, DC | 31:08 | ▼8 | |
| 15 | O'Brien, Tyler*** | 22 | Goodview, VA | 31:12 | | |
| 16 | Toney, Harrison*7 | 24 | Harrisonburg, VA | 31:25 | | |
| 17 | Mariano, Gregory* | 32 | Alexandria, VA | 31:22 | | |
| 18 | Wagener, Kyle* | 24 | Washington, DC | 31:22 | | |
| 19 | Adam, Thomas | 31 | Charlottesville, VA | 31:29 | | |
| 20 | Bean, Thomas*9 | 25 | College Park, MD | 31:36 | ▼12 | |
| 21 | Deters, Matt | 32 | Arlington, VA | 31:32 | ▲26 | 13 |
| 22 | Balmer, Paul*** | 27 | Washington, DC | 31:42 | ■22 | 14 |
| 23 | Barresi, Matthew** | 34 | Palmyra, VA | 31:42 | ▼11 | |
| 24 | Madison, Andrew* | 30 | Catonsville, MD | 31:47 | ▲29 | |
| 25 | Crouzier, Nicholas*7 | 32 | Gaithersburg, MD | 31:45 | ▲37 | 24 |
| 26 | Dye, Tyler | 27 | Alexandria, VA | 31:54 | | |
| 27 | Hopely, Mark*8 | 28 | Fredericksburg, VA | 32:03 | | |
| 28 | Ramirez, Denzel* | 34 | Arlington, VA | 32:03 | | |
| 29 | Woodford, Patrick* | 24 | Roanoke, VA | 32:00 | ▲39 | 21 |
| 30 | Jurkovich, Evan | 32 | Washington, DC | 31:57 | | |
| 31 | Otstot, Adam*** | 34 | Williamsburg, VA | 31:57 | ▲32 | 28 |
| 32 | Southerland, Tripp | 32 | Washington, DC | 32:03 | ▼16 | |
| 33 | Wertz, David | 41 | Springfield, VA | 32:04 | | |
| 34 | Kaminski, Zach*** | 25 | Elkton, MD | 32:05 | | |
| 35 | Ban, Charlie* | 34 | Washington, DC | 32:07 | ▼34 | 22 |
| 36 | Galasso, George***** | 26 | Washington, DC | 32:10 | | |
| 37 | Rolly, Philippe | 44 | McLean, VA | 32:17 | ▼36 | 20 |
| 38 | Goodstein, Andy | 25 | Charlottesville, VA | 32:16 | ▼40 | |
| 39 | Miller, Wade** | 27 | Hagerstown, MD | 32:16 | ▼24 | |

| | | | | | |
|----|----------------------|----|---------------------|-------|-----|
| 40 | Schuler, Eric*** | 24 | Laurel, MD | 32:19 | ▼28 |
| 41 | Bray, Darryn** | 33 | Poquoson, VA | 32:33 | |
| 42 | Mercer, Dickson | 36 | Takoma Park, MD | 32:33 | ■42 |
| 43 | Reed, Nick*10 | 25 | Fairfax, VA | 32:37 | ▼45 |
| 44 | Hahn, Colin** | 20 | Chesterfield, VA | 32:42 | |
| 45 | Bernstein, Matthew* | 26 | Potomac, MD | 32:47 | |
| 46 | Pruitt, Christopher | 35 | Sandy Spring, MD | 33:03 | ▼33 |
| 47 | Miller, Cody** | 27 | Richmond, VA | 33:10 | |
| 48 | Komen, Wilson* | 39 | Washington, DC | 33:16 | |
| 49 | Chandler, Matthew | 29 | Falls Church, VA | 33:21 | |
| 50 | Daughtridge, Omari** | 31 | Fort Washington, MD | 33:19 | ▲48 |
| 51 | Luehrs, James* | 23 | Reston, VA | 33:23 | ▼19 |
| 52 | Boltjes, Travis***** | 38 | Washington, DC | 33:26 | |
| 53 | Schimdt, Quincy | 26 | Fairfax, VA | 33:29 | |
| 54 | Hospers, Jamie | 24 | Washington, DC | 33:30 | |
| 55 | Hopper, Roger**** | 26 | Williamsburg, VA | 33:33 | |
| 56 | Pfohl, Kyle* | 22 | Fredericksburg, VA | 33:37 | ▼49 |

19 & Younger Men

Ukrops Monument Avenue 10K 32:18

Billy Kirk got under the wire before May with the minimum four races. Each race got better and better starting with a third overall at the Turkey Burnoff 10 Mile in 59:00. Four months later on the same tough hills of Seneca Creek Park, he won it all at the MCRRC Piece of Cake 10K. When he hit the streets of Rockville at the Pike's Peek and powered to a 32:29 finish the division was all his. When Donovan Foley shows up at the PRR= races, the fight is for second place in the division. He was 11 for 12 in those events. He won at the Run with Santa 5K in 16:49 and would later match that exactly at the Leesburg 5K.

With this age group, 5Ks generally rule the day. Third place Jackson Kilosky ran a solid Clarksburg 5K in 17:02. Later he would win at the Annapolis 10 Miler in 1:00:26. Fourth place William Oudekerk was tops at the TowneBank Shamrock Festival 8K in 28:15. Daniel Weiss was second at the Credit Union Cherry Blossom 10M in 59:32 to crowd him for the spot. Oudekerk finished third overall at the Norfolk Harbor 5K in 17:23. Weiss was second age group at the Reston Firecracker 5K in 17:28.

Seventh place Bennett Wasch won it all at the Ripley 5K in 17:13 on the final day of the year to supplement his Across the Bay 10K in 37:00 the week before. He would need both of those events to make the minimum of two races in two periods. Sixth place Collin Shriner was an overall winner at the OPA Freedom 5K in 17:12. He back up was another overall win at the Paws and Claws 5K in 17:45 ten days earlier. Eighth place Caleb Hymans is just 12-years-old and turning head with eight age group wins. He was best at the Marine Corps 10K in an

excellent 35:57 as well as the St. Patrick's Day 10K in 36:33. Ninth place Skyler Moon ran a fine 4th Year 5K in 17:29 on the final Saturday.

| Place | Name | Age | Hometown | 10K= |
|-------|-----------------------|-----|---------------------|-------|
| 1 | Kirk, Billy**** | 19 | Rockville, MD | 32:29 |
| 2 | Foley, Donovan*11 | 17 | South Riding, VA | 35:05 |
| 3 | Kilosky, Jackson*** | 17 | Clarksburg, MD | 35:32 |
| 4 | Oudekerk, William**** | 16 | Chesapeake, VA | 35:50 |
| 5 | Weiss, Daniel**** | 16 | Washington, DC | 35:49 |
| 6 | Shriner, Collin*** | 15 | Frederick, MD | 35:53 |
| 7 | Wasch, Bennett** | 16 | Annapolis, MD | 35:55 |
| 8 | Hymans, Caleb*8 | 12 | Annandale, VA | 35:57 |
| 9 | Moon, Skyler** | 18 | Spotsylvania, VA | 36:01 |
| 10 | Connelly, Ethan* | 19 | Sharpsburg, MD | 36:28 |
| 11 | Silvey, Scott*** | 18 | Charlottesville, VA | 36:28 |
| 12 | Sprouls, Jason*7 | 19 | McLean, VA | 37:18 |
| 13 | Afferton, Colin* | 18 | Centreville, VA | 37:52 |
| 14 | Nystrom, Bryce*** | 16 | Vienna, VA | 38:00 |

35-39 Men

Credit Union Cherry Blossom 10M 51:45, 10K = 31:08

Runner-up Dickson Mercer owned the fastest 5K, racing the Jingle All the Way 5K in December with 15:56. In February, he had a superb time cruising the hills of Columbia at the RRCA Challenge 10 Mile in 55:27, ahead of eighth place Benn Thomas who ran 58:17. Two weeks later, he ran the fastest half of the year at the Rock 'n' Roll Half Marathon in 1:11:45. Our champion Girma Bedada ran the Markel Half Marathon in 1:13:09 to end the year. In September, he beat third place Wilson Komen at the Parks Half Marathon 1:14:00 to 1:14:50. It was his spring though that earned him the title. He was runner-up at the Rock 'n' Roll Marathon, just ahead of six-time champion there, Michael Wardian, with a sparkling time of 2:29:57. Then he crushed at the Credit Union Cherry Blossom 10M in 51:45. Komen was well off the pace, finishing fifth in 56:59. Completing a sweep of the three fastest races, he ran the Pike's Peek 10K in 31:29, with tenth place Mark Loeffler next three minutes back in 34:35.

Fourth place Brian McMahon won the George Washington Parkway Classic 10 Mile in 55:15 ahead of seventh place Brad Holzwart who ran 55:59. That had him right with Komen but while he finished the fast Clarendon Day 5K in 16:44 Komen fittingly was the overall winner at the Komen Race for the Cure 5K in 16:00. Fifth place Travis Boltjes was right on his heels with a rocking 16:03. He matched that time earlier with a second overall finish at the Palio Di Siena 5K for two of his 18 age group wins. Sixth place Christopher Pruitt was achingly close, finishing third overall at the Kentlands/Lakelands 5K in 16:04. He added a matching 10K equivalent with his second overall at the Kensington 8K in 26:27.

Mathew Lofton had an excellent 34:21 at the Ukrops Monument Avenue 10K. It matched his second overall at the Stickman Tandem 5K in 16:28. At the hugely competitive Alexandria Turkey Trot 5M, Benn Thomas was seventh in his age group with a slightly faster 27:11. Lofton dominated at Shenandoah Valley Club races often finishing second overall. Thomas did the same with the DCRRC and raced fifty percent more beating age group opponents seven to zero with Lofton. His Moreland Racing Factor of 115 gains him eighth place ahead of Lofton's score of 84.

| Place | Name | Age | Hometown | 10K= |
|-------|--------------------------|-----|------------------|-------|
| 1 | Bedada, Girma***** | 37 | Washington, DC | 31:08 |
| 2 | Mercer, Dickson*7 | 36 | Takoma Park, MD | 32:33 |
| 3 | Komen, Wilson***** | 39 | Washington, DC | 33:16 |
| 4 | McMahon, Brian* | 35 | Washington, DC | 33:15 |
| 5 | Boltjes, Travis*18 | 38 | Washington, DC | 33:29 |
| 6 | Pruitt, Christopher***** | 35 | Sandy Spring, MD | 33:33 |
| 7 | Holzwardt, Brad** | 36 | Fairfax, VA | 33:41 |
| 8 | Lofton, Matthew*7 | 38 | Winchester, VA | 34:21 |
| 9 | Thomas, Benn*9 | 38 | Arlington, VA | 34:17 |
| 10 | Loeffler, Mark* | 36 | Columbia, MD | 34:35 |
| 11 | Pirch, Christopher*** | 37 | Spotsylvania, VA | 34:42 |
| 12 | DeRocco, Vinnie*15 | 38 | Leesburg, VA | 34:53 |
| 13 | Gabris, Stephen** | 38 | Burke, VA | 35:17 |
| 14 | Dimauro, Jason* | 36 | Alexandria, VA | 35:24 |
| 15 | Wytko, Adam*** | 36 | Columbia, MD | 35:30 |
| 16 | Desjardins, Amos | 35 | Alexandria, VA | 35:45 |
| 17 | Watson, Exavier | 38 | Germantown, MD | 36:16 |
| 18 | Ridge, Clark*6 | 37 | College Park, MD | 36:26 |

40-44 Men

Ukrops Monument Avenue 10K 31:50

Veterans Day made it twice on the 2017 schedule. David Wertz easily won in 32:31 to start the year, beating fourth place Christopher Shaw who ran 33:08. Then to finish the year, he hammered another nail in the division's coffin with an even faster 32:05. Seven major races and seven titles. He was challenged but never lost. At the St. Patrick's Day 5K, he ran 15:47. Runner-up Philippe Rolly was close in 15:54. Sixth place David O'Hara was next there in 16:50. Rolly would run faster five times including his Credit Union Cherry Blossom 10M in 53:40. O'Hara had his second best race there too (57:29). Wertz had all six of his races faster and won at Cherry Blossom in 53:18. Later in April, there was always the Pike's Peek 10K. Rolly was marvelous in 32:24, easily beating Shaw's 34:51. Shaw seems to be going through a bit of a sophomore slump in the masters division. He still dominates MCRRC races, finishing second overall

or better at ten of those events. Look for his times to rebound this spring. And by the way Wertz won Pike's Peek in 32:05.

Third place Michael Wardian ran fifty races all over the world this past year. He raced and won seven marathons on seven continents in seven days. He is the most famous runner in our region. Are you on Wikipedia? This fall he ran back to back marathons, Baltimore and Marine Corps on the same weekend. In March, he finished third at the Rock 'n' Roll Marathon in 2:30:40. Could this former 2:17:00 marathoner be slipping? After all, he was the overall winner of the race six of the first seven years. His second best race was a solid Alexandria Turkey Trot 5M in 26:38. You guessed it. Wertz won there in 26:00.

Fifth place Richard Jennings won at the Ukrops Monument Avenue 10K in 34:00. O'Hara did his best at the Rock 'n' Roll Half Marathon in 1:15:54. Seventh place Scott Anderson was having a fun time eating up the competition at the Fletcher's Cove Park Run 5K. Seven of his nine races were there and he won six, doing best at 16:34 in a May race (#65). He did run two major races, finishing first and second overall. Eighth place Martin Lanz had the second fastest half marathon winning at Parks in 1:16:42. Mick Brown earns ninth, running the Lawyers Have Heart 5K in 16:58. He was one of seven of these racers to move on to the new division with Philippe Rolly the favorite to win it all there. Robert Hunter rounds out the top ten with a fine Memorial Scholarship in 17:13.

| Place | Name | Age | Hometown | 10K= |
|-------|----------------------|-----|---------------------|-------|
| 1 | Wertz, David*7 | 41 | Springfield, VA | 32:04 |
| 2 | Rolly, Philippe*6 | 44 | McLean, VA | 32:17 |
| 3 | Wardian, Michael*6 | 43 | Arlington, VA | 32:20 |
| 4 | Shaw, Christopher*15 | 42 | Silver Spring, MD | 33:08 |
| 5 | Jennings, Richard*** | 40 | Quantico, VA | 34:00 |
| 6 | O'Hara, David*6 | 41 | Alexandria, VA | 34:26 |
| 7 | Anderson, Scott*9 | 43 | Washington, DC | 34:33 |
| 8 | Lanz, Martin* | 44 | Bethesda, MD | 34:48 |
| 9 | Brown, Mick*** | 44 | Washington, DC | 35:24 |
| 10 | Hunter, Robert*6 | 42 | Virginia Beach, VA | 35:55 |
| 11 | Tripp, Jason** | 44 | Ellicott City, MD | 35:59 |
| 12 | Brown, Karsten*32 | 43 | Front Royal, VA | 36:20 |
| 13 | McCartney, Jay***** | 42 | Charlottesville, VA | 36:19 |
| 14 | Inman, Chuck** | 44 | Chesapeake, VA | 36:34 |
| 15 | Hicks, Sean*** | 44 | Manassas Park, VA | 37:07 |
| 16 | Storper, David*** | 44 | Bethesda, MD | 37:10 |
| 17 | Stone, Tyler**** | 41 | Alexandria, VA | 37:18 |
| 18 | Farley, Chris** | 41 | Arlington, VA | 37:26 |
| 19 | Dahlem, Jim | 40 | Chevy Chase, MD | 37:27 |
| 20 | Hiott, Jeffrey | 43 | Washington, DC | 37:30 |

45-49 Men

Markel Half Marathon 1:12:56, 10K = 33:05

Winning the big races usually wins the title. This year though a number of the elite racers did not compete enough to qualify. Runner-up Michael Colaiacovo certainly did. He had ten wins, including the fastest 5K at the Holton Elementary 5K in 16:48 and the best 10K at the biggest 10K, winning the Ukrops Monument Avenue 10K in 34:52. While he was laying claim to the fastest 8K at year's start, winning the HCA 8K in 27:58, Noah Zaring was taking the division that same morning at the Anthem Richmond Marathon in 2:40:04. Zaring ran three of the four major 10 milers, winning Annapolis in 59:47 He finished second at Army in 59:52 ahead of tenth place Chuck Inman (1:01:57) and fourth place Matt Boyd (1:02:19). Neither had their finest event there. Neither did Zaring who finished second at the Credit Union Cherry Blossom 10M in 57:33 just five seconds behind an out-of-town ringer. That and his Run for the Parks 10K in 35:15 gave him three of the top six times and confirms his title.

Third place Jeff Harrington had 14 wins, including a third overall 34:57 at the Lexington Buena Vista 10K. A week later, he dialed up the third fastest half, winning the Star City Half Marathon in 1:19:48. Matt Boyd is probably the most prolific racer in the division with 18 wins in twenty races. When he is on, he is hard to beat. He finished second overall at the J Brian's Tap Room 15K in 54:41, making his Army an aberration. His only other "loss" was to Zaring at the Dahlgren Railroad Heritage Trail Half Marathon 1:19:16 to 1:20:53 in February. He came roaring back in May to win the Marine Corps Historic Half Marathon in 1:18:49 for the fastest half marathon qualifier. Fifth place Alexander Hetherington was third at the Credit Union Cherry Blossom 10M in 59:14. The following week, he won it all at the Runners Half Marathon of Reston in 1:21:20, matching exactly Inman's age group win at the Rock 'n' Roll Half Marathon.

