

Best of 2018 Rankings

Biggest Numbers Ever

50 Plus Club
Best of 2015
Best of 2016
Best of 2017
Best of 2018
Best of 2019



By [James Moreland](#)

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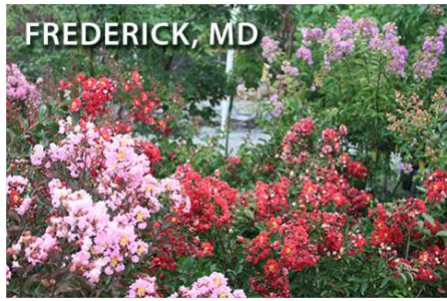
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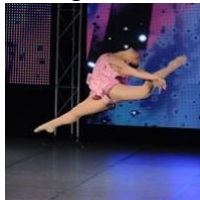


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There were a record 1,600 races that were qualifiers, sixty-four more than last year but with the same total number of runners that was the lowest level since 2011 at 645,886. Every season there were scores more races with no qualifiers. There were 227 *major* races, meaning 500 or more runners. The average race size shrunk again, this time by 15 percent to 403. There were 111 races with more than 1,000 finishers. There were fifty-one with more than 2,000, twenty-nine with more than 3,000, nineteen with more than 4,000, and thirteen with more than 5,000 finishers. All of these numbers are lower than in past years.

2018	Major	Total	Percent	Ranked	Runners
Winter	62	341	3.09%	4193	135744
Spring	76	491	1.97%	4689	238119
Summer	42	379	4.11%	3322	80923
Fall	47	389	2.06%	3939	191100
Total	227	1600	2.50%	16143	645886

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 16,143 times, about a six percent decrease from 2017, with women representing fifty-eight percent of the times. Of those who qualified to be ranked, 362 were men, identical to last year, and 397 were women, a modest six percent drop-off.

The largest divisions were the four women's divisions between 50 and 69, led by the 60-64 women with fifty-four qualifiers. The men in the 60-64 age group led with forty-six qualifiers as well as the surprising men aged 75-79 with forty-five in their division. The Open women's division had sixty-two and Open men's division had thirty-seven, but both of them include runners from multiple divisions.

In the Elite division, Roger Hopper led the way with ten victories. Only three others had six or more, Nicolas Crouzier (7), Abraham Kiplagat (6), and our overall champion Jeffrey Stein (6). Claire Wigglesworth, 15, led all women with fifteen triumphs in her seventeen events. Ann Mazur Robb was tied for second with thirteen overall wins. Master Sherry Stick is next with thirteen wins, some as master and some as sub master. Megan DiGregorio matched her in total victories at eleven. Perry Shoemaker, 47, was tops in ten of her twelve races.

In the age group battles, 45 male runners had ten or more victories and seventeen had fifteen or more victories, while 49 female runners had ten or more victories and fifteen had fifteen or more victories. A Combined twenty-one had twenty or more, including five members of the 50 Plus Club* with the top five of all runners having thirty-five or more age group wins. Keep in mind that the asterisk in the open division is for overall wins. Many of these champions between ages 20 and 34 had at least ten AGE GROUP victories, Many of these racers took advantage of the free, weekly Park Run+ races to aid in amassing

there impressive totals. There are seven such events in the region with five centered minutes from Washington, DC.

Women

PL	Name	Age	AG Wins
1	Mayhugh, Mary Lowe ⁺	62	37
2	Reid, Marie ⁺	68	32
3	Nanda, Sushila	57	32
4	Harrison, Carolyn	62	31
5	Travis, Patricia	67	24
6	Whalen, Mandy	79	24
7	Imholz, Clare ⁺	72	23
8	Novak, Jeanette ^{**}	74	22
9	Rigby, Kash, Leslie	62	22
10	Tata, Kendall	56	21
11	Graf, Tami ^{**}	82	20

Men

PL	Name	Age	AG Wins
1	Duane Rosenberg ⁺	65	38
2	Chall, John	62	36
6	Gordon, Kirk ^{**}	62	36
3	Poulos, Ted ^{**}	57	35
4	Rivera, Manuel ⁺	63	32
5	McClellan, Michael ⁺	80	24
7	Riemenschneider, Neal	64	24
8	Ryan, Paul ⁺	67	21
9	Noone, Jim [*]	74	21
10	Whitaker, Robert	59	20

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 seventy-nine half marathons with twenty-nine major and more than half of those (16) having more than 1,000 finishers. By far the most popular distance, the 5K had 1,147 occurrences at 132 major and fifty-two with more than 1,000 runners. The 8K had five major races out of forty-four events. The 5 Mile had five major races out of events. For the marathon, there were twenty with four major and all of those with more than 1,000 finishers. For the 10 Mile, there were ten major of thirty-three races with ten major, as well as the largest race, the Army ten miler, and seven races with more than 1,000. In the 10K, there were

the second and fourth largest of all races with twenty-four majors, including fourteen with more than 1,000 of the 156 events. The four mile race had twenty-nine races with five major and four with more than 1,000 finishers. Finally, eleven other races were major with five more than 1,000. The other races with less common distances such as the 3M, 6K, 12K, 15K, and 20K occurred sixty-three times.

	Race	Runners
1	Baltimore United Way 5K	5,595
2	Kelly's Shamrock 5K	4,609
3	Race for Every Child 5K	3,553
4	Arlington Turkey Trot 5K	3,411
5	Way Station's Thanksgiving Day 5K	3,236
1	Charlottesville 4 Miler	1,970
2	Fairfax Four Mile	1,202
3	Virginia 4 Mile	1,177
4	Four Courts 4M	1,004
5	Fairfax Turkey Trot 4M	764
1	TowneBank Shamrock Festival 8K	7316
2	HCA 8K	2938
3	Busch Gardens Christmas Town Dash 8K	2500
4	National Women's 8K	2268
5	CHKD 8K	654
1	Alexandria Turkey Trot 5M	4,646
2	Surf 'n' Santa 5M	3,367
3	Celtic Solstice 5M	2,373
4	Navy 5 Mile	1,911
5	Semper Five	1,021
1	Ukrops Monument Avenue 10K	21,258
2	Across the Bay 10K	16,749
3	Marine Corps 10K	6,434
4	Anthem Wicked 10K	4,193
5	Sole for the City 10K	3,985
1	Army 10 Mile	24,649
2	Credit Union Cherry Blossom 10M	16,659
3	George Washington Parkway Classic 10 Mile	8,392
4	Baltimore 10 Miler	4,006
5	Annapolis 10 Miler	2,529
1	Rock 'n' Roll Half Marathon VAB	10,376
2	Baltimore Half Marathon	7,597
3	American Family Fitness Half Marathon	7,590
4	Anthem Shamrock Festival Half Marathon	5,134
5	Rock N Roll Half Marathon DC	4,726
1	Marine Corps Marathon	20,699
2	Anthem Richmond Marathon	3,998
3	Baltimore Marathon	2,325
4	Yuengling Shamrock Festival Marathon	1,476
5	One City Marathon	353

Races with more than 100 Ranked Runners

Event	Ranked
Credit Union Cherry Blossom 10M	450
American Family Fitness Half Marathon	257
Army 10 Mile	223
Ukrops Monument Avenue 10K	222
Pike's Peek 10K	170
RRCA Challenge 10 Mile	163
Rock 'n' Roll Half Marathon	150
Anthem Richmond Marathon	137
Anthem Shamrock Festival Half Marathon	136
George Washington Parkway Classic 10 Mile	132
Across the Bay 10K	126
Marine Corps Marathon	122
Annapolis 10 Miler	110
Charlottesville 10 Mile	108
Alexandria Turkey Trot 5M	105
TowneBank Shamrock Festival 8K	105

*** **New for the Runner Rankings** we are posting in red all the runners with **National Class** times (80%) of the top-rated time for each division based on their best time in 10K equivalence. The times are based on the youngest in each division except for the 19 and younger which is for the strongest time. There will be some runners who are up to the 80% level by being on the older side of the 5-year division that get missed. However, in this manner, everyone in red will be at least 80%. ***

For this year, all the women's divisions save three had at least one **National Class** racer ranked, a total of 30. In the Open division, there were 29 though six double dipped from other groups. The men were even more impressive with 89 National Class racers, though there were four age groups that had none. In the Open division, there were 36 of 37 qualifiers though eight double dipped from other groups. In 37th place, Sean O'Leary missed the mark by one second. Our 80-84 champion John Clarke missed by a mere tick of the clock as well. Mark Landree, 49, missed by a second and four years would gained him more than a minute.

In the "you got to play to win" category, i.e. you only ran one season, an impressive additional 264 times that 186 different open men and 101 times that 71 different open women ran a National Class race. This region is packed with talent.

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

Age group	Men 10K=	Age Group	Women 10K=
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19	00:33:24	19	00:38:01
20	00:33:24	20	00:37:55
35	00:33:42	35	00:38:11
40	00:34:39	40	00:39:03
45	00:36:02	45	00:40:34
50	00:37:33	50	00:42:50
55	00:39:12	55	00:45:33
60	00:41:00	60	00:48:36
65	00:42:58	65	00:52:08
70	00:45:11	70	00:56:10
75	00:48:27	75	01:00:55
80	00:53:37	80	01:06:45
85	01:01:52	85	01:16:40
90	01:15:50	90	01:35:26
95	01:42:57	95	02:17:03

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

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

We now list the 10K equivalent of each runner's fastest race next to their spot in the ranking list. Remember; the fastest time is not always the best race and each runner has at least two races to qualify.

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.

Now let's see who made the top.