Sixth place Mark Landree was really tough, staying mostly with mid-sized races. He took on club races to finish second overall at the Maryland RRC Club Challenge Series. In late November, he was top master at the Downs Park 5 Mile in 28:28. In April, he ran the hillier of the two "Cherry ten mile races," finishing top master again in 1:01:04 at the Cherry Pit 10 Mile. That is usually worth a minute on the Cherry Blossom. Ninth place Antonio Eppolitto uncharacteristically had his worst race of the year at the Army Ten Miler in 1:03:10 but had perhaps his best race of the year at the cold and hilly RRCA Challenge 10 Mile in 1:01:22. That course is definitely a minute slower than Cherry Blossom. In between, he dominated at ten DCRRC races, including the DCRRC After the Women 5K in 17:32.

Eighth place Michael Naff ran the swift Clarendon Day 5K in 17:19 to tie seventh place Doug Mock exactly. Mock had returned to his hometown alma mater of Salisbury to race the Tim Kennard 5K River Run. Mock, who would turn fifty for

the spring, also won the Steve Dankos 5K out right in 17:45. Thus, giving him the minimum qualifiers. Naff would add ten major races, though his slowest race was finishing second to Eppollito's best race at the DCRRC After the Women 5K in 18:31. Mock went on win the 50-54 with blistering speed much faster than his swan song's in this division. When he met Naff at the Annapolis 10 miler it was a massacre. Naff had a very nice 1:03:45, while Mock had a sizzling 58:18 to finish as second master, fifteenth overall. Mock is a former overall winner at Annapolis.

| Place | Name | Age | Hometown | 10K= |
|-------|---------------------------|-----|---------------------|-------|
| 1 | Zaring, Noah*** | 46 | Washington, DC | 34:21 |
| 2 | Colaiacovo, Michael*10 | 48 | Richmond, VA | 34:52 |
| 3 | Harrington, Jeff*14 | 47 | Lynchburg, VA | 34:57 |
| 4 | Boyd, Matt*18 | 47 | Fredericksburg, VA | 35:26 |
| 5 | Hetherington, Alexander** | 49 | Vienna, VA | 35:38 |
| 6 | Landree, Mark*13 | 48 | Catonsville, MD | 35:54 |
| 7 | Mock, Doug** | 49 | Ellicott City, MD | 36:07 |
| 8 | Naff, Michael**** | 47 | Arlington, VA | 36:07 |
| 9 | Eppolito, Antonio*10 | 49 | Alexandria, VA | 36:34 |
| 10 | Inman, Chuck*** | 45 | Chesapeake, VA | 36:54 |
| 11 | Haile, Eskinder** | 48 | College Park, MD | 37:10 |
| 12 | Brinkhoff, Jeroen* | 47 | Washington, DC | 37:11 |
| 13 | Bennett, Danny*6 | 46 | Dunkirk, MD | 37:18 |
| 14 | Hicks, Thomas**** | 46 | Norfolk, VA | 37:14 |
| 15 | Koonce, Scott*** | 45 | Bethesda, MD | 37:42 |
| 16 | Crago, Stephen*** | 49 | Vienna, VA | 37:59 |
| 17 | Harmon, Scott | 49 | Leesburg, VA | 37:59 |
| 18 | Phillips, Colin*12 | 49 | University Park, MD | 38:04 |
| 19 | Burcham, Kevin***** | 45 | Richmond, VA | 38:13 |
| 20 | Liu, Jicheng* | 46 | Ellicott City, MD | 38:13 |
| 21 | Lucas, Eric | 46 | Alexandria, VA | 38:17 |
| 22 | Chasse, Craig*7 | 48 | Reston, VA | 38:29 |
| 23 | Fuglem, John Olav*7 | 47 | Quantico, VA | 38:58 |
| 24 | Billings, Dennis***** | 48 | Woodbridge, VA | 39:29 |

50-54 Men

MCVets 5K 16:26, 10K = 34:17

Mark Neff is good and he would easily win the 55-59 division. He was fifty-five for the Credit Union Cherry Blossom 10M that he ran in 59:24 ahead of fifth place Mario Zuniga who ran 1:00:10 as well as eighth place Ed Wilson who ran 1:00:51. Neff had the second fastest 10K, starting the year with the Veterans Day 10K in 35:58. That course is pancake flat. Our champion Doug Mock ran the Clyde's 10K in 35:52 on rolling hills. Neff ran the Kelly's Shamrock 5K, known for speed, in 17:09. Mock blistered the MCVet 5K for third overall in 16:26 to cement

his crown. Mock's summer adventure was making the hills of the Annapolis 10 Miler look to easy in 58:18.

Third place Steve Speirs is the ultra-man. He 2017 he raced 741 miles, including ten marathon or longer races. His average distance for his 19 races is more than 39 miles! It is not surprising that he has a faster pace at the 10K than at the 5K, racing the VAB Turkey Trot 10K in 36:11. His best 5K was 18:23. The three runners right behind him were ultra-close but he is always on the podium. He beat seventh place John Piggott, another racer known for half marathon prowess, at the Dismal Swamp Stomp Half Marathon 1:19:55 to 1:20:32. Only fourth place Steve Kartalia, who won at all again at the Bachmann Valley Half Marathon in 1:19:53, ran a faster half. Speirs ran the TowneBank Shamrock Festival 8K in 28:38, while Kartalia stayed close running the much hillier Tahoma 5M in 28:56 for still another overall win. Sixth place Kevin McGuire won all six of his races, including four of them in the top three overall. His best race was an overall win at the SW VA 811 Run 8M in 47:19 to tie Zuniga exactly. Zuniga won 13 of his 15 races with his second best race the Virginia Wine Country Half Marathon in 1:23:14. McGuire ran the Hokie Half Marathon in 1:23:57.

Ninth place Colin Munsey was second master at the Appalachian Power Festival 5K in 17:44, just ahead of tenth place Greg Dawson who was best at the Governor's Land 5K in 17:46. Dawson went crazy with a slew of wins (20) but Munsey had two more races faster than any of Dawson's events. They included the Hokie 5K in 17:52 and finishing right behind McGuire at the Gallop 4 Greenways 4M, 23:07 to 23:23. Akintunde Morakinyo lost to sixteenth place Thomas Jensen at the Credit Union Cherry Blossom 10M, 1:04:04 to 1:04:11. Fourteenth place Kevin D'Amanda ran 1:02:41, along with a nifty DCRRRC Gar Williams Half Marathon in 1:23:23. Then Morakinyo made it to eleventh by flying to the finish of the Pike's Peek 10K in 37:09, ahead thirteenth place David Phipps who ran 37:41. Derik Thomas picks up twelfth with a couple fine ten milers, including the Army Ten Miler in 1:02:54. Fifteenth place Larry Grossman fits into this tightly packed bunch with his Rock 'n' Roll Half Marathon in 1:23:37.

Thirty-seven men qualified for the division.

| Place | Name | Age | Hometown | 10K= |
|--------------|-------------------|------------|--------------------|-------------|
| 1 | Mock, Doug*8 | 50 | Ellicott City, MD | 34:17 |
| 2 | Neff, Mark*6 | 54 | Derwood, MD | 35:46 |
| 3 | Speirs, Steve*10 | 51 | Virginia Beach, VA | 36:11 |
| 4 | Kartalia, Steve*6 | 52 | Westminster, MD | 36:15 |
| 5 | Zuniga, Mario*13 | 53 | Front Royal, VA | 36:12 |
| 6 | McGuire, Kevin*6 | 51 | Radford, VA | 36:12 |
| 7 | Piggott, John*13 | 52 | Williamsburg, VA | 36:32 |
| 8 | Wilson, Ed**** | 54 | Ellicott City, MD | 36:37 |
| 9 | Munsey, Colin*8 | 52 | Pearisburg, VA | 37:00 |
| 10 | Dawson, Greg*20 | 52 | Williamsburg, VA | 37:04 |

| | | | | |
|----|--------------------------|----|------------------------|-------|
| 11 | Morakinyo, Akintunde*** | 54 | Ellicott City, MD | 37:09 |
| 12 | Thomas, Derik**** | 51 | Alexandria, VA | 37:31 |
| 13 | Phipps, David*8 | 53 | Severna Park, MD | 37:41 |
| 14 | D'Amanda, Kevin**** | 54 | Bethesda, MD | 37:50 |
| 15 | Grossman, Larry**** | 54 | Washington, DC | 37:56 |
| 16 | Jensen, Thomas* | 54 | Oakton, VA | 37:57 |
| 17 | Pawlak, Robert*10 | 54 | King George, VA | 38:10 |
| 18 | Feinberg, Michael**** | 53 | Bel Air, MD | 38:08 |
| 19 | Powell II, Charles*6 | 51 | Havre De Grace, MD | 38:19 |
| 20 | Schemm, Dennis*11 | 52 | Chantilly, VA | 38:26 |
| 21 | Kidane, Argaw*** | 51 | Montgomery Village, MD | 38:27 |
| 22 | Greene, Craig** | 52 | Manassas , VA | 38:44 |
| 23 | Hendersen, Jerry*** | 51 | Bel Air, MD | 38:40 |
| 24 | Frost, Howard*32 | 52 | Falls Church, VA | 39:02 |
| 25 | Burden, Jamey*** | 51 | Springfield, VA | 39:09 |
| 26 | Pommerenk, Peter***** | 51 | Virginia Beach, VA | 39:15 |
| 27 | Williamson, Duane*9 | 54 | Warrenton, VA | 39:17 |
| 28 | Degenhardt, Sheldon***** | 52 | Marriottsville, MD | 39:21 |
| 29 | Hymes, Craig*6 | 54 | Yorktown, VA | 39:27 |
| 30 | Firestone, Lee*6 | 52 | North Potomac, MD | 39:34 |
| 31 | Killeen, Sean**** | 52 | Richmond, VA | 39:33 |
| 32 | Pelletier, Paul**** | 52 | Williamsburg, VA | 39:40 |
| 33 | Rapp, Perry*** | 52 | Lexington Park, MD | 39:51 |
| 34 | Peterson, Steven* | 51 | Fairfax Station, VA | 40:07 |
| 35 | Cutright, Mike***** | 51 | Fredericksburg, VA | 40:22 |
| 36 | Rippey, Brad*9 | 51 | Fredericksburg, VA | 40:26 |
| 37 | Mason, Geoffrey** | 54 | Takoma Park, MD | 40:26 |

55-59 Men

Pike's Peek 10K 35:25

Big races make champions. Mark Neff laminated his title winning Pike's Peek 10K in 35:25, ahead of third place Jean Christophe Arcaz (36:47), fourth place David Haaga (37:00), and seventh place John Whitridge (38:16). Runner-up Jeff Duyn won the DCRRC Al Lewis 10M in 1:01:25 in January and the tough RRCA Challenge 10 Mile in 1:00:47 in February. In the spring, Neff held him off at the Credit Union Cherry Blossom 10M, 59:24 to 59:40. It was Neff's only really close one in his 11 wins to take the title with the possible exception of Riley's Rumble when he bested Duyn, 1:22:32 to 1:23:11. Haaga also ran the big spring ten miler in 1:01:47. Neff would win going away at the toughest one, the Annapolis 10 Miler in 1:01:16 and the largest one, the Army Ten Miler in 1:01:54.

Speaking of the largest, Doug Fernandez showed he is more than just a great half marathon racer, winning the Ukrops Monument Avenue 10K in 36:58 to take fifth place, a whisker behind Haaga. Fernandez had only the seventh best half

marathon, racing the Patrick Henry in the summer in 1:24:39. Eighth place Hernan Garbini had run the American Family Fitness Half Marathon to start the year in 1:24:11. His time at Ukrops was 38:11. Tenth place Marty Stiegman was right behind him in 38:27.

The best half marathon would go to Neff at the Parks in 1:19:25. Haaga followed him home in 1:23:05 with Whitridge closing fast in 1:23:10. Sixth place Kevin D'Amanda was virtually identical to Whitridge, running the Credit Union Cherry Blossom 10M in 1:02:41. Whitridge had run 1:07:35. Also Whitridge had his toughest race at the RRC Challenge in 1:10:58, while D'Amanda ran 1:03:49, a place behind Neff. Ninth place Robert Whitaker ran the Virginia Regional Ballet 5K in 18:20. Eleventh place Stefan Calos ran Ukrops in 38:31.

Thirty-three men qualified for the division.

| Place | Name | Age | Hometown | 10K= |
|-------|--------------------------|-----|------------------------|-------|
| 1 | Neff, Mark*11 | 55 | Derwood, MD | 35:25 |
| 2 | Duyn, Jeff*6 | 57 | Garrett Park, MD | 35:54 |
| 3 | Arcaz, Jean-Christophe*6 | 56 | Rockville, MD | 36:47 |
| 4 | Haaga, David**** | 56 | Rockville, MD | 37:00 |
| 5 | Fernandez, Doug***** | 57 | Richmond, VA | 36:58 |
| 6 | D'Amanda, Kevin**** | 55 | Bethesda, MD | 37:43 |
| 7 | Whitridge, John* | 55 | Rockville, MD | 37:44 |
| 8 | Garbini, Hernan*11 | 56 | Charlottesville, VA | 38:11 |
| 9 | Whitaker, Robert*18 | 58 | Yorktown, VA | 38:15 |
| 10 | Stiegmann, Marty***** | 56 | Glen Allen, VA | 38:12 |
| 11 | Calos, Stefan**** | 55 | Richmond, VA | 38:31 |
| 12 | Yost, Mark** | 58 | Bethesda, MD | 38:57 |
| 13 | Breckenridge, Richard*** | 56 | Norfolk, VA | 39:49 |
| 14 | Chalke, Steve**** | 57 | Remington, VA | 39:43 |
| 15 | Horan, Marty***** | 58 | Gaithersburg, MD | 39:48 |
| 16 | Chall, John*11 | 59 | Crownsville, MD | 39:58 |
| 17 | Drosky, Mark** | 57 | Alexandria, VA | 40:31 |
| 18 | Hopper, Cameron** | 57 | Mechanicsville, VA | 40:34 |
| 19 | Ortiz, Vincent*** | 56 | Chesapeake, VA | 40:48 |
| 20 | Coleman, Dennis**** | 59 | Montgomery Village, MD | 40:49 |
| 21 | Cantlon, Jaime***** | 55 | Huntingtown, MD | 40:47 |
| 22 | Daugherty, Brian*6 | 57 | Edgewater, MD | 41:10 |
| 23 | Mace, Matthew***** | 57 | Arnold, MD | 41:08 |
| 24 | Morrison, Jack* | 58 | Fredericksburg, VA | 41:12 |
| 25 | Cover, Karl*6 | 57 | Montpelier, VA | 41:28 |
| 26 | Oda, Yasuo** | 55 | Columbia, MD | 41:29 |
| 27 | Hagan, John*** | 59 | Lusby, MD | 41:33 |
| 28 | Poulos, Ted*10 | 56 | McLean, VA | 42:11 |
| 29 | Clem, William* | 58 | Bethesda, MD | 42:12 |

| | | | | |
|----|---------------------|----|--------------------|-------|
| 30 | Shroyer, Kevin***** | 57 | Forest, VA | 42:22 |
| 31 | Meadows, Mike* | 59 | Martinsburg, WV | 43:00 |
| 32 | Price, Bill*6 | 57 | Chesapeake, VA | 42:57 |
| 33 | Weaver, Ron** | 58 | Virginia Beach, VA | 43:13 |

60-64 Men

Park Heights Community Health Alliance 5K 17:53, 10K = 37:18

Just like 2016, the two big dogs of this massive division are Maurice Pointer and Stephen Chantry. They both ran times that qualify them for the 40-44 division. In fact, this division is so good that nine would qualify for the 50-54 division and twenty-two would qualify for the 55-59 division. The division races a lot with nine runners having more than ten age group wins, led by twenty-fourth place Kirk Gordon who won his division fifty-nine times. Chantry and Pointer each had 12 of the top 24 times. Pointer was again blazing at the Park Heights Community Health Alliance 5K in 17:53. Chantry was up next at the Virginia Regional Ballet 5K in 18:08. Chantry was solid at the TowneBank Shamrock Festival 8K in 30:39. Pointer took a little longer to get back to the stable, winning the Anthem Richmond Marathon in 3:01:31. Pointer ran the Bel Air Town Run 5K in 18:15 to answer Chantry's Queens Lake 5K in 18:24. He added the MCVets 5K in 18:22 that Chantry would match later at the Governor's Land 5K. They both can fly at the middle distance but Pointer made it a point to race four of the fastest races of 2017 from 800M through 2 miles as well as dominate at the marathon. He again earns the crown for the best of the year.

Third place Preston Evans won 16 times and was best at the four mile. He owned the three fastest times at that distance, including the Be Bold 4M in 25:17. John Chall split his year in two divisions and was only 59.9 when he beat sixth place Dan Lawson 40:43 to 40:48 at the Pike's Peek 10K. Chall finished the year strong at the Boo! Run for Life 10K in 40:48 and is awarded fourth place in the division. Lawson was off his normal pace and ran only six more races, all MCRRC club races. They were all wins but none very close to his best race. Fifth place Bob Deak ran ten major races with wildly different paces, though he would win six of them. His best race ended the year at the Veterans Day 10K in 40:56. Eighth place Robert Judson had a solid Pike's Peek in 41:22 but his other four races, one over the minimum were not of that caliber. Seventh place Mike Meadows eases by him with his Volvo Group Trucks 5K Run in 19:57. Judson's best 5K was a minute slower. Meadows also won eight times, including the Apple Blossom 10K in 42:06.

Ninth place David Lovegrove had eight wins as well. His best of three half marathons was the American Family Fitness Half Marathon in 1:32:18. Tenth place Bruce Halpin ran the Ringing in Hope 10K in 42:09. Eleventh place Peter Blair raced well at the George Washington Parkway Classic 10 Mile in 1:10:17. At his best, twelfth ranked Will Murray could not get by Chantry at the Virginia

Regional Ballet 5K in 20:23, but he would also add eight wins to his résumé, including the Run for the Bacon 5K in 20:26. Jerry Dressner takes the next spot with his best of five wins, the Pikesville 5K in 20:21. Jim Thornton was second in his age group at the World Class Freedom Run 8K. He was faced down there by Chantry 30:43 to 33:30 to take fourteenth place.

Fifteenth place Jeff Peterson had nine wins and is a regional runner, never venturing far from the Fredericksburg area. He had four 5Ks in the 20s, including his best, the Stafford Airport 5K in 20:31. Sixteenth place Bruce Kesselring was a traveler venturing to four states and DC. He ran best in Virginia at the American Family Fitness Half Marathon in 1:34:06. Right after him, Bill Loomis was an enigma racing half MCRRC races and half major area races. He seemed to be saving his best for the major races. Certainly, he ran well at the Annapolis 10 Miler in 1:11:22. Like Loomis, David Pinnick had times all over the place. He ran 12 major races out of his 28 qualifiers, running best at the Marine Corps Historic Half Marathon in 1:34:49. He finishes right behind eighteenth place Steve Sakry whose best race was the J Brian's Tap Room 15K in 1:06:24. Sakry was one race over the minimum but he was moving on, just one race short of double dipping in the 65-69 division. He had beaten Pinnick back in February at the Sweethearts 4 Ever 4 Mile Run in 27:32 in his fourth best race. Pinnick ran 28:11 for his tenth best effort.

Fifty-two runners were ranked in this huge division.

| Place | Name | Age | Hometown | 10K= |
|-------|----------------------|-----|---------------------|-------|
| 1 | Pointer, Maurice*17 | 62 | Baltimore, MD | 37:18 |
| 2 | Chantry, Stephen*12 | 62 | Williamsburg, VA | 37:50 |
| 3 | Evans, Preston*16 | 61 | Madison Heights, VA | 40:26 |
| 4 | Chall, John*13 | 60 | Crownsville, MD | 40:48 |
| 5 | Deak, Bob*8 | 63 | Burke, VA | 40:56 |
| 6 | Lawson, Dan*7 | 61 | Gaithersburg, MD | 40:48 |
| 7 | Meadows, Mike*8 | 60 | Martinsburg, WV | 41:27 |
| 8 | Judson, Robert* | 61 | Bethesda, MD | 41:22 |
| 9 | Lovegrove, David*8 | 61 | Fredericksburg, VA | 41:52 |
| 10 | Halpin, Bruce | 61 | Ashburn, VA | 42:09 |
| 11 | Blair, Peter*** | 61 | Washington, DC | 42:17 |
| 12 | Murray, Will*8 | 61 | Williamsburg, VA | 42:31 |
| 13 | Dressner, Jerry***** | 62 | Baltimore, MD | 42:27 |
| 14 | Thornton, Jim*** | 63 | Toano, VA | 42:30 |
| 15 | Peterson, Jeff*9 | 61 | Fredericksburg, VA | 42:35 |
| 16 | Kesselring, Bruce*6 | 63 | Springfield, VA | 42:42 |
| 17 | Loomis, Bill*7 | 63 | Silver Spring, MD | 42:56 |
| 18 | Sakry, Steve* | 64 | Stafford, VA | 43:02 |
| 19 | Pinnick, David*14 | 61 | Manassas, VA | 43:01 |
| 20 | Koehler, Roger***** | 62 | Lexington, VA | 43:15 |
| 21 | Serra, Paul*6 | 61 | Lusby, MD | 43:32 |

| | | | | |
|----|--------------------------|----|---------------------|-------|
| 22 | Wills, John*6 | 64 | Virginia Beach, VA | 43:53 |
| 23 | Smith, Tony**** | 60 | Lynchburg, VA | 43:44 |
| 24 | Gordon, Kirk*59 | 62 | Glenn Dale, MD | 44:10 |
| 25 | Ferrens, Larry**** | 64 | Barton, MD | 44:04 |
| 26 | Rivera, Manuel*18 | 62 | Washington, DC | 44:26 |
| 27 | Clemmons, Glenn* | 64 | Ashburn, VA | 44:36 |
| 28 | Draim, Bob*8 | 63 | Alexandria, VA | 44:32 |
| 29 | Riemenschneider, Neal*15 | 63 | Winchester, VA | 44:51 |
| 30 | Rodriguez, Roberto* | 62 | Arlington, VA | 45:15 |
| 31 | Michael, Gary*6 | 63 | Churchville, MD | 45:16 |
| 32 | Moreland, James*19 | 64 | Gaithersburg, MD | 45:23 |
| 33 | Krehbiel, Ken** | 63 | Washington, DC | 45:28 |
| 34 | Dekornfeld, Thomas | 64 | Elkridge, MD | 45:37 |
| 35 | Edgerton, Dave***** | 63 | Chesapeake, VA | 45:38 |
| 36 | Grimsley, Gary | 63 | Springfield, VA | 45:49 |
| 37 | Lopez, Felix*8 | 64 | Lynchburg, VA | 45:53 |
| 38 | Black, Ron*7 | 62 | Fairfield, PA | 46:00 |
| 39 | Searcy, Gary** | 61 | Virginia Beach, VA | 46:12 |
| 40 | Riordan, James | 63 | Richmond, VA | 46:16 |
| 41 | Ruberry, Brian* | 61 | Kensington, MD | 46:26 |
| 42 | Sindermann, Robert | 63 | Arlington, VA | 46:38 |
| 43 | Barnhart, Tim*10 | 62 | Linden, VA | 46:33 |
| 44 | Burns, Richard*** | 63 | Sparks, MD | 46:38 |
| 45 | Stasulis, Steven* | 61 | Virginia Beach, VA | 46:54 |
| 46 | Bousel, Paul**** | 64 | Alexandria, VA | 47:21 |
| 47 | Bachman, Gene* | 64 | Virginia Beach, VA | 47:21 |
| 48 | O'Keefe, Tim**** | 64 | Middletown, MD | 47:48 |
| 49 | Mason, Michael** | 60 | Spencerville, MD | 47:46 |
| 50 | Dempsey, Mark*3 | 64 | Charlottesville, VA | 47:45 |
| 51 | Murray, Ernest**** | 61 | Virginia Beach, VA | 47:55 |
| 52 | Barbour, John* | 61 | Pasadena, MD | 49:00 |

65-69 Men

Drumstick Dash 5K 19:32, 10K = 40:45

Bob Becker won thirteen times. After winning the American Family Fitness Half Marathon in 1:31:06 the first weekend, the rest of his year was a victory parade. Third place Roger Jensen came off a solid DCRRC JFK 20K win in 1:32:15 to post a fine Credit Union Cherry Blossom 10M in 1:11:50 for the ninth fastest time. Becker had eight of the top ten times. He was dynamic at the Frostbite 15K in 1:04:13. Runner-up Paul Ryan is an excellent middle distance racer and gets his spot with a win at the Cranberry Crawl 5K in 20:26. Becker's third best race was the Sentara Sleighbell 5K in 19:59. The previous month he bested Ryan at the Alexandria Turkey Trot 5M 33:10 to 34:28.

Bill Hart made his move for fourth at the VAB Turkey Trot 10K in 44:50. That was just four days after a nice Norfolk Harbor Half Marathon in 1:39:30. Sixth place Spider Rossiter was right on his heels, racing the W&OD Trail 5K in 21:31 for his best of four 5K wins. Fifth place Dale Abrahamson was not quite as fast with his TowneBank Shamrock Festival 8K in 35:30 but earns his spot by defeating Rossiter who came in fifty seconds later with 36:20. Bruce Wentworth is next up, winning the St. Paddy's Day 5K in Ocean city in 21:40.

Eighth place Dan Eddy did all his damage before May, topping out at the By George 5K in 21:59. He squeezes past Rick Platt who ran the Elizabeth River Run 10K in 45:50, also in May. Tenth place James Moreland might have moved up a few spots but the first eight months of the year he was too young to join the club. Soon after aging up, he ran the Baltimore United Way 5K in 22:05. Eleventh place Ron Rogers had run 22:10 the week before at the Superhero 5K.

Twenty-nine men qualified for the division.

| Place | Name | Age | Hometown | 10K= |
|-------|----------------------|-----|--------------------|-------|
| 1 | Becker, Bob*13 | 66 | Midlothian, VA | 41:20 |
| 2 | Ryan, Paul*14 | 66 | Arlington, VA | 42:37 |
| 3 | Jensen, Roger**** | 66 | Washington, DC | 43:13 |
| 4 | Hart, Bill**** | 68 | Virginia Beach, VA | 44:50 |
| 5 | Abrahamson, Dale*7 | 68 | Yorktown, VA | 45:02 |
| 6 | Rossiter, Spider**** | 65 | Washington, DC | 44:53 |
| 7 | Wentworth, Bruce**** | 66 | Westminster, MD | 45:12 |
| 8 | Eddy, Dan***** | 66 | Alexandria, VA | 45:51 |
| 9 | Platt, Rick*12 | 67 | Williamsburg, VA | 45:50 |
| 10 | Moreland, James*19 | 65 | Gaithersburg, MD | 46:04 |
| 11 | Rogers, Ron*7 | 65 | Riner, VA | 46:14 |
| 12 | Washington, Larry*15 | 66 | Rockville, MD | 46:36 |
| 13 | Budd, Jim*** | 67 | Roseland, VA | 46:46 |
| 14 | Vaughan, Allen*7 | 67 | Stafford, VA | 46:54 |
| 15 | Sharpe, Steven**** | 65 | Ellicott City, MD | 46:53 |
| 16 | Murphy, Vincent**** | 67 | Woodbridge, VA | 47:28 |
| 17 | Pardee, William** | 68 | Virginia Beach, VA | 47:36 |
| 18 | Astrop, Rob***** | 65 | Henrico, VA | 47:59 |
| 19 | McLearan, Allan*** | 65 | Rochelle, VA | 48:15 |
| 20 | Hess, Jim*** | 68 | Bristol, VA | 48:22 |
| 21 | Woodfin, Bobby***** | 69 | Hopewell, VA | 48:20 |
| 22 | Day, Joseph* | 67 | Yorktown, VA | 49:00 |
| 23 | Scott, Dunlop** | 65 | McLean, VA | 49:04 |
| 24 | Boutin, Greg*7 | 67 | Burke, VA | 49:24 |
| 25 | Trueheart, Wilson** | 68 | Baltimore, MD | 49:37 |
| 26 | Wind, Jay***** | 67 | Arlington, VA | 49:55 |
| 27 | Duffy, Jim | 65 | Virginia Beach, VA | 50:01 |

| | | | | |
|----|------------------------|----|------------------|-------|
| 28 | Verdirame, Joseph***** | 67 | Suffolk, VA | 50:15 |
| 29 | Patterson, John*7 | 68 | Gaithersburg, MD | 51:23 |

70-74 Men

Boo! Run for Life 10K 44:18

Jim Noone started out 2017 conservatively. He did win all four seasons and every one of his races. He did have the fastest 5K and the fastest 10 Mile. But his real love was the 10K. His four 10Ks were the best four races of the year. At the Apple Blossom 10K, he ran 45:46, improving to 45:02 on the rolling hills of Reston at the Perfect 10. At West Potomac Park, he had his best race at the Boo! Run for Life in 44:18. Runner-up Jason Page prefers the 5K with 9 of his 10 5Ks in the 22s. He matched his best race, the Get Smart 5K in 22:16, at the Potomac Valley Games 5K, only to settle for second behind Noone's 22:02.

Langston Shelton III was securely in third with his Queen's Lake 5K in 22:48 but he added a fine Yorktown Battlefield 10 Miler in 1:20:32. Fourth place Ben Dyer has held the crown before. This year he ran best at the TCRR Race for the Cause 5K in 23:03. Fifth place Art Gregory owns racing in Frederick and he was not too shabby racing the Clarendon Day 5K in 23:22, He had already traveled to the northeast corner of the region to win at the Bel Air Town Run 5K in 23:27. Sandwiched neatly between those two races is sixth place George Myers who ran the AS Valentine's Day 5K in 23:25. Back at Bel Air, seventh place Ronnie Wong had his second best ran there in 23:51 with eighth place George Raley right on his shoulder in 23:57. Wong, who usually prefers the really long races, ran the Park Heights Community Health Alliance 5Kin 23:30. Raley won at the B&A Trail Half Marathon in 1:50:28 for the best of his ten age group wins.

| Place | Name | Age | Hometown | 10K= |
|-------|-------------------------|-----|------------------|-------|
| 1 | Noone, Jim*18 | 73 | Fairfax, VA | 44:18 |
| 2 | Page, Jason*13 | 73 | Hamilton, VA | 46:27 |
| 3 | Shelton III, Langston*8 | 70 | Grafton, VA | 47:25 |
| 4 | Dyer, Ben*7 | 73 | Hayes, VA | 48:05 |
| 5 | Gregory, Art*13 | 73 | Ijamsville, MD | 48:45 |
| 6 | Myers, George*11 | 71 | Millersville, MD | 48:51 |
| 7 | Wong, Ronnie*16 | 71 | Catonsville, MD | 49:01 |
| 8 | Raley, George*10 | 70 | Idlewylde, MD | 49:58 |
| 9 | Ingram, Harold*8 | 74 | Henry, VA | 51:12 |
| 10 | Jefferson, Richard*12 | 71 | Germantown, MD | 51:05 |
| 11 | Fleming, Mike**** | 71 | Columbia, MD | 51:49 |
| 12 | Bingham, Robert*** | 71 | Richmond, VA | 52:04 |
| 13 | Bullock, Jim*8 | 74 | Eldersburg, MD | 52:09 |
| 14 | Hensel, Donald** | 72 | Gaithersburg, MD | 52:14 |
| 15 | Churchman, John*** | 74 | Arlington, VA | 53:16 |
| 16 | Mayhew, Ed*11 | 72 | Winchester, VA | 53:26 |

75-79 Men

Frederick Half Marathon 1:55:35, 10K = 52:27

John Clarke set himself as the man to beat, racing the Way Station's Thanksgiving Day 5K in 25:11, a time that would hold up all year as the best 5K. Then in May, he put away the division winning the Frederick Half Marathon in 1:55:35. He had the three fastest races. His next best race was the hilly Goodloe Byron 10M in 1:33:20. Only runner-up Stan Neumann with his 16 age group wins would have a faster ten miler. He ran the flat Tim Kennard 10M River Run in 1:30:50. Neumann was so prolific that he was due to have some off races during the year but his Old Bay 5K in 26:26 was one of his two 5Ks that no one but Clarke could best. Malcolm O'Hagan does not race near as much and was near the minimum for qualifiers with six races for the year. He had four ten miler and two 10Ks. His best race was his last event, the Across the Bay 10K in 56:03 to give the former champion third place for 2017.

Fourth place Doug Morris ran a very nifty Liberty 5K in 26:59. As the season wore down, he raced a fall Chick-fil-A Dash for Diabetes 4M in 35:36. He will be moving up to the next division in 2018. James Morse takes fifth place as both his 10Ks were faster than Lou Shapiro's Pike's Peek in 58:12. His Ashland Railroad 10K in 57:20 was seven seconds faster than his Ukrops Monument Avenue 10K. Seventh place Bill Sollers traded victories with Shapiro all year long but his best race of 1:38:31 at the DCRRC Al Lewis 10M was short of Shapiro's best four races. Eighth place Joseph Polinski was best at the Bruin Dash 5K in 28:34 to stay close.

The next four runners were all very close. Terry Derk ventured south to win the Billy Korrow Memorial 5K in 29:10 for ninth place. Tenth place Duane Lougee would age up before eleventh place Ken Quincy and have time to win that division. The younger Quincy will have to wait for 2018 to qualify there. Lougee ran the VAB Turkey Trot 10K in 1:01:09. He would run four minutes faster in the elder division in May. Twelfth place Tommy Harris would run the Memorial Day 10K in 1:01:16. Harris had seven wins. Quincy would have 16 age group wins, including his best 5K, the Veterans Day 5K in 29:23.