Open Men

Credit Union Cherry Blossom 10M 46:00, 10K = 27:41

Will Christian was one summer qualifying race short of winning the submaster division with an excellent Marine Corps Marathon in 2:24:24. This year's champion Jeffrey Stein stood in his way by winning the race in 2:22:50. Christian ended the year with a fine Anthem Richmond Marathon in 2:25:14, ahead of ninth place Dustin Whitlow (2:29:12). Whitlow won his place, winning it all at the SOME Thanksgiving Day Trot for Hunger 5K in 15:00. Christian was everywhere. In March, he won the One City Marathon in 2:22:06 out right. He started April with his second of five halves, the Dismal Swamp Stomp Half Marathon in 1:08:12. The following week, he ran the Run for the D. O. G. 5K in 14:50. The very next day he had the third fastest race, the George Washington Parkway Classic 10 Mile, in 50:29 to capture the runner-up spot.

Two weeks earlier, Stein ran a slightly faster Credit Union Cherry Blossom 10M in 50:20. As usual, many other runners got a big surge with this world-class race. Third ranked Paul Thistle ran 50:34. Eighth place Gregory Mariano ran in 52:24. Fifteenth ranked Nicolas Crouzier had his best race there in 52:42. Matt Deters was next in 53:13 just ahead of nineteenth placed Jerry Greenlaw (53:23). Mariano was also impressive winning it all at the Anthem Shamrock Festival Half Marathon in 1:08:56, again ahead of Deters who ran fourth overall in 1:09:57. Deters moved up to eleventh place as he finished his year at the American Family Fitness Half Marathon in 1:09:15. Twenty-fourth ranked Nick Klastava ran 1:11:05. Twenty-second place Girma Bedada ran best at the Credit Union Cherry Blossom 10M in 53:40. He topped Klastava twice in other events.

Thistle won it all at the Clarendon Day 5K in 14:59. Fifth ranked Kyle Wagener was second there in 15:02 but ran best as the first finisher at the Veterans Day 10K in 30:55. Eighteenth ranked Tripp Southerland finished four seconds ahead of Deters in 15:25 but was best with his third overall finish at the St. Patrick's Day 5K in 15:20. Sixth ranked Christopher Sloane ran a fine Rock 'n' Roll Half Marathon in 1:08:46 for third overall where he beat twenty-first place Graham Tribble (1:11:07). After entering the sub master division, he took down Thistle at the Army 10 miler 51:51 to 52:30.

Sloane was also impressive missing victory at the RRCA Challenge 10 Mile by four seconds in 52:52 but ahead of fourth place Andy Weaver (52:59). Then in April, Stein locked down the overall title, finishing second overall in 30:08. Weaver was next there in 30:37. Sloane finished three seconds behind tenth ranked Harrison Toney's 31:23 with twelfth place Brian Flynn finishing ten seconds later. Seventh ranked Abraham Kiplagat had the second fastest 5K,

winning it all at the Soul 2 Sole 5K in 14:55. Thirteenth place goes to Evan Hardy for his gold medal accomplishment at the Hagerstown Turkey Trot 5K in 15:06.

Top master David Angell ran the HCA 8K in 25:00 to take fourteenth place. Seventeenth place Mark Hopely had an identical best time with Southerland. He gains his place with his HCA 8K in 25:13 in front of Southerland's 25:38. Sixteenth Omari Daughtridge wins it all at the JW Brick 5K in 15:10. Nick Reed got his twentieth position, racing the Reston New Year's Day 5K in 15:23. Twenty-third Jeffrey Redfern won it all at the Baltimore Marathon in 2:30:27.

Eight of the thirty-seven qualifiers came from other divisions.

National Class times (80%) = 33:24

PL	Name	Age	Hometown	10K=	PL 2017	PL 2016	PL 20
1	Stein, Jeffrey*6	32	Washington, DC	30:05			
2	Christian, Will*****	35	Norfolk, VA	30:23	▲11		
3	Thistle, Paul***	31	Capitol Heights, MD	30:26			
4	Weaver, Andrew****	27	Baltimore, MD	30:37			
5	Wagener, Kyle*	25	Washington, DC	30:55			
6	Sloane, Christopher***	35	Gaithersburg, MD	31:12	▼5		
7	Kiplagat, Abraham*6	34	Richlands, VA	31:07			
8	Mariano, Gregory*	32	Alexandria, VA	31:17	▲17		
9	Whitlow, Dustin**	32	Alexandria, VA	31:17			
10	Toney, Harrison*****	25	Harrisonburg, VA	31:23	▲16		
11	Deters, Matt*	33	Arlington, VA	31:25	▲11	26	
12	Flynn, Brian****	34	Bridgewater, VA	31:33			
13	Hardy, Evan****	24	Towson, MD	31:30			
14	Angell, David	41	Blue Ridge, VA	31:43			
15	Crouzier, Nicolas*7	33	Darnestown, MD	31:42	▲25	37	
16	Daughtridge, Omari*****	32	Fort Washington, MD	31:38	▲50	48	
17	Hopely, Mark***	30	Fredericksburg, VA	31:59	▲27	15	
18	Southerland, Tripp	33	Washington, DC	31:59	▼18	16	
19	Greenlaw, Jerry	30	Arlington, VA	32:07	▼6	20	
20	Reed, Nick****	26	Fairfax, VA	32:05		47	
21	Tribble, Graham*	30	Arlington, VA	32:16	▼13		
22	Bedada, Girma**	37	Potomac, MD	32:17	▼14	8	
23	Redfern, Jeffrey*	35	Washington, DC	32:17			
24	Klastava, Nick**	35	Perry Hall, MD	32:15			
25	Otstot, Adam*	35	Williamsburg, VA	32:20	▲31	32	
26	Patrick, Garrett	25	Baltimore, MD	32:20			
27	Wardian, Michael	44	Arlington, VA	32:26			
28	Chevee, Maxime	27	Baltimore, MD	32:26			
29	Kelly, Thomas***	29	Washington, DC	32:33			

30	Muse, Tyler****	25	Bel Air, MD	32:43	
31	Reed, Trevor*	24	Gaithersburg, MD	32:52	
32	Ramirez, Denzel**	35	Arlington, VA	32:55	28
33	Wachter, Patrick	21	Williamsburg, VA	32:58	
34	Hopper, Roger*10	29	Norfolk, VA	33:08	▲55
35	Saulnier, Emmett**	23	Richmond, VA	33:03	
36	Schuler, Eric*	25	Laurel, MD	33:20	▲40
37	O'Leary, Sean	27	Washington, DC	33:25	28

19 & Younger Men

Apple Blossom 10K 29:46

Rylan Flint was second overall at the Blue Talon Bistro Turkey Trot 5K in 16:42. Sixth ranked Colin Shriner did his Thanksgiving duty at the Way Station's Thanksgiving Day 5K in 17:17. Runner-up Bennett Wasch got started in March with his first of seven wins at the St. Patrick's Day 10K in 35:33. Flint piled on in April, running the Ukrops Monument Avenue 10K in 35:05 and then before Shriner could get in his Pike's Peek 10K in 35:46, Flint ventured north to win the crown, racing the Crystal City Fridays 5K #3 in 16:24.

Third ranked Brandon Dimitri was second overall at the Celebrate Fairfax 5K in 16:54 for the third fastest 5K. Waasch matched that with his George Washington Parkway Classic 10 Mile in 58:39. Dimitri added a fine Credit Union Cherry Blossom 10M in 58:51 ahead of fourth positioned Marshall Lieder who ran 1:00:07. Lieder, the son of Michael Lieder, a MCRRC Runner of the Year, from a couple decades ago, had five wins of his own, including the Park Half Marathon in 1:18:39, a dead even 6:00 pace.

Fifth ranked Donovan Foley had eight wins, mostly with races sanctioned by Potomac River Running. His best race, however, was the Donut Alley Rally 5K in 17:03. His second-best race was the Race with Santa 5K in 17:37 just behind Dimitri's 17:13. Seventh ranked Mark Rosas is getting faster and faster and tops his ten-win year with a fine Navy 5M in 28:41.

National Class times (80%) = 33:24

PI	Name	Age	Hometown	10K=
1	Flint, Rylan***	18	Williamsburg, VA	34:13
2	Wasch, Bennett*7	17	Annapolis, MD	35:17
3	Dimitri, Brandon*****	18	Ashburn, VA	35:15
4	Lieder, Marshall*****	19	Derwood, MD	35:41
5	Foley, Donovan*8	18	Chantilly, VA	35:34
6	Shriner, Colin*7	16	Frederick, MD	35:46
7	Rosas, Mark*10	15	Columbia, MD	36:10

8	Jackson, Logan**	16	Yorktown, VA	37:10
9	Tolson, Ashton***	13	Bel Air, MD	37:18
10	Edwards, Charlie***	16	Towson, MD	37:20
11	Glass, Paul*6	16	Williamsburg, VA	37:27
12	Preece, Noel****	18	Buchanan, VA	37:27

35-39 Men

Marine Corps Marathon 2:24:24, 10K = 30:59

Runner-up Dustin Meeker made a powerful opening statement in February, winning it all at the challenging RRCA Challenge 10 Mile in 52:48. Fifth ranked Charlie Ban ran home in 55:56. Meeker ran just five races, with three overall golds and never worse the second overall, including the Tim Kennard 10M River Run in 53:58. Christopher Sloane made the minimum four races, including the fastest 5K, the Crystal City Twilight 5K in 15:37. He added two overall wins. And then in October, he captured the title with a brilliant fifth overall at the competitive Army 10 Miler in 51:51.