An ever growing number of thirty-four qualifiers supported this division.

| Place | Name | Age | Hometown | 10K= |
|-------|------------------|-----|-----------------|-------|
| 1 | Clarke, John*** | 79 | Woodsboro, MD | 52:27 |
| 2 | Neumann, Stan*16 | 78 | Timonium, MD | 54:39 |
| 3 | O'Hagan, Malcolm | 77 | Chevy Chase, MD | 56:03 |
| 4 | Morris, Doug**** | 79 | Delaplane, VA | 56:17 |
| 5 | Morse, James*6 | 76 | Rochelle, VA | 57:20 |

| | | | | |
|----|------------------------|----|---------------------|---------|
| 6 | Shapiro, Lou*23 | 76 | Silver Spring, MD | 58:12 |
| 7 | Sollers, Bill*7 | 78 | Silver Spring, MD | 59:17 |
| 8 | Polinski, Joseph*7 | 79 | Smithfield, VA | 59:35 |
| 9 | Derk, Terry | 76 | Dauphin, PA | 1:00:50 |
| 10 | Lougee, Duane** | 79 | Norfolk, VA | 1:01:09 |
| 11 | Quincy, Ken*16 | 79 | Vienna, VA | 1:01:18 |
| 12 | Harris, Tommy*7 | 78 | Lynchburg, VA | 1:01:16 |
| 13 | Skelton, Lowell***** | 77 | Moneta, VA | 1:02:37 |
| 14 | Sharp, Ed** | 77 | Fredericksburg, VA | 1:02:55 |
| 15 | Barber, Sonny* | 76 | Falls Church, VA | 1:03:44 |
| 16 | Moore, Brev* | 77 | Annapolis, MD | 1:03:58 |
| 17 | Eldridge, Bob* | 77 | Reston, VA | 1:04:50 |
| 18 | Quist, Al*** | 76 | Charlottesville, VA | 1:09:24 |
| 19 | Derr, William** | 78 | Annapolis, MD | 1:07:44 |
| 20 | Coates, Chet***** | 77 | Silver Spring, MD | 1:08:54 |
| 21 | Finney, Jr., John***** | 78 | Arlington, VA | 1:09:30 |
| 22 | Coady, Patrick*8 | 79 | Washington, DC | 1:09:52 |
| 23 | Terrell, Charles**** | 78 | Newport News, VA | 1:10:41 |
| 24 | Munday, John* | 77 | Chesapeake, VA | 1:12:15 |
| 25 | Barnett, Rich** | 76 | Charlottesville, VA | 1:15:27 |
| 26 | Rhoads, Richard** | 78 | Arlington, VA | 1:16:55 |
| 27 | Schwartz, William | 79 | Glen Arm, MD | 1:17:51 |
| 28 | Koletty, John | 75 | Pasadena, MD | 1:19:13 |
| 29 | Kurisky, John** | 78 | Forest, VA | 1:21:27 |
| 30 | Bayrer, Ralph*** | 78 | Washington, DC | 1:21:48 |
| 31 | Thomas, Evan** | 76 | Crofton, MD | 1:24:19 |
| 32 | St. Clair, Bailey | 78 | Glen Arm, MD | 1:25:23 |
| 33 | Nandi, Shayamelesh | 79 | Ellicott City, MD | 1:26:36 |
| 34 | Conn Jr., Harry***** | 79 | Powhatan, VA | 1:27:49 |

80-84 Men

TowneBank Shamrock Festival 8K 44:40, 10K = 56:40

Runner-up Maynard Weyers had ten of the top fourteen times but our champion Duane Lougee had the two best races. In early March, Lougee ran the Eustis 10K in 57:24. Then two weeks later, he was tops at the massive TowneBank Shamrock Festival 8K in 44:40. Weyers barely slowed all year as the rankings extended to include the Veterans Day 5K in both years. He ran 28:25 in 2016, the first day of the 2017 rankings, and then ran 28:43 in 2017, the last day of the 2017 rankings. His best race was the Reston New Year's 5K in 28:18.

Third place Chris Catoe is not afraid of distance. Seven of his ten events were 10K or longer. His best race was early in the year at the VAB Turkey Trot 10K in 1:04:20. Fourth place Ed Chaney made his move later in the year with a solid

Pink Ribbon 5K in 31:22 in October. Fifth place James Fratino ran the Howard County Striders winter series 5K race at Meadowbrook Park in 34:58. Seventh place Alan Rider ran the flat Ashburn Farm 10K in 1:14:52 as the year began. Eleven months later, John Greenhill caught him for sixth place racing on the Rockville hills at the Home Run 5K in 36:01.

Eighth ranked Terry McCarthy is usually very prolific. This year he finished best at the Hero for the Arts 5K in 37:13. Bob Gurtler is always prolific. He had fifty-two races by June before injury sidelined him for the rest of the year. He gets tenth place racing the SVR Jingle Bell 5K in 37:45. Just ahead of him in ninth place Bendy Viragh ran the Run with Dad 5K in 37:13.

The division dropped off nearly fifty per cent from 2016 to 16 qualifiers this year.

| Place | Name | Age | Hometown | 10K= |
|-------|--------------------|-----|--------------------|---------|
| 1 | Lougee, Duane** | 80 | Norfolk, VA | 56:40 |
| 2 | Weyers, Maynard*8 | 81 | Alexandria, VA | 59:02 |
| 3 | Catoe, Chris*** | 82 | Virginia Beach, VA | 1:04:20 |
| 4 | Chaney, Ed*** | 81 | Frederick, MD | 1:05:26 |
| 5 | Fratino, James | 84 | Queenstown, MD | 1:12:56 |
| 6 | Greenhill, John*** | 82 | Falls Church, VA | 1:15:08 |
| 7 | Rider, Alan** | 81 | Reston, VA | 1:14:52 |
| 8 | McCarthy, Terry*6 | 82 | Leesburg, VA | 1:17:05 |
| 9 | Viragh, Bendy* | 82 | McLean, VA | 1:17:38 |
| 10 | Gurtler, Robert*30 | 82 | The Plains, VA | 1:18:45 |
| 11 | Conn Jr., Harry*** | 80 | Powhatan, VA | 1:28:18 |
| 12 | Smith, Robert*11 | 83 | Dickerson, MD | 1:31:49 |
| 13 | Lyons, Jim Bob** | 83 | Onley | 1:38:27 |
| 14 | Welker, Phillip** | 81 | Roseland, VA | 1:46:06 |
| 15 | Greear, Fred** | 82 | Bristol, VA | 1:46:13 |
| 16 | Cavan, John* | 81 | Midlothian, VA | 2:06:54 |

85-89 Men

Pike's Peek 10K 59:36

George Yannakakis easily retained his title with the nineteen fastest times in the division. Even at 85, his love of racing is still powerful. He started the year racing the Northern Central Trail Marathon in 5:35:04 and then proceeded to get faster and faster all year. Don't tell George that Pike's Peek is no longer a PR making downhill 10K course. He cruised to victory in 59:36. He tripled up with three 10 milers and three half marathons. His swiftest 5K was the Executive Stampede 5K in 29:26. He owns the best time of 2017 for thirteen different distances.

Runner-up Jack McMahon did his best work at the 5K, winning nearly every race he ran. He was best at the MCRRC New Year's 5K in 33:45 to start the year.

These guys run all year and he was tops at the Rockville 5K in November as well. Third place Ernest Schillinger was prolific as well with his best race at the Run for the Bacon 5K in June at 37:55. Fourth place Don Taylor ran the huge Donut Alley Rally 5K in 42:34. Fifth place Allen Pois ran at the biggest 10K, the Ukrops Monument Avenue 10K, in 1:31:38. Sixth place Bruce Roth would race eight times with a best time at the O.U.R. Race to Stop Traffic 5K in 50:55.

| Place | Name | Age | Hometown | 10K= |
|-------|-----------------------|-----|-------------------|---------|
| 1 | Yannakakis, George*14 | 85 | Towson, MD | 59:36 |
| 2 | McMahon, Jack*8 | 86 | Silver Spring, MD | 1:10:24 |
| 3 | Schillinger, Ernest* | 85 | Williamsburg, VA | 1:19:06 |
| 4 | Taylor, Donald** | 86 | Hedgesville, WV | 1:48:48 |
| 5 | Pois, Allen* | 85 | Midlothian, VA | 1:31:38 |
| 6 | Roth, Bruce***** | 85 | Woodbridge, VA | 1:46:13 |

90 & Older Men

St. Kateri's Run With the Son 5K 47:01, 10K = 1:38:05

Robert White slowed a bit but again had five of the top six times, including three races longer than a 5K. He was again fastest at the St. Kateri's Run with the Son 5K in 47:01. He won all the Trazilla Series: races of 5K, 6K, and 5M. Runner-up Richard DeLabio ran at one of the two races that always have lots of elder racers, the Get Ready! Get Set! Get Fit! 5K Run in 47:34. The other race like that is the Brightviews Age is Just a Number 5K. After these two, Bob Atkins had five of the next six races but Bob Gralley gets third by racing more than twice as long as any other, running at the Baltimore Half Marathon in 4:03:33. Atkins was best at the Beat the Clock 5K in 52:45 at the beginning of the rankings year for his only race faster than Gralley. Joseph Schneider ran the OPA Freedom 5K in 59:08 to take fifth place, while Dixon Hemphill who usually races on track ran a couple 5Ks. His fastest was the Fairfax Turkey Trot 5K in 1:02:51.

| Place | Name | Age | Hometown | 10K= |
|-------|-------------------|-----|---------------------|---------|
| 1 | White, Robert*** | 93 | Hampton, VA | 1:38:05 |
| 2 | DeLabio, Richard* | 91 | Towson, MD | 1:39:13 |
| 3 | Gralley, Bob* | 91 | Parkville, MD | 1:50:30 |
| 4 | Atkins, Bob* | 92 | Winchester, VA | 1:50:02 |
| 5 | Schneider, Joseph | 90 | Ocean City, MD | 2:03:21 |
| 6 | Hemphill, Dixon* | 92 | Fairfax Station, VA | 2:11:06 |

Open Women

Credit Union Cherry Blossom 10M 56:12, 10K = 33:46

Susanna Sullivan retains her title with another spectacular year. Still, runner-up Beth Sachtleban is on the move and as the year progressed moved up steadily. Sullivan stayed with the major races. After a season opening second overall at the 2016 Anthem Richmond Marathon in 2:42:34, she met Sachtleban at the Alexandria Turkey Trot 5M and dispatched her 27:29 to 27:52, finishing second overall. Sixteenth place Greta Sieve was fifth at the marathon in 2:53:30. Fifth place Kerry Allen ran the accompanying five miler in 28:46. She would win the One City Marathon in March with 2:52:00. Sullivan would then add six overall wins and top ten finishes at the two most competitive ten miler in the area, if not the country, Credit Union Cherry Blossom in Washington, DC and Virginia 10M in Lynchburg. Sachtleban would not lose again, winning all five of her remaining events. When our schedule changed it allowed an extra week in the year and that meant that Sachtleban got to show what she could do at the 2017 Anthem Richmond Marathon. She won it all in a fabulous 2:39:00, besting seventh place Keira D'Amato (2:47:00) along the way.

At the St. Patrick's Day 10K, Sullivan was dominate in 34:04 but even with nine ranked women in the race, no one else had their best effort. Then as April appeared on the horizon, Sullivan laid down the law at the Credit Union Cherry Blossom 10M, finishing tenth overall in a world class field with 56:12. Fourth place Julia Roman-Duval was there in 58:09, ahead of fifth place Kerry Allen's 58:49. Maura Carroll was the next qualifier in 59:56 and finishes ninth place for the year in a pack of five women separated by a mere ten seconds. Beth Hannon raced home three seconds later but got moved back to thirteenth as the women shuffled places in a yearlong race. Tenth place Laurel Le Moigne was moving up after at 36:54 at the St. Patrick's 10K with her fine 1:00:14 at that big spring ten miler. Sarah Bishop edges Jillian Pollack for fourteenth place 1:00:43 to 1:00:45. Top sub master Jessica McGuire gets eighteenth place with 1:01:33.

Top master Perry Shoemaker ran superbly at one of the big dog 10Ks, the Run for the Parks 10K in 35:31, to win it all and rap up sixth place in the division. That race age grades to a 92.51%, the second highest among the women behind Cindy Conant's 94.86% at the Great Allegany 15K. But as April faded, it was time for Pike's Peek. The race is still big but is no longer as competitive as a super-fast course with many of the other major 10Ks. Don't tell that to Le Moigne who squeezed home through the tape three seconds ahead of eleventh ranked Sarah Loerch in 35:56. They had the third and fourth fastest 10K among qualifiers. Bishop ran 36:30.

Third place Stephanie Reich trolled Frederick for overall wins, getting eight of them. Roman-Duval was dominating winning two of the big ten milers, RRCA Challenge 10 Mile and Annapolis in an identical 1:00:06. Shoemaker would win it all at another, the George Washington Parkway Classic 10 Mile in 1:00:01. But when Roman-Duval ventured into Reich's backyard she got bit, finishing third overall at the Frederick Half Marathon to Reich's 1:16:17 with a 1:19:50. Then again when Reich left the comfort of Frederick and ventured to Washington, DC

for the Army Ten Miler Roman-Duval, who had become 35 and the submasters favorite for 2018, schooled her 59:17 to 1:01:54. Allen was in between the two in 1:00:55, making it tough to rank them.

Ann Dunn would earn eighth place, racing the Markel Half Marathon in 1:19:06, one place ahead of Maura Carroll's 1:20:07. Carroll had ran 1:19:46 at the beginning of the year when the race had a different sponsor and was named the American Family Fitness Half Marathon. Twelfth place Caroline Bauer ran the Anthem Shamrock Festival Half Marathon to victory in 1:19:57. Seventeenth place Ann Mazur was third overall there in 1:21:28. Allen would win it all at the Rock 'n' Roll Half Marathon in 1:19:20, beating Bishop who was third there in 1:22:02 and twenty-second place Caitlyn Tateishi, who would hold off D'Amato by two seconds in 1:22:20.

Nineteenth ranked Megan DiGregorio led all qualifiers with ten wins. Her best race was winning the Tim Kennard 10M River Run in 1:01:36. Early on, Barb Fallon Wallace would crush Carol Hennessey at the St. Patrick's Day 10K 37:33 to 41:10 in an aberrant race for Hennessey. Hennessey would best Fallon Wallace later in July at the Reston Firecracker 5K 17:55 to 18:19 to take twentieth place just ahead of her. It negated a slightly faster best time of Fallon Wallace when she won the National Police Week 5K on a notoriously short course in 17:49.

Nineteen of the sixty-five runners came from other divisions.

| Place | Name | Age | Hometown | 10K= | PL in 2016 | PL in 2015 |
|-------|------------------------|-----|---------------------|-------|------------|------------|
| 1 | Sullivan, Susanna*6 | 27 | Reston, VA | 33:46 | ■ 1 | 1 |
| 2 | Sachtleben, Beth***** | 25 | Alexandria, VA | 33:59 | ▲ 6 | |
| 3 | Reich, Stephanie*8 | 25 | Frederick, MD | 34:28 | ■ 3 | |
| 4 | Roman-Duval, Julia**** | 35 | Columbia, MD | 34:57 | ■ 4 | 3 |
| 5 | Allen, Kerry*** | 29 | Washington, DC | 35:21 | ▲ 10 | |
| 6 | Shoemaker, Perry*7 | 46 | Vienna, VA | 35:31 | ▼ 5 | 2 |
| 7 | D'Amato, Keira**** | 33 | Midlothian, VA | 35:42 | | |
| 8 | Dunn, Ann*6 | 32 | Earlsville, VA | 35:45 | | |
| 9 | Carroll, Maura | 28 | Arlington, VA | 36:01 | ▲ 16 | |
| 10 | Le Moigne, Laurel*** | 31 | Springfield, VA | 35:56 | ▲ 15 | 20 |
| 11 | Loerch, Sarah**** | 32 | Fallston, MD | 35:59 | ▲ 19 | |
| 12 | Bauer, Caroline** | 34 | Columbia, MD | 36:08 | ▼ 9 | |
| 13 | Hannon, Elizabeth* | 34 | Columbia, MD | 36:03 | ▲ 40 | 50 |
| 14 | Bishop, Sarah** | 34 | Fairfax, VA | 36:29 | ▲ 22 | |
| 15 | Pollack, Jillian**** | 28 | Arlington, VA | 36:31 | ▼ 14 | 36 |
| 16 | Sieve, Greta** | 29 | Williamsburg, VA | 36:46 | | |
| 17 | Mazur, Ann***** | 32 | Charlottesville, VA | 36:49 | ▼ 18 | 16 |
| 18 | McGuire, Jessica** | 37 | Arlington, VA | 36:59 | ▲ 45 | |
| 19 | Digregorio, Megan*10 | 29 | White Marsh, MD | 37:01 | ▼ 11 | 30 |
| 20 | Hennessey, Carol** | 24 | Washington, DC | 37:10 | | |

| | | | | | | |
|----|-------------------------|----|------------------------|-------|------|----|
| 21 | Fallon Wallace, Barb*** | 43 | Alexandria, VA | 37:06 | | |
| 22 | Tateishi, Caitlyn* | 30 | Washington, DC | 37:12 | | |
| 23 | Conlon, Beth* | 25 | Montgomery Village, MD | 37:19 | ■ 23 | 27 |
| 24 | Lasker, Sara*10 | 27 | Richmond, VA | 37:31 | ▲ 55 | |
| 25 | Fulmer, Stephanie | 27 | Alexandria, VA | 37:41 | | |
| 26 | Breindel, Tressa | 39 | Richmond, VA | 37:41 | ▲ 30 | 37 |
| 27 | Sicher, Erin | 36 | Washington, DC | 37:37 | ▲ 54 | |
| 28 | Stick, Sherry*12 | 39 | Eldersburg, MD | 37:51 | ▼ 17 | 24 |
| 29 | Paul, Jennifer**** | 30 | Washington, DC | 37:55 | ▲ 38 | |
| 30 | Patterson, Natalie***** | 25 | Washington, DC | 37:52 | | |
| 31 | Baage, Silvia*** | 36 | Rockville, MD | 38:02 | | |
| 32 | Kulesz, Melanie* | 25 | Richmond, VA | 38:04 | ▼ 26 | |
| 33 | Parks, Becky**** | 29 | Washington, DC | 38:12 | ▲ 39 | |
| 34 | Rinehardt, Octavia*** | 27 | Virginia Beach, VA | 38:22 | ▲ 43 | 28 |
| 35 | Demers, Katie**** | 27 | Annapolis, MD | 38:21 | | |
| 36 | Gruendel, Jackie* | 42 | Clifton, VA | 38:19 | | |
| 37 | Conant, Cindy*7 | 56 | Kensington, MD | 38:33 | | |
| 38 | Capozzi, Michelle*** | 25 | Leesburg, VA | 38:35 | ▼ 21 | 23 |
| 39 | Astudillo, Molly | 31 | Fairfax, VA | 38:39 | | |
| 40 | Beal, Amanda** | 36 | Ellicott City, MD | 38:45 | | |
| 41 | Dietz, Jenn | 32 | Arlington, VA | 38:44 | | |
| 42 | Ritter, Molly** | 30 | Arlington, VA | 38:48 | | |
| 43 | Bigalbal, Alayna* | 22 | Leesburg, VA | 38:49 | | |
| 44 | Stults, Greta | 34 | Arlington, VA | 38:55 | | |
| 45 | Burbach, Cristina* | 43 | Arlington, VA | 38:56 | | |
| 46 | Pearson, Hannah*** | 30 | Fairfax, VA | 38:52 | ▲ 60 | |
| 47 | Newman, Christine*** | 26 | Norfolk, VA | 38:56 | | |
| 48 | Blackstone, Meghan | 23 | Bristow, VA | 39:04 | | |
| 49 | Brecher, Erica | 31 | Fredericksburg, VA | 39:04 | | |
| 50 | Rose, Shayna* | 24 | Baltimore, MD | 39:13 | ▲ 59 | |
| 51 | Berinato, Jody | 35 | Parkville, MD | 39:19 | | |
| 52 | Fitzgerald, Jenny* | 38 | Woodbridge, VA | 39:22 | ▼ 52 | 48 |
| 53 | Wechsler, Gabi* | 26 | Henrico, VA | 39:25 | ▲ 62 | |
| 54 | Stone, Andrea***** | 33 | Boonsboro, MD | 39:28 | | |
| 55 | Cardosi, Calesse | 26 | Fairfax, VA | 39:27 | ▲ 61 | |
| 56 | Burns, Helen | 29 | Takoma Park, MD | 39:33 | | |
| 57 | Duarte, Nilani** | 30 | Baltimore, MD | 39:33 | | |
| 58 | McCracken, Noel | 33 | Sykesville, MD | 39:51 | | |
| 59 | Nesaw, Mary Catherine | 25 | Lynchburg, VA | 39:55 | | |
| 60 | McGraw, Becky** | 37 | Stephens City, VA | 39:58 | | |
| 61 | Jean, Thorin**** | 17 | Williamsburg, VA | 40:17 | | |
| 62 | Holt, Bridget*** | 39 | Gambrills, MD | 40:27 | | |
| 63 | Huerta, Amy | 42 | Fredericksburg, VA | 40:25 | | |
| 64 | Bohn, Sarah | 28 | Richmond, VA | 40:30 | | |
| 65 | Perlingeiro, Fabiana*** | 40 | Virginia Beach, VA | 40:36 | | |

19 & Younger Women

St. Mary's Hospice 5K 19:03, 10K = 39:44

Parker O'Brien is just getting started as one of the youngest champions. The thirteen-year-old was second overall at the Solomons Jingle Bell 5K in 19:08. She decided first was better at the St. Mary's Hospice 5K in 19:03. In October she is credited with a 16:34 overall win at the St. Mary's Ryken Blaine Whorl 5K. The times of the other runners seemed in line with normal times and they swear she really did destroy the field but we could not confirm that the course was accurate to convince us of this miraculous improvement. Last year's champion Thorin Jean was very consistent though slightly slower. She won four times overall as well as eleven age group wins. She won the Virginia Running Festival 5K twice, the first race of the year in 19:54 and the last race of the year in 19:21.

Claire Wigglesworth owns the Fletcher's Park Run 5Ks and she keeps getting faster and faster. She ended the year there with her best 5K in 19:30 to take third place. A former champion Maura Finn takes fourth place with an overall win in 19:41 at the Toano Frosty 5K. Fifth place Victoria Reese just missed an open class time, running the Anthem Shamrock Festival Half Marathon in 1:31:39. Chloe Ramirez is the last racer with a sub 20:00 5K, racing the Veterans Day 5K in 19:56 to earn the sixth spot. Next in seventh, Katherine Slovak won it all at the St Joseph Run with the Saints 5K in 20:04.

Eighth place Carly Wilkes ran the competitive FAB 5K for teens in 20:10. Brittany Young takes ninth with a solid Sentara Colonial 5K overall win with 20:22. Sara Decker claims the last spot in the top ten with a 20:25 at the Running of the Reindeer 5K.

| Place | Name | Age | Hometown | 10K= |
|-------|-------------------------|-----|--------------------|-------|
| 1 | O'Brien, Parker*6 | 13 | Leonardtown, MD | 39:44 |
| 2 | Jean, Thorin*15 | 17 | Williamsburg, VA | 40:17 |
| 3 | Wigglesworth, Claire*22 | 15 | Washington, DC | 40:40 |
| 4 | Finn, Maura*** | 19 | Alexandria, VA | 40:59 |
| 5 | Reese, Victoria* | 18 | Winchester, VA | 41:25 |
| 6 | Ramirez, Chloe | 15 | Lansdowne, VA | 41:30 |
| 7 | Slovak, Katherine*** | 13 | Sterling, VA | 41:47 |
| 8 | Wilkes, Carly**** | 15 | Salem, VA | 41:59 |
| 9 | Young, Brittany*** | 19 | Mechanicsville, VA | 42:24 |
| 10 | Decker, Sara***** | 18 | Havre de Grace, MD | 42:30 |
| 11 | Kelleher, Madaleine*** | 19 | McLean, VA | 42:42 |
| 12 | Ayala, Emmalee** | 15 | Lansdowne, VA | 43:25 |
| 13 | Smith, Madison*7 | 13 | Stephenson, VA | 43:50 |
| 14 | Pokorny, Katie*7 | 19 | Richmond, VA | 43:58 |
| 15 | Rosas, Adriana*7 | 17 | Columbia, MD | 44:04 |

| | | | | |
|----|------------------------|----|------------------|-------|
| 16 | Goodpasture, Laurel** | 18 | Midlothian, VA | 44:20 |
| 17 | Fagerstrom, Kerstin*10 | 14 | Arlington, VA | 44:35 |
| 18 | Jean, Sorena*8 | 15 | Williamsburg, VA | 45:19 |
| 19 | Rosas, Brenda*** | 18 | Columbia, MD | 45:23 |
| 20 | Parzaile, Nina**** | 15 | Williamsburg, VA | 46:37 |

35-39 Women

Marine Corps Marathon 2:45:07, 10K = 35:18

Jessica McGuire had a fabulous year with twelve wins. She stuck mostly to the major races (11) that usually help win a title and won them all. She started great winning the TowneBank Shamrock Festival 8K in 29:40. Her best race was the Credit Union Cherry Blossom 10M in 1:01:33. That put her ahead of seventh place Becky McGraw's 1:04:37 who also had seven wins too. In the competitive division, eleventh place Jody Berinato who ran 1:05:26. Fifth place Silvia Baaga ran 1:05:45. She came roaring back at the Parks Half Marathon in 1:24:10. She also had an overall win at the Baltimore Marathon in 2:58:38.

Runner-up Erin Sicher ran that spring ten miler in 1:04:37. At the Army Ten Miler, McGuire slowed a mere ten seconds to 1:01:43 and Sicher closed with a very nice 1:02:35. Tressa Breindel had the fastest marathon with a win at the Anthem Richmond Marathon in 2:56:17. She recovered enough to race the Ukrops Monument Avenue 10K to a seventh overall 39:11 and earn fourth place. Last year's champion Sherry Stick takes third place with a swift Kelly's Shamrock 5K in 18:11. As usual, she usually wins with 13 overall wins in her 15 events.

Sixth place Kristen Lawrence never raced shorter than her one 10K. She won three of her races out right, including Tidewater Striders Tune-up 10M in 1:03:53 and the VAB Rock 'n' Roll Half Marathon in 1:25:21. Not too shabby, Amanda Beal won it all at the Cherry Pit 10 Mile in 1:04:28 to take eighth place. Michelle Miller was impressive winning overall at the Capital for a Day 5K in 18:39 for ninth place. That is a tough course for speed. Tenth place Lena Matthews was right behind that for an overall win in 18:49 on perhaps the fastest legitimate 5K course save for maybe the Clarendon Day 5K, the Park Heights Community Health Alliance 5K. Twelfth place Jenny Fitzgerald did well at the George Washington Parkway Classic 10 Mile in 1:05:30.

Twenty-four women qualified for the division as it shrunk more than thirty per cent.

| Place | Name | Age | Hometown | 10K= |
|-------|-----------------------|-----|----------------|-------|
| 1 | McGuire, Jessica*12 | 37 | Arlington, VA | 36:59 |
| 2 | Sicher, Erin*** | 36 | Washington, DC | 37:37 |
| 3 | Stick, Sherry*14 | 39 | Eldersburg, MD | 37:51 |
| 4 | Breindel, Tressa***** | 39 | Richmond, VA | 37:41 |

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|----|----------------------------|----|--------------------|-------|
| 5 | Baage, Silvia*9 | 36 | Rockville, MD | 38:02 |
| 6 | Lawrence, Kristen***** | 37 | Virginia Beach, VA | 38:23 |
| 7 | McGraw, Becky*12 | 37 | Stephens City, VA | 38:27 |
| 8 | Beal, Amanda*8 | 36 | Ellicott City, MD | 38:45 |
| 9 | Miller, Michelle*7 | 36 | Damascus, MD | 38:50 |
| 10 | Mathews, Lena**** | 37 | Baltimore, MD | 39:11 |
| 11 | Berinato, Jody*** | 35 | Parkville, MD | 39:19 |
| 12 | Fitzgerald, Jenny**** | 38 | Woodbridge, VA | 39:22 |
| 13 | Holt, Bridget***** | 39 | Gambrills, MD | 39:52 |
| 14 | O'Hara, Laura | 37 | Alexandria, VA | 40:07 |
| 15 | Hall, Jessica***** | 38 | Waterford, VA | 40:16 |
| 16 | Caporaletti, Stephanie**** | 36 | Columbia, MD | 40:40 |
| 17 | Samson, Meredith*** | 37 | Chantilly, VA | 40:42 |
| 18 | Dzibela, Tracy*15 | 39 | Fredericksburg, VA | 40:59 |
| 19 | Diegoli, Toni***** | 38 | Potomac, MD | 41:14 |
| 20 | Anderson, Jennifer*6 | 36 | Poquoson, VA | 41:32 |
| 21 | Clor, Elizabeth*6 | 38 | Chantilly, VA | 41:52 |
| 22 | Ramos, Laura*6 | 38 | Silver Spring, MD | 42:03 |
| 23 | Bergmann, Laura*** | 35 | Winchester, VA | 43:12 |
| 24 | Hollis, Elizabeth** | 39 | Leesburg, VA | 43:10 |

40-44 Women

HCA 8K 28:38, 10K = 36:21

Barb Fallon Wallace won all ten of her races, eight of them major. She owns nine of the top eleven times. She started with the huge Alexandria Turkey Trot 5M in 29:48. In March, she raced the fast St. Patrick's Day 10K in 37:33 at the same event that third place Cristina Burbach won the St. Patrick's Day 5K in 19:30. When they met for real at the Pike's Peek 10K, she dispatched Burbach 37:49 to 38:56. However, that fine effort by Burbach helped get her past her loss to Meg Crook at the VCU 8K 31:21 to 31:53. Crook had run that same race, with a different name (HCA 8K) in 31:54 to start the official year. Crook's fastest race, the Charlottesville 10 Mile in 1:05:08 matched Burbach's second best race, the Anthem Shamrock Festival Half Marathon as first master in 1:26:39, exactly.

In the fall, Fallon Wallace ran the Clarendon Day 10K in 38:23. Runner-up Jackie Gruendel had a slightly faster effort in the accompanying 5K with 18:19. She had matching 19:13s on the two most used Potomac River Running 5K course, one in Reston, one on Fairfax. Both are with rolling hills and are slightly long. Fifth place Judy Doldorf had the third best half as top master at the Navy-Air Force Half Marathon in 1:29:26. Burbach raced the Navy-Air Force Half Marathon in 1:29:03. These ladies love the half marathon. Doldorf added the Runners Half Marathon of Reston in 1:29:51. That was the same time that seventh place Fabiana Perlingeiro ran at the Rock 'n' Roll Half Marathon. Sixth place Amy

Huerta had eleven wins. Her fastest race was the Markel Half Marathon in 1:29:56, ahead of ninth place Carrie Dunn who ran 1:31:37. She beefed that up with a fine Marine Corps Historic Half Marathon in 1:30:27. Doldorf would add another half and the Leesburg 20K in 1:26:28.

Lisa Reichmann jumped in the bandwagon as well, racing the Riley's Rumble Half Marathon in 1:32:05. The following month, she ran her best of eleven wins at the Parks Half Marathon in 1:30:08 to take eighth place in the division. Her Credit Union Cherry Blossom 10M in 1:09:14 bested eleventh place Emily Pierce who ran a very close 1:09:22. Huerta's seventh best race was the Devil's Den 10M in 1:09:14. Tenth place Trish Stone had eight wins, none faster than her Turkey Burnoff 10M in 1:09:14. That course is much tougher the big downtown spring race beneath the Cherry Blossom trees.

Twenty-three women qualified for the division.

| Place | Name | Age | Hometown | 10K= |
|-------|-------------------------------|-----|---------------------|-------|
| 1 | Fallon Wallace, Barb*10 | 43 | Alexandria, VA | 37:06 |
| 2 | Gruendel, Jackie**** | 42 | Clifton, VA | 38:19 |
| 3 | Burbach, Cristina*6 | 43 | Arlington, VA | 38:56 |
| 4 | Crook, Meg**** | 42 | Charlottesville, VA | 39:09 |
| 5 | Doldorf, Judy*7 | 44 | Manassas, VA | 39:31 |
| 6 | Huerta, Amy*11 | 42 | Fredericksburg, VA | 40:25 |
| 7 | Perlingeiro, Fabiana***** | 40 | Virginia Beach, VA | 40:36 |
| 8 | Reichmann, Lisa*11 | 43 | Gaithersburg, MD | 40:44 |
| 9 | Dunn, Carrie | 41 | Arlington, VA | 41:24 |
| 10 | Stone, Trish*8 | 42 | Kensington, MD | 41:36 |
| 11 | Pierce, Emily*7 | 42 | Silver Spring, MD | 41:41 |
| 12 | Blanchard, Christie* | 44 | Chevy Chase, MD | 41:51 |
| 13 | Kays, Danielle*7 | 42 | Bel Air, MD | 41:59 |
| 14 | Smith, Elizabeth**** | 41 | Virginia Beach, VA | 42:10 |
| 15 | Sapper, Julie*7 | 44 | Rockville, MD | 42:28 |
| 16 | Sample, Jennifer*7 | 42 | Chevy Chase, MD | 42:33 |
| 17 | Austin-Thieme, Stephanie***** | 43 | Woodbridge, VA | 42:47 |
| 18 | Hainstock, Lisa**** | 41 | Charlottesville, VA | 42:56 |
| 19 | Finnegan, Alison* | 41 | Rockville, MD | 43:23 |
| 20 | Sober, Jen*7 | 44 | McHenry, MD | 43:28 |
| 21 | Hicks, Julie*8 | 41 | Norfolk, VA | 43:57 |
| 22 | Shariat, Anna | 40 | Bethesda, MD | 44:38 |
| 23 | Weems, Aimee** | 41 | Spotsylvania, VA | 45:19 |

45-49 Women

Run for the Parks 10K 35:31

Open class Perry Shoemaker had the top ten races in the division of which she was the overall winner in eight of them. Seven of them were major races, including a second overall at the TowneBank Shamrock Festival 8K in 29:11. Second *faded* to fourth overall at the huge Reston Firecracker 5K in 18:02 in her seventh fastest race. Runner-up Kelly Westlake had a wonderful Credit Union Cherry Blossom 10M in 1:04:59. Shoemaker won it all at the George Washington Parkway Classic 10 Mile in 1:00:01. Third place Yoko England won it all at the Wards Corner 10K in 40:29. Shoemaker hammered the entire field at the Run for the Parks 10K in 35:31. Fourth place Debbie Goodpasture was marvelous with ten wins, including an overall win at the Boxer Brief Battle 5K in 19:36. Shoemaker, finished the year with a sizzling Veterans Day 5K in 17:55 to confirm another top ten finish in the Elite division of the rankings.