After these two leaders, the next seven runners were extremely close and were parsed using the Moreland Racing Factor. Third ranked Girma Bedada was best at the Credit Union Cherry Blossom 10M in 53:40, ahead of seventh ranked Nick Klastava (54:48). Bedada had the highest score of 208 because he defeated 39 ranked runners in the seven major races he ran, including six victories with runners in this group of seven. Fourth ranked Ryan Carroll delivered nine overall victories but only one major race for a score of 174. However, he did not beat a single one of these ranked runners in any of his events.

Sixth ranked Jeffrey Redfern score 112 with the help of an overall win at the Baltimore Marathon in 2:30:27. He beat Klastava at the Lawyers Have Heart 10K, 34:54 to 35:24. Klastava scored 114 points. He did beat 29 ranked runners but was hurt by five head-to head losses in this group. His best race was the end of season triumph over Charlie Ban at the American Family Fitness Half Marathon. 1:11:05 to 1:11:27. Ban also had two other losses to Bedada, However, he accumulated 122 points by defeating Redfern at the Crystal City Twilight 5K, 16:18 to 16:52. He also defeated Klastava at the RRCA Challenge 10 Mile, 55:56 to 57:43.

Eighth ranked Adam Otstot shined at the Run for the D. O. G. 5K in 15:30. He scored 87 points, including a win ahead of ninth place Brian Shelton, 44 points, at the One City 8K, 26:03 to 26:31. Even with that, Shelton is right with these talented runners with his Anthem Shamrock Festival Half Marathon in 1:11:37. David McCollam won at the Ukrops Monument Avenue 10K in 32:44 to take tenth place. Eleventh place Dickson Mercer finished second behind Bedada at the Rock 'n' Roll Half Marathon, 1:11:17 to 1:12:36. He had also battled Bedada in December at the Jingle All the Way 15K, losing 50:45 to 51:56. McCollam

bolstered his creds with an overall win at the Patrick Henry Half Marathon in 1:13:00.

Nineteen runners qualified for the division.

National Class times (80%) = 33:42

PI	Name	Age	Hometown	10K=
1	Sloane, Christopher****	35	Gaithersburg, MD	31:12
2	Meeker, Dustin*****	36	Baltimore, MD	31:46
3	Bedada, Girma*6	38	Potomac, MD	32:17
4	Carroll, Ryan*9	36	Portsmouth, VA	32:14
5	Ban, Charlie*****	36	Washington, DC	32:25
6	Redfern, Jeffrey*****	35	Washington, DC	32:17
7	Klastava, Nick*6	36	Perry Hall, MD	32:15
8	Otstot, Adam*6	35	Williamsburg, VA	32:20
9	Shelton, Brian****	39	Virginia Beach, VA	32:30
10	McCollam, David****	39	Midlothian, VA	32:44
11	Mercer, Dickson*7	36	Takoma Park, MD	32:56
12	Foster, Ryan*8	36	Virginia Beach, VA	33:53
13	Boltjes, Travis*23	39	Washington, DC	34:11
14	Flemming, Victor	39	Smithfield, VA	34:19
15	DeRocco, Vinnie*11	39	Leesburg, VA	34:43
16	Pirch, Christopher*8	38	Spotsylvania, VA	34:54
17	Fitzgerald, Antoine****	36	Ashland, VA	34:56
18	Zaal, Robert*	39	Boonsboro, MD	34:59
19	Lowe, Adam***	36	Mechanicsville, VA	35:22

40-44 Men

HCA 8K 25:00, 10K = 31:43

World traveler Michael Wardian is still enthusiastic about just about any kind of racing event after nearly thirty years and thousands of miles raced. Wardian races about fifty times a year, three of them were local marathons such as back to back weeks winning, Baltimore Marathon (2:43:26), then Marine Corps Marathon (2:35:49). That was nothing. Earlier he had raced and won seven marathons, on seven continents, in seven days, the World Marathon Challenge. Indeed, this year on January 31, he began again with the Antarctica Marathon in 3:16:43. The next morning in Capetown South Africa he ran 2:57:58. February 2 he won in Perth, Australia in 2:50:16, still getting faster. February 3 in Dubai earned Wardian another triumph, 2:51:16. On to Europe, where he won in Madrid with 2:56:02. Day 6 means a win in Santiago, Chile in 3:04:13 and on to Miami. Our region's running ambassador to the world wins in 2:53:04. He repeats this

year as the winner on every continent on his seven-day, seven-continent, and seven-marathon tour.

Wardian began the year winning at the Alexandria Turkey Trot 5M in 27:11 for his sixth fastest event. To start the spring, David Angell was third overall at the TowneBank Shamrock Festival 8K in 25:39. Fourth ranked Mark Tompkins was second master in 26:32. Third ranked Jason Dowdy was top master at the Carytown 10K in 33:43. Tompkins second best race was a second overall at the Queens Lake 5K in 16:25. Fifth position goes to Charlie Epperson who won it all at the AS Valentine's Day 5K in exactly the same time. Epperson was also the top master at the Annapolis ten Miler in 56:46.

Angell bested Tompkins' third overall at the Appalachian Power Festival 5K in 16:26 with his second overall in 15:40. Before that, Wardian had a fine 53:54 at the Credit Union Cherry Blossom 10M to take the lead just two weeks before his top master finish at the George Washington Parkway Classic 10 Mile in 54:20. Both Wardian and Angell owned three of the top six times with Angell breaking the tie with his brilliant HCA 8K in 25:00 to end the year. The third best race for Tompkins was a fine 16:35 at the Run for the D. O. G. 5K. Of course, the week before Dowdy had run an identically ranked event, the Ukrops Monument Avenue 10K in 34:36. Using the Moreland Racing Factor, Dowdy wins, 112 to 106.

Sixth ranked Randy Shelton won the hard to figure Run & Ride Kings Dominion 6.55M in 36:01 out right. Seventh ranked Robert Hunter won it all at the Scott Dayton EOD 5K in 16:38.

Just thirteen runners in the youngest masters division qualified.

National Class times (80%) = 34:39

PI	Name	Age	Hometown	10K=
1	Angell, David*****	42	Blue Ridge , VA	31:43
2	Wardian, Michael*12	44	Arlington, VA	32:26
3	Dowdy, Jason*8	42	Midlothian, VA	33:35
4	Tompkins, Mark*8	42	Williamsburg, VA	33:39
5	Epperson, Charlie****	41	Annapolis, MD	34:09
6	Shelton, Randy*10	43	Hopewell, VA	34:06
7	Hunter, Robert*7	43	Virginia Beach, VA	34:42
8	Lanz, Martin**	44	Bethesda, MD	35:40
9	Bell, Joel****	43	Virginia Beach, VA	36:14
10	Storper, David	44	Bethesda, MD	36:32
11	Dahlem, Jim*7	41	Gaithersburg, MD	36:23
12	Miller, Jason*13	41	Williamsburg, VA	37:10
13	Stone, Tyler****	41	Alexandria, VA	37:06

45-49 Men

TowneBank Shamrock Festival 8K 25:57, 10K = 32:55

Jason Tripp was on a victory tour all year long. He ran 12 of his 13 events as major races. He had a minor glitch to start the season, finishing second at the RRCA Challenge 10M in 1:03:33 for by far his slowest event. After that, the fire was lit and he won the three biggest, most competitive 10 milers. First at Credit Union Cherry Blossom 10M, he raced home in 58:26, ahead of third ranked Noah Zaring (58:32). Also there, sixth place Sean Hicks bested seventh ranked Mark Landree, 59:47 to 59:59. Rocky Falcone only ran two races all year and he disrupted things a tad, as he had at the RRCA Challenge (58:17) beating Tripp (34:33) at Pike's Peek with a 10K of 33:26. Tripp was golden at Annapolis in 58:33 and clinched the best time, ascending to the top podium spot at the Army 10 Miler in 57:23. The next best 10 Mile time was registered by tenth ranked Robert Wolfe, winning at the George Washington Parkway Classic 10 Mile in 1:01:01.

Runner-up Todd Bibb had the seventh fastest event as top master at the Prince William Half Marathon in 1:17:50, just ahead of Tripp's win at the Frederick Half Marathon in 1:18:03. He also finished second to an out-of-towner at the Run for the Parks 10K in 35:28. Fourth and fifth place was closer than that with Michael Colaiacovo's HCA 8K in 28:03 helping him to a Moreland Racing Factor of 86. He also was best at the Richmond Turkey Trot 10K in 35:58. Glenn Tortorella had two faster races than that, winning at the National Capital 20M in 2:03:51. He was also third at the Anthem Richmond Marathon in 2:46:16. Though these two combined for eight major races, then only beat a combined eight ranked runners and Tortorella falls just short with a MRF on 81.

The final weekend in Richmond was a dealer maker for many. Eighth position goes to Andy Bupp who took on the American Family Fitness Half Marathon in 1:20:06 to earn his chops. Ninth place Licheng Liu finished fifth at Pike's Peek in 36:29.

Twenty-two men qualified for the division.

National Class times (80%) = 36:02

PI	Name	Age	Hometown	10K=
1	Tripp, Jason*8	46	Ellicott City, MD	34:32
2	Bibb, Todd*10	47	Centreville, VA	35:19
3	Zaring, Noah***	46	Washington, DC	35:13
4	Colaiacovo, Michael*****	49	Richmond, VA	35:35
5	Tortorella, Glen*6	49	Front Royal, VA	35:36
6	Hicks, Sean*8	45	Manassas Park, VA	35:58
7	Landree, Mark*9	49	Catonsville, MD	36:03

8	Bupp, Andy*****	46	Ashland, VA	36:21
9	Liu, Jicheng***	47	Ellicott City, MD	36:29
10	Wolfe, Robert*6	46	Washington, DC	36:43
11	Boyd, Matt*14	48	Fredericksburg, VA	36:51
12	Storper, David*7	45	Bethesda, MD	36:59
13	Naff, Michael***	48	Arlington, VA	36:58
14	Eppolito, Antonio***	49	Alexandria, VA	36:53
15	Martin, Stacin***	49	Chesapeake, VA	37:05
16	Milam, Scott****	47	Arlington, VA	37:01
17	Hicks, Thomas*9	47	Virginia Beach, VA	37:06
18	Harrington, Jeff*10	48	Lynchburg, VA	37:51
19	Mullally, Matthew*7	45	Kensington, MD	38:15
20	Chasse, Craig*9	49	Reston, VA	38:36
21	Crago, Stephen*****	49	Vienna, VA	38:55
22	Burcham, Kevin*****	46	Richmond, VA	39:17

50-54 Men

RRCA Challenge 10 Mile 1:00:02, 10K = 36:07

Our champion Alexander Hetherington did not win at the Marine Corps Marathon, placing second but his 2:49:28 was easily the best qualifier, beating eleventh ranked Steve Speirs who ran his fourth best race there in 2:59:37. It was a victory of sorts as Speirs prides himself on sub 3:00 marathons. More than half of his fourteen races were 20 miles or longer, including a couple of 100 milers. Thirteenth ranked Wayne Parfitt was a sub-3:00 marathon guy too, racing best at the One City Marathon in 2:56:38. Fourth ranked David Phipps ran the B&A Trail Marathon in 2:58:06 and just missed, winning the Baltimore Marathon in 3:00:05.

At half of that, Hetherington won the Parks Half Marathon in 1:22:20 and added the third best half at the Runners Half Marathon of Reston in a third overall 1:23:16 to match nicely to his Annapolis Ten Mile triumph in 1:02:40. Twelfth ranked Larry Grossman owned the second-best time, racing the Anthem Shamrock Festival Half Marathon in 1:23:04 for third master. The best official 10-mile time goes to Mario Zuniga who ran the Credit Union Cherry Blossom 10M in 1:01:57. It was not one of his twelve age group wins and he secures him eighth place behind Frank Perna (1:02:00) who was declared the winner with silly net timing. Perna only ran part of the year in the division and had faster races after turning 55. Sixth ranked Greg Dawson ran a fine Jamestown 4-H 10K Run for a second overall 37:23 to exactly match Phipps, who ran the AS Dawson's 10K. Dawson gets his spot beating Zuniga at the TowneBank Shamrock Festival 8K, 29:23 to 29:50.

Former champion John Piggott still goes long with two halves and three 10 milers but earns his runner-up position with the *hoping to be* 10K, Fort Eustis 6.14M. It

was an overall win in 36:14. Third ranked Kevin McGuire ran the Drumstick Dash 5K in 17:42 to start the season. In April, he added the fastest 5K of the year, finishing second overall at the Star City 5K in 17:40. Phipps confirms his spot racing second best at Pike's Peek in 37:05, ahead of Akintunde Morakinyo who ran 37:14 to take ninth place. Morakinyo, who's next best race was the Credit Union Cherry Blossom 10M in 1:03:31, followed by the fast-course Kelly's Shamrock 5K in 18:21, had beaten Wergin's Pike Peek in 40:02. But Wergin came storming back and won the Run for the Parks 10K in 37:06 and there was no place left to put Wergin but fifth place.

Tenth place Colin Munsey won it all at the West End Spooky Sprint 5K in 18:10 just five months after he won top master at the Appalachian Power Festival 5K in 17:57. Speirs ran his best race as top master at the Yorktown Battlefield 10 Miler in 1:02:38.

Thirty-three men qualified for the division.

National Class times (80%) = 37:33

PI	Name	Age	Hometown	10K=
1	Hetherington, Alexander****	51	Vienna, VA	36:22
2	Piggott, John*8	53	Williamsburg, VA	36:39
3	McGuire, Kevin****	52	Radford, VA	36:51
4	Phipps, David*12	54	Severna Park, MD	37:05
5	Wergin, Pete***	53	Gaithersburg, MD	37:06
6	Dawson, Greg*10	52	Williamsburg, VA	37:16
7	Perna, Frank**	54	Bethesda, MD	37:18
8	Zuniga, Mario*12	54	Front Royal, VA	37:16
9	Morakinyo, Akintunde*	54	Columbia, MD	37:14
10	Munsey, Colin*8	53	Pearisburg, VA	37:27
11	Speirs, Steve****	52	Virginia Beach, VA	37:41
12	Grossman, Larry**	54	Washington, DC	37:41
13	Parfitt, Wayne****	52	Newport News, VA	37:54
14	Henderson, Jerry*6	53	Bel Air, MD	38:29
15	Mersiowsky, Scott****	52	Amelia, VA	38:31
16	Cassilly, John****	51	Mechanicsville, VA	38:41
17	Park, Gene**	50	Rockville, MD	38:49
18	Kern, Rick*8	52	Frederick, MD	38:48
19	Degenhardt, Sheldon*6	53	Marriotsville, MD	38:58
20	Pelletier, Paul*12	53	Williamsburg, VA	39:02
21	Crago, Stephen****	50	Vienna, VA	38:59
22	Burden, Jamey****	52	Springfield, VA	39:09
23	Breslyn, Wayne*	50	Rockville, MD	39:15
24	Feinberg, Michael****	54	Bel Air, MD	39:19
25	Kidane, Argaw**	52	Montgomery Village, MD	39:27
26	Phillips, Colin*19	50	University Park, MD	39:26

27	Pommerenk, Peter*8	52	Virginia Beach, VA	39:37
28	Bohse, Stephen****	51	Columbia, MD	39:36
29	Williamson, Duane****	54	Warrenton, VA	39:44
30	Kerzel, Steve****	52	Westminster, MD	40:03
31	Haast, Theo***	51	Lansdowne, VA	40:18
32	Rippey, Brad*8	52	Fredericksburg, VA	40:45
33	Rapp, Perry*****	53	Lexington Park, MD	41:03

55-59 Men

Pike's Peek 10K 35:44

Our champion Mark Neff has to be glad that Jeff Duyn is constantly there to motivate him. Last year he skipped the RRCA Challenge 10 Mile that Duyn won. This year they battled on the shivering cold hills of Columbia with Neff prevailing 1:02:13 to 1:02:40. It was Duyn's second best race, though only ninth best of Neff's 12 wins. Eighth ranked Kevin D'Amanda edged fifth place Ed Wilson with his best race of the year, 1:03:39 to 1:03:45. Wilson would overcome that setback late in the year with an excellent Marine Corps Marathon victory in 2:55:14. Next up, the champion maker Credit Union Cherry Blossom 10M. Neff slowed thirty seconds but was still the grandmaster champion in 59:55. Ninth place David Haaga was third there in 1:03:37 but stayed behind D'Amanda who had beat his 1:04:04 at the RRCA Challenge 10 Mile.

In the sixth position, Hernan Garbini had run the Charlottesville 10 Mile in 1:03:00, though he earned his placement with a trio of swift 5Ks, including an overall win at the Public Radio 5K in 18:10. Third ranked Doug Fernandez ran an excellent 57:41 at one of the two premier 15Ks in the area, the Frostbite 15K, in February. The other was the December-raced Jingle All the Way where former champion Jean Christophe Arcaz earned eleventh place with his 1:00:18. Fernandez also ran away from the field at the largest 10K, the Ukrops Monument Avenue 10K, in 36:19, just ahead of Neff's Veterans Day 10K in 36:21.

Though both Ukrops and Pike's Peek times have become less spectacular, Pike's Peek still maintains its edge in competitiveness. While Fernandez was racking up another win at the Carytown 10K in 37:14, Duyn was taking another shot at Neff at Pike's Peek. Neff again prevailed, 35:44 to 36:05. Wilson edged Haaga for third place at the 10K, 38:19 to 38:30. Though Neff owned the fastest half, winning the Parks Half Marathon in 1:22:23, ahead of fourth ranked Frank Perna's 1:23:55, he did finally succumb to Duyn's will at the Riley's Rumble Half Marathon, 1:24:18 to 1:25:54.

Perna earns his spot on the final Saturday outracing Wilson at the TCS Annapolis 11.9M, 1:14:11 to 1:16:49. Seventh place Robert Whitaker is a special case as he has already turned sixty. Before the change, he cranked out 20 age group wins, including the swift 18:14 at the Virginia Regional Ballet 5K. Mister

Automatic won every race he ran, including two third place overalls. Tenth ranked Craig Hymes ran the Run for the Heart 10M in 1:04:28.

Twenty-seven men qualified for the division.