Amanda Roberts had the fastest half marathon, second overall at the Petersburg Half Marathon in 1:30:47 to take fifth in the division. That edged the second best races of Westlake, Rock 'n' Roll Half Marathon in 1:30:48, and England, Marine Corps Historic Half Marathon in 1:30:51. Sixth place Samantha Cole ran well at the Annapolis 10 Miler in 1:09:55. Cathy Ross takes seventh place, racing the Army Ten Miler in 1:10:36. Cole ran the Capitol Hill Classic 10K in 42:12 with Ross close by in 42:14 at the Friends of W&OD 10K. Making it even closer, Cole won the Reston 10M in 1:11:48 in March and Ross was second overall at the Perfect 10 10 Miler in September on the very same course in 1:10:45. Ninth place Suzanne Himes looked really good winning the Leesburg 20K in 1:30:35. However, eighth place Carol Currey matched her exactly, racing the Reston New Year's 5K a notoriously known long course. Also, her Burke Lake 12K in 52:32 for runner-up was one of three races she ran faster than did Himes.

Lisa Chilcote had matching 20:40 5Ks to cap the top ten. At the College Park Park Run 5K #22 in March that was good enough for an overall win. Eleventh place Linda-Lou O'Connor was top master at the fast course Kelly's Shamrock 5K in 20:43. Christine Westcott is next, racing the longest distance for a qualifier, the Anthem Richmond Marathon in 3:23:13. Monique Rico edges Joy Harrington for thirteenth place. She raced the largely flat Ringing in Hope 5K in 20:55 while Harrington charged down the road at the Clarendon Day 5K in 20:56. Cheri Prior was right with them for fifteenth place, racing the Ukrops Monument Avenue 10K in 43:38.

Thirty-three women qualified for the division.

| Place | Name | Age | Hometown | 10K= |
|-------|------------------------|-----|-------------------|-------|
| 1 | Shoemaker, Perry*10 | 46 | Vienna, VA | 35:31 |
| 2 | Westlake, Kelly**** | 46 | Ellicott City, MD | 39:03 |
| 3 | England, Yoko**** | 46 | Norfolk, VA | 39:20 |
| 4 | Goodpasture, Debbie*10 | 48 | Midlothian, VA | 39:48 |
| 5 | Roberts, Amanda**** | 45 | Petersburg, VA | 41:01 |
| 6 | Cole, Samantha*7 | 49 | Arlington, VA | 42:01 |

| | | | | |
|----|-------------------------|----|--------------------|-------|
| 7 | Ross, Cathy*15 | 46 | Burke, VA | 42:14 |
| 8 | Curry, Carol**** | 45 | Springfield, VA | 42:55 |
| 9 | Himes, Suzanne*** | 48 | Alexandria, VA | 42:55 |
| 10 | Chilcote, Lisa*7 | 46 | North Bethesda, MD | 43:02 |
| 11 | O'Connor, Linda-Lou**** | 48 | Severna Park, MD | 43:08 |
| 12 | Westcott, Christine** | 47 | Chantilly, VA | 43:26 |
| 13 | Rico, Monique***** | 49 | Chantilly, VA | 43:33 |
| 14 | Harrington, Joy***** | 47 | Arlington, VA | 43:35 |
| 15 | Prior, Cheri | 49 | Glen Allen, VA | 43:38 |
| 16 | Knickman, Denise*6 | 49 | Baltimore, MD | 43:44 |
| 17 | Taylor, Julia* | 46 | Arlington, VA | 43:49 |
| 18 | Wilkins, Sharon*9 | 47 | Chesapeake, VA | 43:58 |
| 19 | Benda, Marci*** | 47 | Parkton, MD | 43:55 |
| 20 | Dustin, Jennifer** | 47 | Elkridge, MD | 43:58 |
| 21 | Isler, Kim*6 | 49 | Oakton, VA | 44:18 |
| 22 | Fuglem, Tove*6 | 49 | Quantico, VA | 44:23 |
| 23 | Whitestone, Yuko***** | 45 | Springfield, VA | 44:33 |
| 24 | Arbaugh, Tonna*9 | 49 | Westminster, MD | 44:41 |
| 25 | Hoening, Katherine** | 48 | South Riding, VA | 46:13 |
| 26 | Chase, Julia** | 47 | Fredericksburg, VA | 46:14 |
| 27 | Greer, Eliza** | 47 | Baltimore, MD | 46:16 |
| 28 | Taylor, Ruth*9 | 49 | Frederick, MD | 46:42 |
| 29 | Rubin, Rebecca* | 45 | Bethesda, MD | 46:49 |
| 30 | Siddique, Nadrat*** | 49 | Ellicott City, MD | 47:01 |
| 31 | Blakney, Luz* | 49 | Oak Hill, VA | 47:09 |
| 32 | Strauch, Debi*** | 49 | Ashburn, VA | 47:13 |
| 33 | McCubbin, Tina**** | 47 | Westminster, MD | 47:29 |

50-54 Women

Pike's Peek 10K = 39:44

Kendall Tata Looked really good racing open class times at age fifty-four. But that just put her between a rock and a hard place. She escapes the legendary Alisa Harvey who aged up and dominated the division with an open class time as second overall at the Frosty 5K in 19:33. She would later win it all at the Festival of Lights 5K in 19:40. But it was out of the frying pan into the fire. She will be crashing head on with Cindy Conant who had the top twenty-five times in her 55-59 division and it is hers. Tata ran a very special Pepsi 10K in 41:45 for one of her eleven wins, just two weeks after running 26:07 at the Charlottesville 4 Miler. She also ran the Earlysville Turkey Trot 5K in 20:23 close to Harvey's fourth best 5K, the PRR Birthday Bash 5K in 20:07. Don't forget Harvey is a former American masters indoor mile record holder as well as an Olympic qualifier in the 800 meters.

Third place Shannon Smith crushed fifth place Cornelia Prichard at the Army Ten Miler 1:00:58 to 1:16:04. It was easily the best effort by Shannon who had her own troubles, racing the Pike's Peek 10K in 43:23. Pritchard was clearly happier with much longer distances. She had the fastest half marathon of the year, running Fredrick in 1:35:46. She later excelled at the Marine Corps Marathon in 3:20:34 for the fastest marathon of the year. Fourth place Pamela Lovett is gearing up to join Tata in the battle with Conant in the new division. She was second overall at the Westchester Shamrock 5K in 20:33 and again at the ODU Monarch 5K in 20:35. She can go long as well, finishing her TCS Annapolis Half Marathon in 1:36:23 just behind the second fastest half run by seventh place Debbie McLaughlin at the Dismal Swamp Stomp Half Marathon in 1:36:16. Sixth place Anita Freres races a lot often at Potomac River Running events such as the Reston 10 Mile whose rolling hills she crossed in 1:11:39. That was probably a better race than her flat and fast Credit Union Cherry Blossom 10M in 1:11:18 ahead of Smith's 1:12:22 and McLaughlin's 1:13:00.

Eighth place Patty Andrews won it all at the Get Pumped for Pets 10K in 43:47. Ninth place Deb Taylor was real close as she ran 1:14:04 at the toughest of the four major ten milers, the Annapolis 10 Miler. Tammy Liu joined the division in time to win the Kelly's Shamrock 5K in 21:29 and gets eleventh place, finishing the Credit Union Cherry Blossom 10M in 1:14:19, right behind tenth place Mary Bowman who ran 1:13:57. Bowman also ran the Spring 5K in 21:32 and had a massive number of races. Taylor backed up her slower start to the year with an Across the Bay 10K in 45:02. Twelfth place Maureen Hall again won a lot of races (23). Her best was the Executive Stampede 5K in 21:35 to top all the women racing that morning. Thirteenth place Kelly Dworak from Pennsylvania raced the Holiday Hustle 5K in 21:38. She has been racing so long and so often locally that she has been grandfathered in from the days that we used southern Pennsylvania races. Fourteenth place Linda Boring raced well at the Freedoms Run Festival Half Marathon in 1:40:25, a race that is run partly in West Virginia. She came back strong after having run the National Capital 20M in 2:39:06 just six days earlier. Fifteenth Jeannie Wolanski was a whisker behind her, racing the American Family Fitness Half Marathon in 1:40:29 to start the year.

Fifty-three women qualified for the division.

| Place | Name | Age | Hometown | 10K= |
|-------|-----------------------|-----|-------------------|-------|
| 1 | Harvey, Alisa**** | 51 | Manassas, VA | 40:42 |
| 2 | Tata, Kendall*11 | 54 | Stanardsville, VA | 41:45 |
| 3 | Smith, Shannon**** | 51 | Washington, DC | 42:39 |
| 4 | Lovett, Pamela*10 | 54 | Yorktown, VA | 42:47 |
| 5 | Pritchard, Cornelia*7 | 51 | Frederick, MD | 42:52 |
| 6 | Freres, Anita*11 | 52 | Vienna, VA | 42:51 |
| 7 | McLaughlin, Debbie*11 | 52 | Williamsburg, VA | 43:00 |
| 8 | Andrews, Patty***** | 53 | Stevensville, MD | 43:47 |
| 9 | Taylor, Deb***** | 51 | Hanover, MD | 44:31 |

| | | | | |
|----|------------------------|----|---------------------|-------|
| 10 | Bowman, Mary*17 | 52 | Silver Spring, MD | 44:26 |
| 11 | Liu, Tammy*7 | 50 | Ellicott City, MD | 44:40 |
| 12 | Hall, Margaret*23 | 52 | Parkville, MD | 44:50 |
| 13 | Dworak, Kelly** | 54 | Carlisle, PA | 45:11 |
| 14 | Boring, Linda*** | 52 | Frederick, MD | 45:23 |
| 15 | Wolanski, Jeanine* | 52 | Charlottesville, VA | 45:24 |
| 16 | David, Carol*9 | 54 | Stafford, VA | 45:31 |
| 17 | Borkman, Kelly*8 | 51 | Virginia Beach, VA | 45:41 |
| 18 | Scott, Janeth* | 54 | Columbia, MD | 45:56 |
| 19 | Heichelbach, Tracy* | 52 | Potomac, MD | 46:06 |
| 20 | Ung, Mardiny** | 50 | Elizabethtown, PA | 46:15 |
| 21 | MacKintosh, Brenda*9 | 52 | Springfield, VA | 46:24 |
| 22 | McClintick, Karen*6 | 51 | Midlothian, VA | 46:30 |
| 23 | Johnston, Keary*7 | 52 | Frederick, MD | 46:41 |
| 24 | Smith, Paula***** | 50 | Hampstead, MD | 46:38 |
| 25 | Bozarth, Helena**** | 51 | Fredericksburg, VA | 46:49 |
| 26 | Strauch, Debi*6 | 50 | Ashburn, VA | 46:58 |
| 27 | Stotler, Tonya*10 | 50 | Cross Junction, VA | 46:59 |
| 28 | Kopacz, Margaret*8 | 52 | Chesapeake, VA | 47:01 |
| 29 | Kopecky, Debbie* | 54 | Virginia Beach, VA | 46:59 |
| 30 | Schauerman, Christine* | 51 | Ellicott City, MD | 46:57 |
| 31 | Hackman, Christine*10 | 52 | Arlington, VA | 47:03 |
| 32 | Barrick, Michelle*8 | 53 | Middle River, MD | 47:09 |
| 33 | Fraker, Ann**** | 51 | Baltimore, MD | 47:20 |
| 34 | Morris, Patricia** | 51 | Chester, MD | 47:20 |
| 35 | Sevik, Phyllis* | 52 | Ellicott City, MD | 47:17 |
| 36 | Willingham, Lise*** | 54 | Charlottesville, VA | 47:28 |
| 37 | Delaney, Nancy*11 | 51 | Virginia Beach, VA | 47:59 |
| 38 | Sachs, Amy* | 52 | Ellicott City, MD | 48:03 |
| 39 | Moeser, Audrey* | 51 | Glen Arm, MD | 48:09 |
| 40 | Callahan-Brill, Jami*9 | 51 | Hampton, VA | 48:13 |
| 41 | Sheets, Susan | 54 | Virginia Beach, VA | 48:26 |
| 42 | Kuhn, Margaret* | 54 | Riverdale, MD | 48:45 |
| 43 | Braunstein, Janet*8 | 51 | Washington, DC | 48:43 |
| 44 | de Cuevas, Margaret* | 54 | Baltimore, MD | 49:02 |
| 45 | Shea, Stacey*6 | 54 | Baltimore, MD | 49:08 |
| 46 | Murillo, Barbara*** | 52 | Fairfax, VA | 49:10 |
| 47 | Ray, Marina | 53 | Upper Marlboro, MD | 49:20 |
| 48 | Horkan, Miho | 54 | Rockville, MD | 49:19 |
| 49 | Griner, Kristin | 53 | Tracys Landing, MD | 49:40 |
| 50 | Simon, Sandi* | 51 | Perry Hall, MD | 49:51 |
| 51 | Armistead, Lisa***** | 51 | Virginia Beach, VA | 50:02 |
| 52 | Esquibel, Pearl** | 54 | Fredericksburg, VA | 50:09 |
| 53 | Foy Jones, Valor*** | 54 | Newport News, VA | 51:15 |

55-59 Women

Credit Union Cherry Blossom 10 Mile 1:04:09, 10K = 38:33

It was a massacre as Cindy Conant continues to improve in the most lopsided title crowning performance. Her five best races were age graded at higher than 90% as she led the way in that category. She had the top twenty-five times in the division. Though some of her races were small she was top two overall in seventeen of them with 11 overall wins. That is not to say that she did not do major events. Her only race not at least an age group winner was when Joan Benoit Samuelson out kicked her after a neck and neck battle at the Credit Union Cherry Blossom 10M in 1:04:05. Conant at 1:04:09 was close enough to ask for an autograph from the Olympian and former world record holder in the marathon. Conant has taken a liking to the PR making Great Allegany 15K with its point-to-point 600 foot drop but even her 59:35 for second overall there could not match her 10 mile race against Samuelson. Her Capital for a Day 5K in 19:05 on rolling hills was much more impressive than her 19:30 at the downhill Clarendon 5K. She won it all at the MCRRC Piece of Cake 10K in 39:46 in rolling Seneca Creek Park to prove a month later that Pike's Peek (39:54) is now just a somewhat fast course but cannot match the flat fast courses in the area. All in all in her shellacking of the division, she raced 18 times that qualified her for the Open Division...again.

The division will be filling up with fast racers such as Pamela Lovett and Kendall Tata who aged up in the fall. Runner-up Deedee Loughran had a slew of fine 5K races, including an overall win. She was fastest at the Turkey Day 5K in 20:53 to open the year but her first love is the half marathon. She won all three she entered, including a year ending Markel Half Marathon in 1:35:47. It was the third fastest half behind two from the unbeatable Conant. Third place Mercedes Castillo-D'Amico was not too far behind with three swift 5Ks, never finishing worse than third overall. Her best was the Sentara Colonial 5K in 21:01. Fourth place Karla Havens lost to Castillo-D'Amico at the Elizabeth River Run 10K 43:54 to 44:35 but that race was enough to separate her from fifth place Julie Hayden who had run a marvelous Veterans Day 5K in 21:35 early on. Havens had a second best race as an overall win at the Joe & Sue Moore Memorial Scholarship 5K in 21:36. Hayden slowed a tad when the Veterans Day 5K appeared twice on this year's schedule, ending her year with a 21:50 this time.

Amber Rader had a quality outing winning the Ukrops Monument Avenue 10K in 45:09 top take sixth place. Seventh place Sushila Nanda, where does she get the energy? Even struggling through mid-year injuries and facing up with Julie Hayden on many PPR= events, she managed to win her age group 31 times. She stayed mostly in the low 22s in her multitude of 5Ks but for Independence Day she ran the PVTC Go Fourth 8K in a swift 35:54. Eighth place Jill Snyder was lurking right around the corner, racing a fine Clyde's 10K in 46:01 on a rolling course. She would add the fastest ten miler not run by Conant at the

Cherry Pit 10M in 1:17:01. Ninth place Susan Sheets has to be right in the mix as well with her Anthem Wicked 10K in 45:56. Sheets, who aged up mid-year, also ran the CXB Low Rent 5K In 22:53.

Tenth place Blake Rushin ran mostly major races, topping out at a solid 22:33 at the Clarendon 5K. Right with her in eleventh place Nancy Hill owes the northeast corner, winning seven of the local races, including the Heather Hurd 5K in 22:32. Margaret Kuhn takes twelfth place was a nifty Pike's Peek 10K in 47:10.