National Class times (80%) = 39:12

PI	Name	Age	Hometown	10K=
1	Neff, Mark*12	56	Derwood, MD	35:44
2	Duyn, Jeff*****	58	Garrett Park, MD	36:05
3	Fernandez, Doug*****	58	Richmond, VA	36:19
4	Perna, Frank*****	55	Bethesda, MD	36:59
5	Wilson, Ed*****	56	Ellicott City, MD	37:36
6	Garbini, Hernan*18	56	Waynesboro, VA	37:43
7	Whitaker, Robert*20	59	Yorktown, VA	38:02
8	D'Amanda, Kevin*6	56	Bethesda, MD	38:18
9	Haaga, David*	57	Rockville, MD	38:17
10	Hymes, Craig*11	56	Yorktown, VA	38:47
11	Arcasz, Jean-Christophe***	57	Rockville, MD	39:01
12	Smith, William****	56	Roanoke, VA	39:14
13	Wigglesworth, Henry****	59	Washington, DC	39:23
14	Ryan, Christopher*	59	Washington, DC	39:28
15	Drosky, Mark****	58	Alexandria, VA	40:12
16	Calhoun, Martin*7	55	Herndon, VA	40:24
17	Harrison III, James Jay***	58	Fredericksburg, VA	40:16
18	Horan, Marty***	59	Gaithersburg, MD	40:16
19	Alberg, Ken*7	57	Suffolk, VA	40:43
20	Oda, Yasuo**	56	Columbia, MD	41:17
21	Poulos, Ted*35	57	McLean, VA	41:36
22	Page, H. T.*7	58	Wirtz, VA	41:43
23	Mace, Matthew**	58	Arnold, MD	41:43
24	Clem, William	58	Bethesda, MD	42:11
25	Han, Pei****	56	Herndon, VA	42:29
26	Mason, Kenneth*	55	Potomac, MD	42:34
27	Adams, Mark*	58	Gaithersburg, MD	42:32

60-64 Men

Virginia Regional Ballet 5K 18:01, 10K = 37:35

This is a competitive division. The top fourteen runners would make the 55-59 division, while the top eight make the 50-54. Four of the six that made the 80 percent age grading standard could make the 45-49 and our champion still competes with the 40-44 division. The crown goes to Stephen Chantry who was top senior at the Credit Union Cherry Blossom 10M in 1:04:56. Tenth place David

Wild ran 1:10:48. Chantry's real prowess is at the middle distance. He owns the top six 5K times, including four that qualify for the 40-44 division. He ran best with a third overall at the Virginia Regional Ballet 5K in 18:01. Runner-up Pete Gibson won it all at the Peroni Crawl'n' Crab 5K in 18:37. The week before that he had run an even better Neptune Festival 8K in 30:22. For 2019, Gibson already has two faster 5Ks, one with an overall win.

Some things never change as third place Maurice Pointer completed the MCVET 5K/10K double for the umpteenth time. At 62, he finished third overall in both events, 18:44 and 39:56. Still a threat to take the division or even win it all, he was best at the Bel Air Town Run 5K in 18:44. It is tough to race forty times as John Chall did unless you are the amazing 27th ranked Kirk Gordon who ran 65 ranked qualifiers out of more than 160 races. (Many of his races were shorter than a 5K and not eligible). Both Gordon and fourth ranked Chall won 36 times. Four of Chall's "losses," Bel Air Town Run 5K (20:16), Annapolis 10M, 1:07:40 to 1:11:26, Celtic Solstice 5M, 32:09 to 33:29, and the Kelly's Shamrock 5K, 19:39 to 20:01 were at the "feet" of Pointer.

Fifth place Paul Beers had the second fastest half, winning the Rock N Roll Half Marathon in Virginia Beach in 1:29:33. Pointer ran the B&A Trail Half Marathon in 1:27:28 a month after he won the Rock 'n' Roll Half Marathon (DC) in 1:32:01. Beers was fastest at the Gallop 4 Greenways 5K in 19:23. Sixth ranked Preston Evans took down the notoriously competitive Frostbite 15K in 1:03:00 but he too was best at the 5K, racing the Farmville Jingle Bell 5K in 19:31. Seventh place Manuel Rivera won 21 of his 33 races on the flat canal, racing the Fletcher's Cove Parkrun 5K. Still, that might have felt like a hill compared to the downhill 5K, his excellent Clarendon Day 5K in 19:41 was the fastest of his 12 wins not at Fletcher's Cove. Eighth ranked Bruce Halpin ran virtually identical races winning the spring Ringing in Hope 10K in 41:38, after having won the winter version Ringing in Hope 10K in 41:21.

Mike Meadows of Martinsburg, WV, like Gibson of Murfreesboro, NC is one of the handful of runners grandfathered into the region. Both are technically out of the region though they consistently race here. Meadows won at the huge Donut Alley Rally 5K in Hagerstown with 20:18 to earn ninth place. Twelfth place Tony Smith had an outlier Commonwealth Games 5K in 20:18. In five 5Ks earlier that year, he only once broke 23:24. These four places were mostly decided on big ten milers. Chall led the way winning the hilly RRCA Challenge 10 Mile in 1:10:32. Tenth place David Wild ran the most competitive, the Credit Union Cherry Blossom 10M, to a sixth place 1:10:48 finish. He would bolster that with four age group wins, including the Capitol Hill Classic 10K in 42:45 as well as the St Patrick's Day double, 10K in 43:22 and the 5K in 20:43. Though eleventh ranked David Lovegrove split the year with towering halves, Blue Gray Half Marathon in 1:34:00 and the year-ending American Family Fitness Half Marathon in 1:34:19, he also did well at the Devils Den 10M in 1:13:08, ahead of thirteenth ranked Jeff Peterson (1:17:05). Smith ran another big race, the Virginia 10M, to

victory but his time was only his seventh best race in 1:21:29. He also ended his year at the American Family Fitness Half Marathon, running 1:45:40.

Peterson and fourteenth ranked Neal Riemenschneider both love to race but stay out of the limelight. Both raced on Thanksgiving which virtually guarantees a major race though many of the folks are not regular runners or are from out of town allowing them to race incognito. Peterson would only have one more major race out of his thirteen events. He takes his spot with by far his best race, the SPCA Run for Shelter 5K in 20:29. His third best race was his YMCA Turkey Trot 5K in 21:15. Riemenschneider is a racing machine with thirty races and twenty-four wins but only that one major race. He finished in the top five overall seven times. His second best race was the Fast and Furriest 5K in 21:11.

Forty-six runners were ranked in this huge division.

National Class times (80%) = 41:00

PI	Name	Age	Hometown	10K=
1	Chantry, Stephen*9	63	Williamsburg, VA	37:35
2	Gibson, Pete*6	62	Murfreesboro, NC	38:31
3	Pointer, Maurice*14	63	Baltimore, MD	39:00
4	Chall, John*36	62	Crownsville, MD	39:42
5	Beers, Paul*7	61	Roanoke, VA	40:26
6	Evans, Preston*****	61	Madison Heights, VA	40:43
7	Rivera, Manuel*32	63	Washington, DC	41:04
8	Halpin, Bruce*****	62	Ashburn, VA	41:21
9	Meadows, Mike*15	62	Martinsburg, WV	42:17
10	Wild, David****	63	Washington, DC	42:36
11	Lovegrove, David*12	62	Fredericksburg, VA	42:39
12	Smith, Tony*7	62	Lynchburg, VA	42:21
13	Peterson, Jeff*7	62	Fredericksburg, VA	42:44
14	Riemenschneider, Neal*24	64	Winchester, VA	42:54
15	Loomis, Bill*13	64	Silver Spring, MD	43:40
16	Bahus, Frank***	64	Severn, MD	43:59
17	Murray, Will*****	62	Williamsburg, VA	44:01
18	Black, Ron*6	63	Fairfield, PA	44:11
19	Rosenberg, Duane*17	64	New Carrollton, MD	44:15
20	Tinta, Elias***	60	Rockville, MD	44:30
21	Krehbiel, Ken	64	Washington, DC	44:46
22	Wriston, Dave***	63	Lynchburg, VA	44:43
23	Kelvey, Bill****	60	Westminster, MD	44:58
24	Kesselring, Bruce****	64	Springfield, VA	45:01
25	Isaac, Luther****	64	Bowie, MD	45:16
26	Drain, Bob*6	64	Alexandria, VA	45:35
27	Gordon, Kirk*36	62	Glenn Dale, MD	45:36

28	Pinnick, David*13	62	Manassas, VA	45:47
29	Kearney, Michael****	62	Mount Airy, MD	46:06
30	Nagle, Jim*	61	Reston, VA	46:02
31	Triantos, Vassili*	63	Rockville, MD	46:18
32	Brunais, Richard*9	62	Fredericksburg, VA	46:21
33	Hofacker, Will****	62	Henrico, VA	46:32
34	Searcy, Gary**	62	Virginia Beach, VA	46:35
35	Abelt, Chris*****	62	Williamsburg, VA	46:50
36	Ebert, David***	60	Chesapeake, VA	46:50
37	Riordan, James	64	Richmond, VA	47:03
38	Michael, Gary***	63	Churchville, MD	47:15
39	Lopez, Felix	64	Lynchburg, VA	47:21
40	Wyatt, Donnie***	64	Hampton, VA	47:27
41	Morgans, Gary	64	Arlington, VA	47:36
42	Cannon, Mike*	60	Springfield, VA	47:40
43	Askins, Thomas**	64	Virginia Beach, VA	47:48
44	Goldberg, Joel****	60	College Park, MD	48:34
45	O'Keefe, Tim*	64	Middletown, MD	48:36
46	Wittenberg, Sam	64	Virginia Beach, VA	49:04

65-69 Men

Pike's Peek 10K 43:17

Fourth place Ken Umbarger ran more than half of his events as cross-country races. By nearly halfway through the year, he only had one race in the top fifty, a solid MCRRC New Year's 5K in 21:43 on a blistery cold morning on a challenging course. That was only good enough for tenth place. Then he ended April with the best race of the year, winning the Pike's Peek 10K in 43:17. Fifth place Grayson Harrison had the fastest 10 mile, winning at the Army 10 Miler in 1:12:19. That was well ahead of runner-up Bob Becker who ran the Charlottesville 10M in 1:14:16. However, that was Becker's third best race. He completed the third fastest 5K, racing the Run for the D. O. G. 5K in 20:49. Third place Steve Sakry gained the fastest 5K by a second over Paul Ryan's Fletcher's Cove Parkrun 5K #113 with his 20:47 at the SPCA Run for Shelter 5K. Ryan passes Grayson as the met at the Credit Union Cherry Blossom 10M and Ryan prevailed, 1:12:28 to 1:14:36. Tenth ranked Glenn Clemmons ran 1:14:57.

Each of the top five runners had one special race. Becker edges Sakry with his second-best effort the Swamp Run 5K in 21:02. Sakry added the Cow Run 5K in 21:13. Meanwhile, the tireless Ryan kept racking up the wins. His 19 wins, included two more sub 21:00 5Ks. In all, he had five events faster than the second of Becker and seven faster than those of Sakry, as well as twice as many as that ahead of Umbarger, making the crown look good on his head.

Position seven has to be Duane Rosenberg for his stick-to-itiveness. He ran all twenty-two of his races at the College Park Park runs, winning twenty-one times. His best race was #88 of these weekly events in 21:21. Sixth ranked Jim Wright had two races faster than all of them, the Kentlands 5K in 21:15 and the rolling Germantown 5M in 35:16.

David Trump played his best cards in the fall, moving up to 17th with his Virginia 10M in 1:17:38. Then, on the final week, he displayed his talents, winning the American Family Fitness Half Marathon in 1:38:49 to soar up to eighth place. Ninth place Dan Eddy also found the Fletcher's Cove Parkrun 5Ks to his liking but was best at the Fast & Fierce 5K at the end of the summer in 21:35.

The next three spots mean a journey to the Virginia's Tidewater. John Wills had the fastest event, racing the CXB Low Rent 5K in 21:55. The next two racers, both soon to be 70, had identical best races. With a week left in the year, Bill Hart ran the Yorktown Battlefield 10 Miler in 1:16:18. The following week Dale Abrahamson matched him racing the HCA 8K in 36:12. Hart takes the eleventh spot by virtue of three head-to-head wins over Wills. Also, Hart's Uncorked Half in 1:42:22 as well as his victory at the VAB Turkey Trot 10K in 46:43 were superior to thirteenth ranked Abrahamson's 22:32 on the swift Queens Lake 5K course.

Thirty-nine men qualified for the division.

National Class times (80%) = 42:58

PI	Name	Age	Hometown	10K=
1	Ryan, Paul*19	67	Arlington, VA	43:23
2	Becker, Bob*****	67	Midlothian, VA	43:25
3	Sakry, Steve*8	66	Stafford, VA	43:21
4	Umbarger, Ken*8	67	Gaithersburg, MD	43:17
5	Grayson, Harrison***	66	Upper Marlboro, MD	43:31
6	Wright, Jim*7	69	Gaithersburg, MD	44:20
7	Rosenberg, Duane*21	65	New Carrollton, MD	44:32
8	Trump, David*7	66	Midlothian, VA	44:50
9	Eddy, Dan*8	67	Alexandria, VA	45:01
10	Clemmons, Glenn*8	66	Ashburn, VA	45:06
11	Hart, Bill*8	69	Virginia Beach, VA	45:55
12	Wills, John*7	66	Virginia Beach, VA	45:43
13	Abrahamson, Dale*7	69	Yorktown, VA	45:55
14	Sanders, Bernie***	68	Roanoke, VA	46:05
15	Myers, Eugene*8	66	Columbia, MD	46:33
16	Rogers, Ron*13	66	Riner, VA	46:39
17	Landers, Harry***	66	Free Union, VA	46:58
18	Morgans, Gary**	65	Arlington, VA	47:21
19	Sharpe, Steve***	65	Ellicott City, MD	47:19

20	Visotsky, Tom**	66	Midlothian, VA	47:32
21	Wittenberg, Sam**	65	Virginia Beach, VA	47:43
22	Astrop, Rob*****	66	Henrico, VA	47:57
23	Bousel, Paul*	65	Alexandria, VA	47:50
24	Lopez, Felix*9	65	Lynchburg, VA	48:01
25	Washington, Larry***	66	Rockville, MD	47:58
26	Mehrabi, Shah*6	65	Fredericksburg, VA	48:36
27	Platt, Rick*8	68	Williamsburg, VA	48:22
28	Morgan, Tim***	67	Damascus, MD	48:26
29	Murphy, Vincent**	68	Woodbridge, VA	48:45
30	Carter, Lennie**	65	Washington, DC	49:12
31	O'Keefe, Tim**	65	Middletown, MD	49:12
32	Boutin, Greg***	67	Burke, VA	49:18
33	Mott, Joe***	65	Roanoke, VA	49:18
34	Duffy, Jim***	66	Virginia Beach, VA	49:52
35	Vaughan, Allen***	68	Stafford, VA	49:58
36	Stirt, Joseph**	69	Charlottesville, VA	50:18
37	Wind, Jay**	68	Arlington, VA	50:34
38	Trueheart, Wilson***	69	Baltimore, MD	50:39
39	Day, Joseph*	68	Yorktown, VA	51:01

70-74 Men

Credit Union Cherry Blossom 10M 1:14:34, 10K = 44:52

The nearly permanent title holder, Jim Noone, won't be hogging up all the fastest times (he had fifteen of the top sixteen) for much longer as he is turning the corner and entering the 75-59 age group this coming spring. He told us he plans on sticking to the 5K a distance he won 14 times, eight of them major races. However, he won three four milers and two 10Ks and his best two events were the longer ten miler. His Credit Union Cherry Blossom 10M in 1:14:34 was easily his best race.

His long-time rival Jason Page earns fourth place, running the DCRRC After the Women 5K in 22:47 behind Noone's sterling 22:20. Noone would best Page three more times and never did have a taste of second place during the entire year. Page did secure nine wins himself. Runner-up ranked Bobby Woodfin had the better time, winning the Hopewell Optimist 5K in 22:33. Then a week after Ben Dyer's fastest event, the TowneBank Shamrock Festival 8K in 37:30, Woodfin got a win at the White Bank Classic 5 Miler, 37:45 to 37:52 to settle Dyer into third place. Later, after Dyer aged up, he gave Woodfin a spanking at two other events.

Fifth place goes to Langston Shelton III for his fine Run for the Heart 10M in 1:20:44. Even before this goes to press Art Gregory has aged up and is off to

challenge Dyer for the 2019 Winter rankings. Before he leaves, he would secure sixth place with a fine 23:50 at the Clarendon Day 5K. As with the five runners in front of him, he ran a qualifying time good enough for the 60-64 division. Seventh ranked Ronnie Wong is still pounding away at the marathon, though only one locally. Still, he earns his spot at the Get Ready! Get Set! Get Fit! 5K Run in 24:00. He would lose to one of Gregory's 14 wins at the Bel Air Town Run 5K, 24:08 to 26:30 but would have 18 wins of own.

Eighth ranked Dennis Lamountain waited until the final weekend to claim his spot with a solid HCA 8K in 40:16. Ninth comes home to Joseph Stirt who had twelve wins, None better than his Shelter for Help in Emergency 5K in 24:35.

The division beefed up to twenty-three qualifiers.

National Class times (80%) = 45:11

PI	Name	Age	Hometown	10K=
1	Noone, Jim*21	74	Fairfax, VA	44:52
2	Woodfin, Bobby*6	71	Hopewell, VA	47:02
3	Dyer, Ben*	74	Hayes, VA	47:34
4	Page, Jason*9	73	Hamilton, VA	47:32
5	Shelton III, Langston*****	71	Grafton, VA	48:35
6	Gregory, Art*14	74	Ijamsville, MD	49:43
7	Wong, Ronnie*18	72	Catonsville, MD	50:04
8	Lamountain, Dennis*****	73	Richmond, VA	51:05
9	Stirt, Joseph*12	70	Charlottesville, VA	51:17
10	Raley, George*8	71	Idlewyde, MD	51:59
11	Cass, Dick*7	72	Owings Mills, MD	52:19
12	Myers, George*9	71	Rising Sun, MD	52:46
13	Jefferson, Richard*6	72	Germantown, MD	52:51
14	Kelly, Bill***	71	Midlothian, VA	53:03
15	Crumbaugh, Lee*7	70	Annapolis, MD	53:32
16	Woith, Steve	72	Prince George, VA	53:26
17	Justice, John****	73	Lynchburg, VA	54:12
18	Moore, William**	72	Williamsburg, VA	55:03
19	Potter, Rich	72	Middletown, MD	55:23
20	Arata, Larry*10	74	Williamsburg, VA	57:30
21	Behnke, Richard***	74	Vienna, VA	58:08
22	Lvovskyi, Igor**	74	Derwood, MD	58:11
23	Daly, Mike	72	Williamsburg, VA	58:23

75-79 Men

TCRR Race for the Cause 5K 22:58, 10K = 47:55

Unbeatable Ben Dyer stepped up to the plate with sixteen races faster than last year's champion. He stayed strong all year long with the fastest races and 13 of the top 15 times. Dyer ran a couple 10Ks, most notably the Democracy Dash 10K in 50:06 but his primary specialty is fast 5Ks. His best came a week later at the TCRR Race for the Cause 5K in 22:58. Runner-up Eamonn McEvelly had the seven races in the top twenty-two not owned by Dyer. McEvelly is also a big time 5K racer with a fine Clifton Caboose 5K in 24:03. Still, this longtime DCRRC racer found himself running a trio of four miles as the club is want to produce. His best showing came at the race that gives bottles of wine to the overall winners, the DCRRC Bastille Day 4M, in 32:18.

Third place Harold Rosen enjoyed his stroll through Rockville, winning the Pike's Peek 10K in 53:28. Harold Ingram garners fourth place at the Heritage Classic 5K in 26:08, his best of ten wins. These guys are still racing long and Rosen's Virginia 10 Mile in 1:32:49 was second to Dyer's Yorktown Battlefield 10 Miler in 1:25:52. Rosen was first at the Annapolis 10 Miler. Former champ Jim Bullock is still teaching runners how to race in Westminster, finishing the Y of Central Maryland Turkey Trot 5K in 26:41.