Next up, you have three ladies with identical 47:41 10K equivalent best races. Using the Moreland Racing Factor Suzanne Porter (MRF 54) wins the battle for thirteenth. She ran the Ringing in Hope 10K in 47:41 and on a hillier course slowed imperceptively at For the Love of It 10K in 47:42. Kathleen Kearns (MRF 35) is next winning the Holiday Half Marathon in 1:45:31 and even with two fewer races then Suzanne Furr (MRF 31) edges her with five major races. Furr was best at the Downs Park 5 Mile in 37:49 and added a good Cherry Pit 10M in 1:19:34.

Fifty-one women qualified for the division.

| Place | Name | Age | Hometown | 10K= |
|-------|------------------------------|-----|---------------------|-------|
| 1 | Conant, Cindy*25 | 56 | Kensington, MD | 38:33 |
| 2 | Loughran, Deedee*8 | 59 | Reston, VA | 43:17 |
| 3 | Castillo-D'Amico, Mercedes*9 | 59 | Williamsburg, VA | 43:55 |
| 4 | Havens, Karla*8 | 55 | Plainview, VA | 44:35 |
| 5 | Hayden, Julie*12 | 57 | Ashburn, VA | 44:56 |
| 6 | Radar, Amber*8 | 58 | Moseley, VA | 45:09 |
| 7 | Nanda, Sushila*31 | 56 | Arlington, VA | 45:35 |
| 8 | Snyder, Jill** | 56 | Annapolis, MD | 46:01 |
| 9 | Sheets, Susan*** | 55 | Virginia Beach, VA | 45:56 |
| 10 | Rushin, Blake*** | 56 | Vienna, VA | 46:57 |
| 11 | Hill, Nancy*7 | 59 | Havre de Grace, MD | 46:55 |
| 12 | Kuhn, Margaret**** | 55 | Riverdale, MD | 47:10 |
| 13 | Porter, Suzanne*6 | 56 | Annandale, VA | 47:41 |
| 14 | Furr, Suzanne***** | 56 | Harwood, MD | 47:41 |
| 15 | Kearns, Kathleen** | 56 | Woodbridge, VA | 47:41 |
| 16 | Rome, Julie** | 55 | Oak Hill, VA | 47:49 |
| 17 | Kennedy, Linda* | 57 | Alexandria, VA | 47:53 |
| 18 | Grillo, Jeanne*** | 55 | Potomac, MD | 48:38 |
| 19 | Galliani, Paula***** | 57 | Gaithersburg, MD | 48:52 |
| 20 | Ranney, Sheri | 56 | Reston, VA | 49:02 |
| 21 | Black, Beverly***** | 57 | Fairfield, PA | 49:10 |
| 22 | Asao-Ragosta, Kiyoko*** | 59 | Charlottesville, VA | 49:17 |
| 23 | Gentry, Mary* | 58 | Nokesville, VA | 49:21 |
| 24 | Quinn, Elizabeth***** | 55 | Stafford, VA | 49:26 |
| 25 | Meyer, Jane* | 57 | Annapolis, MD | 49:22 |

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|----|------------------------|----|---------------------|-------|
| 26 | Rosasco, Carole*8 | 58 | Severna Park, MD | 49:27 |
| 27 | Layson, Lynda* | 57 | Severn, MD | 49:25 |
| 28 | Rankin, Valerie*7 | 55 | Bowie, MD | 49:35 |
| 29 | Zorn, Nancy* | 59 | Millersville, MD | 49:37 |
| 30 | Chen-Mayer, Heather* | 55 | Garrett Park, MD | 49:41 |
| 31 | Donovan, Kathy*6 | 56 | Virginia Beach, VA | 49:52 |
| 32 | McCann, Beth | 57 | Arlington, VA | 49:51 |
| 33 | Fisher, Nina | 59 | Annapolis, MD | 50:02 |
| 34 | Pfirrmann, Deborah*** | 56 | Arlington, VA | 50:15 |
| 35 | Griffing, Sharon** | 58 | Springfield, VA | 50:11 |
| 36 | Poremski, Ruth | 56 | Parkville, MD | 50:33 |
| 37 | Gray, Sandra**** | 58 | Glen Allen, VA | 50:33 |
| 38 | Collard, Liz | 56 | Darlington, VA | 51:05 |
| 39 | Lasker, Janice | 57 | Fredericksburg, VA | 51:07 |
| 40 | Spatz, Debra*** | 58 | Saint Leonard, MD | 51:07 |
| 41 | Cea, Kathy*** | 57 | Gaithersburg, MD | 51:05 |
| 42 | Weaver, Terri***** | 57 | Virginia Beach, VA | 51:12 |
| 43 | Peart, Sandra* | 58 | Henrico, VA | 51:12 |
| 44 | Durland-Jones, Karen** | 56 | Free Union, VA | 51:24 |
| 45 | Yao, Pamela** | 57 | Elkridge, MD | 51:30 |
| 46 | Josey, Chrissy | 58 | Columbia, MD | 51:39 |
| 47 | Lyons, Barbara | 59 | Clarksville, MD | 51:41 |
| 48 | Hackett, Maura | 58 | Springfield, VA | 51:52 |
| 49 | Bean, Becky*6 | 59 | Norfolk, VA | 52:32 |
| 50 | Schulte, Victoria | 57 | Ashburn, VA | 52:38 |
| 51 | D'Antoni, Jeanne* | 56 | Charlottesville, VA | 53:14 |

60-64 Women

Reston 10 Mile 1:14:00, 10K = 44:28

Last year's champion Ida Draim was off nearly all year with an injury and Betty Blank is gearing up for the new division in the coming spring. It was looking good for Mary Lowe Mayhugh to move up from third. After all, she did have an amazing forty-one age group wins compared to last year's eleven. And she was a minute faster, running the Veterans Day 10K in 47:31. She would win it all at the Cranberry Crawl 5K in 22:48. But there was a storm brewing from the Tidewater Region. Runner-up Carolyn Harrison who just barely cracked fifty minutes last year moved up nine places. She was just ahead of Mayhugh's time, racing the Elizabeth River Run 10K in 47:26. Then she added a slew of fast 5Ks in the low 22s. Her overall win at the Goal Seekers 5K in 22:06 might have been enough to overcome her loss to Rose Crist (47:15) at the Elizabeth River. Our new champion Crist was a credible fifth place last year but was way off the mark timewise. This year she stepped on the gas, getting faster as the year went on. She boasted a fine World Class Freedom Run 8K in 36:58 in October. Then

finished the month with a Governor's Land 5K in 22:26 to close on Harrison. A week later, she eased on by as top master at the Yorktown Battlefield 10 Miler in 1:16:01.

Blank would do her best early in the year with still another victory at the Alexandria Turkey Trot 5M in 37:56. Still, the die was already cast for a fourth-place ranking as the week before she was overtaken by Mayhugh's at the Cranberry Crawl 5K. She was second overall that morning in 23:08. How rare is it for a senior racer to be second overall and not be the top runner in her division either? Fifth place Catherine Baker ran a fine Pike's Peek 10K in 48:02. Blank, who ran 46:00 her first 60-64 try there four years ago, is not happy with the new course which adds a hill or two and take away a final quarter mile downhill finish. She did meet up with Baker earlier in the month at the Credit Union Cherry Blossom 10M. The course has had many iterations over the decades but it has always been fast. Blank prevailed 1:20:36 to 1:20:52.

Seventh place Beth Baumgarten had a tough Cherry Blossom in 1:23:58 but she excelled at the huge Virginia Run Turkey Trot 5K in 23:26 early in the year. Sixth place Cecil Astrop was just ahead of her with a fine Anthem Shamrock Festival Half Marathon in 1:47:26, while eighth place Nina Fisher was a stride or two back, racing the Charles Street 12 mile in 1:38:48. Astrop also had a fine Run for the Heart 10M in 1:21:16. After that, everyone ran their 5Ks slower than 24:00 except for ninth place Deborah Cohen who did exactly that at the International Celebration 5K.

Leslie Rigby Kash came up one win short of twenty, earning tenth place at the HCA 8K in 39:43 on the first race day of the year. Helen Worthington is next in eleventh, racing the Re Strong 5K in 24:14. Liza Recto, who probably directs and times as many races as she runs, came up big on the final day of the year, winning at the Veterans Day 10K in 51:03. Marcy Foster made the top quarter of the deck (52 women qualifiers) at the Run with Santa 5K in 24:57.

Fifty-two women made the rankings, off from last year's record high of sixty-five.

| Place | Name | Age | Hometown | 10K= |
|-------|-----------------------|-----|--------------------|-------|
| 1 | Crist, Rose*24 | 62 | Lanexa, VA | 45:41 |
| 2 | Harrison, Carolyn*10 | 61 | Virginia Beach, VA | 46:01 |
| 3 | Mayhugh, Mary Lowe*41 | 61 | Washington, DC | 47:28 |
| 4 | Blank, Betty*12 | 64 | Falls Church, VA | 47:50 |
| 5 | Baker, Catherine*** | 60 | Bethesda, MD | 48:02 |
| 6 | Astrop, Cecil*** | 62 | Richmond, VA | 48:33 |
| 7 | Baumgarten, Beth***** | 60 | Stone Ridge, VA | 48:47 |
| 8 | Fisher, Nina***** | 60 | Annapolis, MD | 48:50 |
| 9 | Cohen, Deborah*7 | 60 | Ellicott City, MD | 49:58 |
| 10 | Rigby Kash, Leslie*19 | 61 | Fredericksburg, VA | 50:25 |
| 11 | Worthington, Helen*9 | 63 | Bena, VA | 50:33 |

| | | | | |
|----|--------------------------|----|------------------------|---------|
| 12 | Recto, Lisa**** | 61 | Lexington Park, MD | 51:03 |
| 13 | Foster, Marcy**** | 62 | Reston, VA | 51:57 |
| 14 | Philpot, Connie*15 | 62 | Arlington, VA | 52:20 |
| 15 | Neff, Patricia** | 61 | Springfield, VA | 52:25 |
| 16 | Snead, Susan*** | 62 | Virginia Beach, VA | 52:18 |
| 17 | Taylor, Victoria*** | 61 | Dumfries, VA | 52:28 |
| 18 | Seidman, Merrilee*10 | 63 | Alexandria, VA | 52:36 |
| 19 | Phillips, Hannah**** | 64 | Alexandria, VA | 52:43 |
| 20 | Langlois, Harriet*9 | 61 | Frederick, MD | 53:52 |
| 21 | Smith, Linell* | 64 | Baltimore, MD | 54:02 |
| 22 | MacNabb, Pat* | 64 | Glenwood, MD | 54:14 |
| 23 | Wamsley, Christie***** | 64 | Colonial Heights, VA | 54:18 |
| 24 | Palluch, Linda* | 63 | Virginia Beach, VA | 54:54 |
| 25 | Klauber, Arlene | 64 | Springfield, VA | 54:48 |
| 26 | Eisen, Rona | 64 | Bethesda, MD | 55:04 |
| 27 | Vangeison, Jodi* | 61 | Stafford, VA | 55:04 |
| 28 | Uthe, Janice*6 | 62 | Bowie, MD | 55:02 |
| 29 | Bone, Jean** | 63 | Henrico, VA | 55:22 |
| 30 | Robison, Debi** | 63 | Troutville, VA | 55:12 |
| 31 | Wolfe, Deb*** | 62 | Gainesville, VA | 55:20 |
| 32 | Washington, Myra*14 | 60 | Montgomery Village, MD | 55:40 |
| 33 | Ashlock, Joyce* | 62 | Nottingham, MD | 55:40 |
| 34 | Solomotis, Marianne***** | 62 | Columbia, MD | 55:50 |
| 35 | White, Susan | 61 | Virginia Beach, VA | 56:03 |
| 36 | Hennes, Kathy* | 64 | Annapolis, MD | 55:50 |
| 37 | Newton, Frances**** | 63 | Henrico, VA | 56:06 |
| 38 | Bowling, Nancy*7 | 60 | Frostburg, MD | 55:54 |
| 39 | Ferris, Nancy** | 61 | Goode, VA | 56:37 |
| 40 | Lang, Mary* | 63 | Pasadena, MD | 56:36 |
| 41 | Kohinke, Anna***** | 64 | Salem, VA | 56:46 |
| 42 | Stephens, Shirley*** | 61 | Williamsburg, VA | 56:50 |
| 43 | Von Bargen, Lynda*** | 61 | Brookeville, MD | 57:11 |
| 44 | Hansen-Vessa, Carol*8 | 62 | Reston, VA | 57:15 |
| 45 | Ball, Nancy | 61 | Fredericksburg, VA | 57:28 |
| 46 | O'Connor, Doreen** | 61 | Chester, MD | 57:38 |
| 47 | Downing, Carol** | 61 | Monkton, MD | 57:55 |
| 48 | Phelan, Jean** | 62 | Virginia Beach, VA | 57:52 |
| 49 | Edgerton, Lynn**** | 61 | Chesapeake, VA | 58:05 |
| 50 | Peck, Linda*** | 60 | Fredericksburg, VA | 58:39 |
| 51 | Scheide, Julie** | 60 | Arnold, MD | 58:47 |
| 52 | Maxwell, Ellen*7 | 60 | Washington, DC | 1:00:52 |

65-69 Women

Veterans Day 10K 49:02

The top three racers started the year at 69. Alice Franks must have had a premonition that she would be on injured reserve most of the year. She stormed to the top, racing the Veterans Day 10K in 49:02 to take the title on the first Sunday. Fifth ranked Ginny Hughes ran 51:17. Two weeks later, Franks raced the hilly Turkey Burnoff 10 Mile in 1:25:09 that would stand as the fastest ten miler until April when fourth ranked Claudia Wolfe raced the Credit Union Cherry Blossom 10M in 1:24:49.

Runner-up Betty Brothers was marvelous racing the VAB Turkey Trot 10K in 49:44 especially considering she had won the Anthem Richmond Marathon in 4:06:26 just 12 days earlier to start the year. She might have won both divisions as she had more than just a premonition that she would be seventy for most of the year. Part of her plan was to not slow down in the new age group and she succeeded. Third ranked Marge Rosasco is kind of stuck on 5Ks and would have won all ten events that she raced but the BRRC WDF 5K course in May was run short (perhaps 2.4M). She would take it out on the Bel Air Town Run 5K in June with a year's best 24:21.

Hughes added an even better race the week after her 10K at the Remington Turkey Trot 5K in 24:36. Sixth place Linda Gulick had fifteen wins and she was a victim of a short course as well, the Richmond Jingle Bell 5K for Arthritis 5K. She won at the Ukrops Monument Avenue 10K in 52:48 but had to wait until the final weekend to get her best race. That was the VCU 8K in 40:46. Seventh place Hannah Phillips joined the group mid-year. She prefers do her damage at middle distance contests. She was best at the Summer Strides 5K in 24:55. Lizzie Sadoff races a lot and wins a lot. Her thirteen wins is the fourth most in the division. She ran the DCRRC Al Lewis 10M in 1:27:17 but they have ten years age groups, she finished second. She was first 65-69.

Linda Scandore takes ninth place with her Monticello Holiday Classic 5K in 25:17. Mary Fredlake ran a solid Capitol Hill Classic 10K in 53:24 for tenth place. Finishing twelfth at the super-fast PR making Park Heights Community Health Alliance 5K in 26:02, Karen Whittington's race was slightly faster than Maria Shields who ran the Woodrow Wilson Bridge Half Marathon in 2:00:08. Still when Shields, who won seven events, met Whittington at the Baltimore Women's Classic 5K in June, she prevailed 26:33 to 27:17 to take eleventh place. Note that all twelve of these ladies had times qualifying them for the 55-59 division.

Forty-eight women qualified for the division.

| Place | Name | Age | Hometown | 10K= |
|-------|----------------------|-----|--------------------|-------|
| 1 | Franks, Alice*8 | 69 | Rockville, MD | 49:02 |
| 2 | Brothers, Betty***** | 69 | Virginia Beach, VA | 49:44 |
| 3 | Rosasco, Marge*10 | 69 | Joppa, MD | 50:42 |
| 4 | Wolfe, Claudia*7 | 65 | Alexandria, VA | 50:58 |

| | | | | |
|----|------------------------|----|---------------------|---------|
| 5 | Hughes, Ginny*14 | 67 | Warrenton, VA | 51:13 |
| 6 | Gulick, Linda*15 | 66 | Richmond, VA | 51:45 |
| 7 | Phillips, Hannah*** | 65 | Alexandria, VA | 51:53 |
| 8 | Sadoff, Elizabeth*13 | 68 | Washington, DC | 52:27 |
| 9 | Scandore, Linda*** | 66 | Charlottesville, VA | 52:44 |
| 10 | Fredlake, Mary***** | 67 | Washington, DC | 53:24 |
| 11 | Shields, Maria*7 | 66 | Davidsonville, MD | 54:17 |
| 12 | Whittington, Karen*9 | 65 | Baltimore, MD | 54:12 |
| 13 | Richmond, Kathy***** | 67 | Timonium, MD | 55:08 |
| 14 | Mills, Linda | 67 | Salisbury, MD | 55:23 |
| 15 | Travis, Patricia*20 | 66 | Williamsburg, VA | 55:31 |
| 16 | Rosenthal, Ann** | 68 | Bethesda, MD | 55:58 |
| 17 | Biasi, Barbara*8 | 69 | Yorktown, VA | 57:01 |
| 18 | Nusbaum, Maria** | 65 | Reston, VA | 57:27 |
| 19 | Sielen, Virginia*8 | 69 | Oakton, VA | 57:42 |
| 20 | Hennes, Kathy***** | 65 | Annapolis, MD | 58:22 |
| 21 | Forsha, Anne | 66 | Derwood, MD | 58:31 |
| 22 | Jensen, Rita** | 68 | Alexandria, VA | 59:19 |
| 23 | Brennan, Melanie* | 67 | Alexandria, VA | 59:24 |
| 24 | McFaden, Lynn*7 | 66 | Evington, VA | 59:59 |
| 25 | Lloyd, Maryann*** | 68 | Alexandria, VA | 1:00:58 |
| 26 | Kemper, Catherine*11 | 66 | Nellysford, VA | 1:01:25 |
| 27 | Stanfield, Leslie** | 68 | Reston, VA | 1:01:21 |
| 28 | Pruitt, Susan***** | 65 | Mechanicsville, VA | 1:01:35 |
| 29 | Goodman, Rae Jean** | 69 | Annapolis, MD | 1:01:30 |
| 30 | St. Clair, Christy** | 68 | Glen Arm, MD | 1:01:50 |
| 31 | Scott, Judith* | 66 | Germantown, MD | 1:01:36 |
| 32 | Reese, Chris*6 | 66 | Westminster, MD | 1:01:51 |
| 33 | McGinn, Toby | 69 | Gaithersburg, MD | 1:02:57 |
| 34 | Bray, Becky** | 66 | McLean, VA | 1:03:22 |
| 35 | O'Neill, Betsey | 69 | Virginia Beach, VA | 1:03:33 |
| 36 | Humphreys, Dottie***** | 66 | Newport News, VA | 1:03:43 |
| 37 | Schuster, Lu** | 67 | Leesburg, VA | 1:03:53 |
| 38 | Draper, Deedee* | 66 | Richmond, VA | 1:04:04 |
| 39 | Allen, Deborah | 68 | Lynchburg, VA | 1:04:39 |
| 40 | Kaylor, Roxanne | 67 | Falls Church, VA | 1:05:05 |
| 41 | Reid, Marie*6 | 67 | Great Falls, VA | 1:05:31 |
| 42 | Fishman, Elaine**** | 66 | Chesterfield, VA | 1:05:47 |
| 43 | Fahy, Loretta** | 68 | Frederick, MD | 1:06:04 |
| 44 | Jones, Priscilla** | 69 | Lynchburg, VA | 1:07:17 |
| 45 | Coen, Dianna* | 65 | Havre De Grace, MD | 1:08:22 |
| 46 | Barratt, Peg* | 68 | Arlington, VA | 1:08:45 |
| 47 | Burke, Pamela | 66 | Union Bridge, MD | 1:10:51 |
| 48 | Thompson, Elsa | 67 | Washington, DC | 1:11:28 |
| 49 | Quantrille, Barbara*** | 69 | Burke, VA | 1:12:31 |

70-74 Women

Yorktown Battlefield 10 Miler 1:22:59. 10K = 49:52

Betty Brothers joined the new group just after finishing qualifying for runner-up in the 65-69 division. Her first race in April was nearly her slowest, winning the Run for the Animals Half Marathon in 1:59:19. She proceeded to win her next nine races, all of them faster than any other competitor in the division. She two excellent 10Ks, Elizabeth River in 51:01 and Anthem Wicked in 51:08. Finally in November, she nearly matched her best race of the year at the Yorktown Battlefield 10 Miler in 1:22:59. It was one of five of her events that would have qualified for the 50-54 division.

The battle for the runner-up spot was far closer but was decided at the Credit Union Cherry Blossom 10M when Brigitte Sutherlin bested third place Linda Tice (1:33:47) and fourth Linda Kearney (1:37:51) with her excellent 1:30:39. Among Tice's nine age group wins was the Storm Warriors 5K in 26:42. Sutherlin never ran the 5K that fast but she had the fastest 10K, running the Sole for the City 10K in 57:04. Then she finished the summer, winning the Charles Street 12M in 1:50:34 for the second best race of this group. Kearney had her best race at the Pike's Peek 10K in 57:20 ahead of eighth place Pat Welch's 1:01:04.

Andrea Hess seem to be cruising until October when she raced the Race to Cure Sarcoma 5K in 28:01 to take fifth place in the division. The hard charging Lou Norton is next with 14 age group victories in her 19 races. In a quirk of the racing schedules, the Anthem Richmond Marathon appears twice, once from the first week and once from the last week of the official year. In 2016, she ran 5:04:17. In 2017, she capped her year with her best race of all with 4:43:12. Seventh place Karen Kautz finished ahead of ninth place Linda Yarr at the Credit Union Cherry Blossom 10M, 1:41:56 to 1:47:51. Welch was between them with 1:44:31.

Tenth place Clare Imholtz had a slew of victories (29), many of them at the very popular weekly College Park Park Run 5Ks. Her fastest race there in 2017 was in October in 31:41. Nobody matched quantity with twenty-fourth ranked Jeanette Novak. Novak finished the ranking year with 207 races, though many were too short to count for the rankings. Still, she finished a compelling 100 5Ks and sixty age group wins.

| Place | Name | Age | Hometown | 10K= |
|-------|-----------------------|-----|--------------------|---------|
| 1 | Brothers, Betty*10 | 70 | Virginia Beach, VA | 49:52 |
| 2 | Sutherlin, Brigitte*6 | 73 | Baltimore, MD | 54:29 |
| 3 | Tice, Linda*9 | 72 | Timonium, MD | 55:35 |
| 4 | Kearney, Linda**** | 70 | Leesburg, VA | 57:20 |
| 5 | Hess, Andrea*8 | 72 | Midlothian, VA | 58:20 |
| 6 | Norton, Lou*14 | 71 | Richmond, VA | 1:00:32 |

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|----|---------------------------|----|----------------------|---------|
| 7 | Kautz, Karen*6 | 73 | Silver Spring, MD | 1:01:15 |
| 8 | Welch, Pat*8 | 72 | Vienna, VA | 1:01:04 |
| 9 | Yarr, Linda*** | 73 | Bethesda, MD | 1:03:24 |
| 10 | Imholtz, Clare*29 | 71 | Beltsville, MD | 1:05:58 |
| 11 | Timmons, Sandra*13 | 71 | Alexandria, VA | 1:06:10 |
| 12 | Dodson, Christina***** | 71 | Henrico, VA | 1:06:04 |
| 13 | Hirn, Ann*12 | 72 | Portsmouth, VA | 1:06:50 |
| 14 | Robertson, Judith Faye*7 | 70 | Colonial Heights, VA | 1:09:20 |
| 15 | Sitkin-Porzal, Judith** | 70 | Silver Spring, MD | 1:10:11 |
| 16 | Jordan, Wendy**** | 71 | Washington, DC | 1:10:45 |
| 17 | Thomas, Susan*8 | 74 | Charlottesville, VA | 1:11:31 |
| 18 | Hanna, Judy*9 | 73 | Williamsburg, VA | 1:13:01 |
| 19 | Jorlett, Robin**** | 74 | Newport News, VA | 1:13:42 |
| 20 | Berger, Nancy**** | 72 | Huntley, VA | 1:14:28 |
| 21 | Barton, Pat* | 71 | Copper Hill, VA | 1:14:25 |
| 22 | Schwartzbard, Rosemary*** | 74 | Arlington, VA | 1:15:05 |
| 23 | Mayhew, Mary**** | 72 | Winchester, VA | 1:17:10 |
| 24 | Novak, Jeanette*60 | 73 | Damascus, MD | 1:18:18 |
| 25 | Arscott, Linda | 70 | Alexandria, VA | 1:21:04 |
| 26 | Dinneen, Arleen*7 | 74 | Ellicott City, MD | 1:21:43 |
| 27 | Blount, Nancy*** | 71 | Williamsburg, VA | 1:22:17 |
| 28 | Merritt, Marianna* | 72 | Vienna, VA | 1:23:10 |

75-79 Women

SPCA 5K 29:36, 10K = 1:01:38

These ladies races a lot with second place Ecris Williams and fifth place Mandy Whalen accounting for 45 age group wins. And they do more than just 5Ks. Third place Molly Sherwood had the best race of the year, racing in the summer at the Chris Pike Memorial Half Marathon in 2:24:53. The top lady for 2017 is Mary Kate Berglund who had six of the top seven times. Her best effort was the SPCA 5K in 29:36. She would also win at the massive HCA 8K in 49:10 and had the fastest 10K winning at the Ukrops Monument Avenue 10K in 1:02:57.

Runner-up place Ecris Williams dominates Northern Virginia, especially at the PRR= events. She was fastest at their two most prominent courses, the Run with Santa 5K in 31:32 at the Reston Town Center and the Veterans Day 5K, also in 31:32 at Fairfax Corner. Fourth place Janet Hughes would move on mid-year to take a crack at the 80-84 title. In March, she ran her best race while still in the 75-79 division at the March Madness 5K in 33:24. Fifth seed Mandy Whalen ran the almost 5K, National Police Week 5K in 33:47. Her best race was probably the year ending Veterans Day 10K in 1:11:15, the fourth fastest 10K of the whole group.

Sixth place Laura Pitts ran the Sole for the City 10K in 1:13:23 but was even better at the nearly twice as long Charles Street 12M in 2:24:56. Seventh place Judy Stewart ran the Ukrops Monument Avenue 10K in 1:12:53 as well as a fine Queens Lake 5K in 35:43. Eighth place Betty Smith had her best race besting ninth place Lois Dicker at the Run for the Animals 5K.

| Place | Name | Age | Hometown | 10K= |
|-------|------------------------|-----|-------------------|---------|
| 1 | Berglund, Mary Kate*10 | 76 | Richmond, VA | 1:01:38 |
| 2 | Williams, Ecris*23 | 78 | Reston, VA | 1:05:39 |
| 3 | Sherwood, Molly**** | 75 | Annapolis, MD | 1:05:44 |
| 4 | Hughes, Janet*8 | 79 | Winchester, VA | 1:08:59 |
| 5 | Whalen, Mandy*22 | 77 | Falls Church, VA | 1:10:20 |
| 6 | Pitts, Laura | 78 | Baltimore, MD | 1:12:08 |
| 7 | Stewart, Judy*8 | 78 | Williamsburg, VA | 1:12:53 |
| 8 | Smith, Betty*** | 76 | Rockville, MD | 1:20:32 |
| 9 | Dicker, Lois**** | 78 | Silver Spring, MD | 1:21:56 |
| 10 | Ely, Pauline** | 79 | Hampton, VA | 1:35:11 |
| 11 | Kemble, Sarah** | 79 | Columbia, MD | 1:22:06 |
| 12 | Bennett, Judy | 77 | Springfield, VA | 1:37:01 |

80-84 Women

By George 5K 34:52, 10K = 1:12:36

The top two racers were head and shoulders above the rest. Our champion Tami Graf won every race except for some where the race division was 70 and older. Runner-up Janet Hughes likewise won all seven of her races. Of the top thirty-six times in the division Graf had thirty, while Hughes had six. Graf had the top race, the By George 5K in 34:52. Hughes had the next two fastest races with all of those six races also in the top twelve to match Graf. Hughes was best at the Apple Blossom 10K in 1:14:41 to match exactly her Run for the Ribbon 5.9K in 43:30. Graf was right with her, racing the Yorktown Victory 10K in 1:14:42. The two never raced head-to-head but aside from Graf's best race were very evenly matched. However, the prolific Graf also had nearly five times as many races, including five races 15K or longer.

Nancy Welker was next up with three very nice 5Ks, including the I am Woman 5K in 42:02. Fourth place Zoena Yannakakis joined the division strongly, racing the Jingle Bell Run Walk for Arthritis 5K in 46:31. Fifth place Betty Young was not as fast running the Run 4 Your Lives 4M in 1:03:09 but she was faster than Yannakakis' best four mile event. Sixth place Mitzi Humphrey participated in the RRRC Cul De Sac Series 5K races but was fastest at the First Day 5K in 51:49. Lastly, in seventh place Eloise Price finished the Ukrops Monument Avenue 10K in 1:52:06.

| Place | Name | Age | Hometown | 10K= |
|-------|------|-----|----------|------|
|-------|------|-----|----------|------|

| | | | | |
|---|----------------------|----|------------------------|---------|
| 1 | Graf, Tami*29 | 81 | Lusby, MD | 1:12:36 |
| 2 | Hughes, Janet*7 | 80 | Winchester, VA | 1:14:41 |
| 3 | Welker, Nancy*** | 83 | Roseland, VA | 1:27:41 |
| 4 | Yannakakis, Zoena*** | 81 | Towson, MD | 1:36:51 |
| 5 | Young, Betty* | 80 | Roanoke, VA | 1:41:05 |
| 6 | Humphrey, Mitzi**** | 81 | Richmond, VA | 1:47:53 |
| 7 | Price, Eloise | 84 | North Chesterfield, VA | 1:52.06 |

85-89 Women

SOME Thanksgiving Day Trot for Hunger 5K 40:39, 10K = 1:24:38

Eighteen women ran a race in 2017, with four qualifying for the year end. Ruth Ketron roasted the field with easily the three fastest races, all 5Ks. Her best was the Mountain States Rehab 5K in 41:00. Even in her slowest event, the Mendota 5K in 42:37, would do her well in the 70-74 division. Runner-up Yvonne Aasen was everywhere, running every distance from 5K to 10 Mile and winning ten times. She had three of the division's four races 10K or longer. Her best two races were her longest ones, including the AS Anniversary 15K in 2:30:29. Kathleen Anderson comes in third racing the first weekend at the HCA 8K in 1:21:29. She also again finished at the huge Ukrops Monument Avenue 10K with its numerous different starting times, making it hard to determine her actual official race time. Fourth place Pat Eden often walks in her races. She was fastest at the Hare & Tortoise New Quarter Park 5K in 52:26.

| Place | Name | Age | Hometown | 10K= |
|-------|--------------------|-----|------------------|---------|
| 1 | Ketron, Ruth** | 87 | Kingsport, TN | 1:25:22 |
| 2 | Aasen, Yvonne*10 | 86 | Westminster, MD | 1:37:51 |
| 3 | Anderson, Kathleen | 89 | Hanover, VA | 1:43:27 |
| 4 | Eden, Pat* | 86 | Williamsburg, VA | 1:49:10 |

90 & Older Women

Arlington Police, Fire & Sheriff 9-11 Memorial 5K 50:25, 10K = 1:44:58

Ages can be hard to determine for this division but the race results produced four runners 90 and older. Riley Scanlon, listed as 97, led the way at the Arlington Police, Fire & Sheriff 9-11 Memorial 5K in 50:25. Next came Cristen Bradley, listed as 98, ended 2016 at the Fairfax Four Mile in 1:13:57. Third place Caroline Feaga, 90, ran the first weekend at the Way Station's Thanksgiving Day 5K in 1:04:22. Carolyn Beckelheimer, 90, ran at the Brightviews Age Is Just a Number 5K in 1:10:11. That race every year has more eighty and older runners than any other race.

| Place | Name | Age | Hometown | 10K= |
|-------|----------------|-----|---------------|---------|
| 1 | Scanlon, Riley | 97 | Arlington, VA | 1:44:58 |

| | | | | |
|---|-----------------------|----|---------------|---------|
| 2 | Bradley, Cristen | 98 | McLean, VA | 1:58:24 |
| 3 | Feaga, Caroline | 90 | Frederick, MD | 2:14:16 |
| 4 | Beckelheimer, Carolyn | 90 | Bel Air, MD | 2:26:07 |

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

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

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

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

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

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

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

place an increased emphasis on competitive results.

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

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

Moreland Racing Factor

The middle column is the points awarded for each race. The right column is for any Major race (*500 or more runners or 20% ranked runners*).

| | Points | Major |
|--------------------------------|--------|-------|
| Overall Winner | 10 | 15 |
| 2nd overall | 8 | 12 |
| 3rd overall | 6 | 10 |
| 1st AG | 5 | 8 |
| 2nd AG | 3 | 5 |
| 3rd AG | 2 | 3 |
| Fastest @ each single distance | 3 | |
| Qualified Runner | 1 | |
| Major Race | 1 | |
| Each Ranked Runner beaten | 1 | |
| Master | 1 | |
| Head to Head | 5 | 10 |

The current qualifying standards for the 10K are:

| Age Group | Men | Women |
|------------------|------------|--------------|
| Open | 34:20 | 41:15 |
| 19 & younger | 38:20 | 46:05 |
| 35-39 | 36:40 | 44:10 |
| 40-44 | 38:20 | 46:05 |
| 45-49 | 39:45 | 48:45 |
| 50-54 | 42:00 | 51:45 |
| 55-59 | 43:55 | 54:30 |
| 60-64 | 49:45 | 62:05 |
| 65-69 | 52:50 | 75:00 |
| 70-74 | 56:20 | 89:40 |
| 75-79 | 1:32:30 | 1:39:00 |
| 80 & older | 1:45:00 | 1:50:00 |

The ranking periods for the 2018 ranking year:

- * Winter 2018 - November 13, 2017 – March 4, 2018
- * Spring 2018 - March 5, 2018– May 28, 2018
- * Summer 2018 – May 29, 2018 – September 3, 2018
- * Fall 2018 – September 4, 2018 – November 11, 2018