While Rosen was winning the St. Patrick's Day 5K in Washington, DC at 26:28, sixth ranked John Churchman was winning the accompanying 10K in 56:07, besting eleventh ranked Bill Sollers (59:55). Churchman did not disdain the ten mile as he finished second at the Army 10 Miler but he was best at bigger game. He won the Leesburg 20K in 1:58:24. Seventh ranked Stan Neumann is another former top dog in his last year of the division. He ran a sparkling Kelly's Shamrock 5K in 27:05. He too found time to race the ten mile, winning the Tim Kennard 10M River Run in Salisbury at 1:34:36. Ninth positioned Jerry Frankenheim had a great effort, by far his best, at the Race 4 Recovery 5K in 27:15. Six months earlier, Jimmy Gates earns eighth winning at the Run High Bridge 5K in 27:13. He added three more races faster than the second best effort from Frankenheim.

Tenth ranked Malcolm O'Hagan squeezed past Sollers who was best at the SOME Thanksgiving Day Trot for Hunger 5K in 27:59, when a month later he ran the Jingle All the Way 15K in exactly an hour and a half. Also, his Lawyers Have Heart 10K in 59:26 was a bit faster than Sollers' 10K. Twelfth ranked Robert Callahan was not far behind, running the Irons 5K in 28:07.

A monster forty-five qualifiers supported this division. Take note race directors, there were an additional 324 times that a man 75-79 ran a qualifying time for an event in 2018.

National Class times (80%) = 48:27

PI	Name	Age	Hometown	10K=
1	Dyer, Ben*16	75	Toano, VA	47:55

2	McEvelly, Eamonn*7	75	Springfield, VA	50:18
3	Rosen, Harold*6	75	Potomac, MD	53:28
4	Ingram, Harold*10	75	Henry, VA	54:31
5	Bullock, Jim*8	75	Eldersburg, MD	55:40
6	Churchman, John***	76	Arlington, VA	56:07
7	Neumann, Stan*11	79	Timonium, MD	56:30
8	Gates, Jimmy*****	76	Rice, VA	56:55
9	Frankenheim, Jerry**	75	Germantown, MD	56:51
10	O'Hagan, Malcolm*6	78	Chevy Chase, MD	58:20
11	Sollers, Bill*9	79	Silver Spring, MD	58:22
12	Callahan, Robert*****	79	Forest, VA	58:39
13	Elliott, John*7	75	Columbia, MD	1:00:09
14	Harris, Tommy*9	79	Lynchburg, VA	1:00:11
15	Shapiro, Lou*17	77	Silver Spring, MD	1:01:12
16	Snyder, Frank*8	75	Gaithersburg, MD	1:01:18
17	Polinski, Joseph**	79	Smithfield, VA	1:04:34
18	Skelton, Lowell*****	78	Moneta, VA	1:04:38
19	Wood, Henry*	79	Fishersville, VA	1:05:55
20	Walsh, Tom*	75	Norfolk, VA	1:06:02
21	Lane, Stephen*	75	Cockeysville, MD	1:06:41
22	Witlin, Michael*	76	Herndon, VA	1:09:11
23	Berry, Doug	75	Norfolk, VA	1:09:38
24	Coady, Patrick****	79	Washington, DC	1:09:59
25	Coates, Chet**	78	Silver Spring, MD	1:10:09
26	Finney Jr., John*7	79	Arlington, VA	1:11:31
27	McDowell, John	75	Edgewater, MD	1:11:44
28	Howison, David*****	77	Lexington, VA	1:12:00
29	Terrell, Charles***	79	Newport News, VA	1:13:30
30	Borkowski, John*6	79	Midlothian, VA	1:13:33
31	Chiarello, Ronald*****	79	Rockville, MD	1:14:05
32	Sarubin, Murray*	77	Easton, MD	1:14:19
33	Barnett, Richard*	77	Charlottesville, VA	1:16:50
34	Pitts, Warren	79	Baltimore, MD	1:17:31
35	Ord, J. Keith*	75	Potomac, MD	1:18:42
36	Bayrer, Ralph*	79	Washington, DC	1:19:56
37	Atkins, Roger*	75	Waynesboro, VA	1:20:14
38	Koletty, John	77	Pasadena, MD	1:20:54
39	Schnabel, Richard***	77	Portsmouth, VA	1:21:17
40	Verdier, Jim*	76	Alexandria, VA	1:21:14
41	St. Clair, Bailey**	79	Glen Arm, MD	1:21:36
42	Kurisky, John*	79	Lynchburg, VA	1:22:00
43	Schwartz, Bill*	79	Glen Arm, MD	1:22:50
44	Wycherley, Alan**	76	Annapolis, MD	1:24:09
45	Thomas, Evan*	77	Crofton, MD	1:25:40

80-84 Men

Germantown 5 Miler 42:32, 10K = 53:38

This year's champion John Clarke seemed to get better as the year went on. He owned seven of the top eight times. For Thanksgiving, runner-up Duane Lougee briefly had the lead with his only big race, the VAB Turkey Trot 10K in 57:25. Clarke ran the Way Station's Thanksgiving Day 5K in 27:49 for his sixth best effort. While Lougee's next effort the Tidewater Striders Tune-up 12M in 2:08:33 probably would have left him in seventh place, Clarke ran away with the division. In March, his Forest of Needwood 5M in 44:38 was followed by an even better Germantown 5 Miler in 42:32. In between those events he ran the Frederick Half Marathon in 2:00:11.

Third place Thomas Spasojevich ran exclusively at the tiny Deep Run Park Run 5K with a best time of 28:59. Maynard Weyers was cruising all alone for fourth place, led by his Run with Santa 5K in 29:33 ahead of sixth ranked Ken Quincy's 30:51. Then Tom Cowley, who would run the Parks Half Marathon in 2:21:28, ended his year with the final qualifier at the Rockville 10K in 1:01:46 to make it close. Ultimately, he settles into fifth place. Quincy, who had fifteen wins was best at the Reston New Year's 5K in 29:57. From that same location, in March he battled Weyers at the Lucky Leprechaun 5K back on the original course and succumbed, 30:15 to 31:47.

Seventh ranked Joseph Polinski ran the Cause for Paws in 30:51. He never came close to that speed in his three other qualifiers. Eighth ranked Chris Catoe stayed mostly with 10K or longer as usual but his best race was the Neptune Festival 8K in 54:55. Ninth ranked Warren Pitts ran his Pikesville 5K in 33:41, slightly faster the Patrick Coady's best Fletcher's Cove Park run 5K (33:46). However, Coady was far more consistent with 12 wins and 10 more races faster than Pitts did in his second best event, albeit the Dreaded Druid Hills 10K in 1:15:33.

Seventeen men qualified for the division.

National Class times (80%) = 53:37

PI	Name	Age	Hometown	10K=
1	Clarke, John*7	81	Woodsboro, MD	53:38
2	Lougee, Duane****	81	Norfolk, VA	57:25
3	Spasojevich, Thomas*8	80	Richmond, VA	1:00:28
4	Weyers, Maynard*7	82	Alexandria, VA	1:01:38
5	Cowley, Tom*	81	Gaithersburg, MD	1:01:46
6	Quincy, Ken*15	81	Vienna, VA	1:02:29
7	Polinski, Joseph**	80	Smithfield, VA	1:04:17
8	Catoe, Chris***	83	Virginia Beach, VA	1:09:38

9	Pitts, Warren	80	Baltimore, MD	1:10:16
10	Coady, Patrick*12	80	Washington, DC	1:10:26
11	Lewis, Jerry**	84	Reston, VA	1:13:39
12	Barrett, Jerry*	84	Falls Church, VA	1:17:36
13	McClellan, Michael*24	80	College Park, MD	1:20:12
14	Rider, Alan****	82	Reston, VA	1:25:57
15	Noble, John*	81	Bethesda, MD	1:26:49
16	Conn Jr., Harry*13	81	Powhattan, VA	1:27:47
17	Smith, Robert****	84	Comus, MD	1:37:27

85-89 Men

Mission 10 Miler Race to Recovery 1:43:17, 10K = 1:03:15

George Yannakakis never lost to anyone 85 and older but he only gets credit for 10 of his 16 races as age group wins with age group starting as young as 60 and older. Wake up race directors, we had twenty-two men in the 85-89 and eight in the 90 and older divisions. Fewer than half of these men are getting age group wins but virtually none of them are being defeated by someone in their own five year age group. Yannakakis had the twelve top races and he had the best time in eight different distances from the 5K to the 20M. He ran his best race at the Mission 10 Miler Race to Recovery in 1:43:17. Runner-up Bernard Kenyon had the sixth fastest 5K, racing the Marion House 5K in 33:39. The best of Yannakakis' 5Ks was the Father's Day 5K in 30:51. Jack McMahon takes third with his usual win at the PVTC Easter Classic 5K. This time it was in 35:13. Fourth ranked Jerry Lewis slipped in between McMahon's other PVTC race the Cranberry Crawl 5K in 37:13 with his Clarendon Day 5K in 36:25.

From Williamsburg way, Ernest Schillinger takes fifth at the Governor's Land 5K in 38:02. Sixth place goes to Jerome Barret at the Great American Labor Day 5K in 39:20, ahead of sixteenth place Bruce Roth (51:33). Jim Fratino takes seventh at the Ripley 5K in 41:46. Don Taylor squeezes by ninth place Thomas Momiya's Marine Corps 10K in 1:28:03 with his four races led by the huge Donut Alley Rally 5K in 42:18. Tenth place Jacob Martin was close, running the Fairfax Turkey Trot 5K in 42:46.

Eleventh place William Radcliffe did the Jug Bay 5K in 44:05, while Lee Krentz ran the Get Ready! Get Set! Get Fit! 5K in 45:00 to seal a top dozen finish. He beat eighteenth ranked Joseph Rutkowski (1:02:30). For 2019, Rutkowski will be 90. Thirteenth ranked Allen Pois beat twenty-second ranked Russell Johnson at the Ukrops 10K but earns his spot later in the year at the HCA 8K in 1:17:02. Gene Morris takes fourteenth at the Port to Fort 6K in 57:35. We promise his fifteenth place does not mean there were fourteen 85-year-olds in front of him. Fifteenth position goes to PJ Mendola who best of three 5Ks was the Run for the Bulls 5K in 51:01.

Seventeenth in this huge division goes to Ehard Nutting for his Virginia Run Turkey Trot 5K in 1:01:48. At the George Washington Parkway Classic 5K, George Orwell actually got first in his division with 1:04:15 to take nineteenth place. At the Brightviews Age Is Just a Number 5K that usually sport many, many seniors, Bill Hassler ran 1:04:45 but had to settle for twelfth among the “younger” seniors. Michael Foley won the Peroni Crawlin' Crab 5K in 1:12:06 to take twenty-first place.

Twenty-two men qualified for the division.

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

PI	Name	Age	Hometown	10K=
1	Yannakakis, George*10	86	Towson, MD	1:03:15
2	Kenyon, Bernard*	86	Baltimore, MD	1:10:12
3	McMahon, Jack*7	87	Silver Spring, MD	1:13:28
4	Lewis, Jerry	85	Reston, VA	1:15:58
5	Schillinger, Ernest	87	Williamsburg, VA	1:19:20
6	Barrett, Jerry	85	Fall Church, VA	1:22:03
7	Fratino, Jim*	85	Queenstown, MD	1:27:08
8	Taylor, Don	87	Hedgesville, WV	1:28:14
9	Momiyama, Thomas	87	Silver Spring, MD	1:28:03
10	Martin, Jacob*	85	Oakton, VA	1:29:13
11	Radcliffe, William*	86	Mitchellville, MD	1:31:57
12	Krementz, Lee	85	Havre De Grace, MD	1:33:52
13	Pois, Allen*	86	Midlothian, VA	1:37:43
14	Morris, Gene	88	Gaithersburg, MD	1:38:45
15	Mendola, PJ*	86	Newport News, VA	1:46:25
16	Roth, Bruce**	87	Woodbridge, VA	1:47:32
17	Nutting, Ehard	88	Gainesville, VA	2:08:55
18	Rutkowski, Joseph	89	Baltimore, MD	2:10:22
19	Orrell, George*	85	Potomac, MD	2:14:02
20	Hassler, Bill	89	Bel Air, MD	2:15:04
21	Foley, Michael*	87	Portsmouth, VA	2:30:24
22	Johnston, Russell	88	Henrico, VA	2:59:48

90 & Older Men

Zaching Against Cancer 5K 35:20, 10K = 1:13:42

Cecil Lee moved into the age group and on opening day took control at the Zaching against Cancer 5K in 35:20 and won the division. The eldest statesman, Robert White, 95, waited five days before racing the Fast before the Feast 5K in 49:21 for his best of three races to earn the runner-up spot. Third ranked Bob Atkins also finished three races, running best at the Tacky Sweater 5K in 53:37. Fourth place Robert Gralley was back again at the Baltimore Half Marathon

slowing slightly to 4:07:29. Actually, the age grading tables say it is a better race than last year's 4:03:33.

Fifth place George Brown ran the Marian House 5K in 1:04:44. Sixth place Dixon Hemphill was again at the Credit Union Cherry Blossom 5K this time in 1:06:44 for his best of two events. Seventh ranked Donald Trilling had the second longest race running the George Washington Parkway Classic 10 Mile. Eighth place Bernard Lloyd ran the Ukrops Monument Avenue 10K.

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

PI	Name	Age	Hometown	10K=
1	Cecil, Lee*	90	Edgewater, MD	1:13:42
2	White, Robert	95	Hampton, VA	1:42:57
3	Atkins, Bob	92	Winchester, VA	1:51:51
4	Gralley, Robert	92	Parkville, MD	1:52:17
5	Brown, George	93	Towson, MD	2:15:02
6	Hemphill, Dixon	93	Fairfax Station, VA	2:19:12
7	Trilling, Donald*	90	Alexandria, VA	2:53:09
8	Lloyd, Bernard	91	Richmond, VA	3:39:56

Open Women

Border Patrol 5K 15:28, 10K = 32:12

Last year's champion repeats as Bethany Sachtleben knocked off fifty seconds at the Alexandria Turkey Trot 5M in 27:02 for her fourth best event. Ninth place Sarah Loerch ran 28:50 and seventeenth place Kerry Allen ran 29:05. Top master Barb Fallon Wallace won in 29:57. Next up, the vastly improved Sachtleben finished eighth overall at the Credit Union Cherry Blossom 10M in 54:59. Runner-up Julia Roman-Duval was nineteenth in 58:46. Top master Perry Shoemaker ran 58:56 to finish twenty-second place. Her effort along with ten overall wins earn her seventh place in the rankings. Teal Burrell was the last to crack the top 25 at Cherry Blossom with 59:36, while Sarah Bishop finished next in 59:43.

Third ranked Keira D'Amato ran a fast Rock 'n' Roll Half Marathon in 1:16:32 a week earlier for an overall win. She had seven of them. That was ahead of Bishop's 1:18:11 and fourteenth ranked Jennifer Paul's 1:19:33. Burrell ran 1:20:39. Sixteenth place Caitlyn Tateishi had her best of three halves there in 1:20:10. Bishop takes fourth place as she had blasted a fine third overall at the Anthem Shamrock Festival Half Marathon in 1:16:41 the following week. Tateishi ran 1:20:49. Tenth ranked Ann Mazur Robb ran 1:19:32 and had 13 wins. She was only out of the top three overall twice in her 22 events. At the Apple Blossom 10K, she ran 35:55.

Sachtleben won it all at the American Family Fitness Half Marathon in 1:13:35. Burrell made her move to fifth racing 1:17:27 after swapping head-to-heads with Bishop. Twelfth ranked Mary Reiser ran 1:19:22. Eighteenth place Allison Kelley ran 1:20:56 and matched that exactly with her Credit Union Cherry Blossom 10M in 1:00:51. Twenty-sixth place Silvia Baaga ran 1:23:13 at that half, just a few strides behind twenty-fifth place Beth Conlon (1:23:02). At that 10 miler, thirteenth place Rochelle Sceats-Basil, beat Paul by a second in 59:55. Eighth place Stephanie Reich won it all at the Mission 10 Miler Race to Recovery in 57:52 but the course was a tad short. Rachel Ward won it all at the full length Charlottesville 10M in 58:56. She would also do gold at the Charlottesville 4M in September with 22:09 to pass Shoemaker in to sixth place. Mazur Robb was next at the ten miler in 59:53. Kelley ran 1:30:16, while twenty-seventh ranked Norbo Carter ran 1:02:31.

Sachtleben piled on with a victory at the Ukrops Monument Avenue 10K in 33:37. Ward was third in 36:03. D'Amato had the best marathon, winning the Anthem Richmond in 2:40:56, ahead of twenty-third place Natalie Patterson (2:56:01). Roman-Duval won it all at Baltimore Marathon in 2:47:53 and Bishop did Marine Corps in 2:49:51. Roman-Duval won Pike's Peek in 34:11 with Loerch next in 35:31, followed by twentieth ranked Kerri Dalton in 36:33. In the fall, Army was another gem for Roman-Duval in a second overall 57:17. Twenty-fourth ranked Fallon Wallace edges twenty-eighth place Julie Hartenbach, 1:02:36 to 1:02:40.

Jillian Pollack struggled a bit at the Credit Union Cherry Blossom 10M in 1:01:49 but three weeks later gains eleventh place with an overall win at the National Women's Half Marathon 1:19:02. Fifteenth ranked Megan DiGregorio had 11 wins, as well as a second overall at the Kelly's Shamrock 5K in 17:23. Mary Schneider had a solid Lawyers Have Heart 10K in 36:31 to take nineteenth place. An overall victory at the Art & Sole 5K in 17:42 gives Stephanie Berger twenty-first place. Sara Lasker's best win was the Lower Potomac River 10 Mile in 1:01:46 to take twenty-second place.

Sixteen of the sixty-two runners came from other divisions.

National Class times (80%) = 37:55

PI	Name	Age	Hometown	10K=	PL 2017	PL 2016	PL 2015
1	Sachtleben, Bethany*6	26	Alexandria, VA	33:02	▲2	6	
2	Roman-Duval, Julia*7	35	Columbia, MD	34:11	▲4	4	
3	D'Amato, Keira*7	33	Midlothian, VA	34:24	▲7		
4	Bishop, Sarah**	35	Fairfax, VA	34:39	▲14	22	
5	Burrell, Teal*	33	Richmond, VA	35:00			
6	Ward, Rachel*6	28	Charlottesville, VA	35:25			
7	Shoemaker, Perry*10	46	Vienna, VA	35:17	▼6	5	
8	Reich, Stephanie***	25	Columbia, MD	35:24	▼3	3	
9	Loerch, Sarah*	32	Ashburn, VA	35:31	▲11	19	

10	Mazur Robb, Ann*13	33	Charlottesville, VA	35:53	▲ 17	18	10
11	Pollack, Jillian****	29	Arlington, VA	35:43	▲ 11	14	30
12	Reiser, Mary****	24	Baltimore, MD	35:52			
13	Sceats-Basil, Rochelle*8	28	Fairfax, VA	36:00			
14	Paul, Jennifer*	30	Washington, DC	35:57	▲ 29	38	
15	DiGregorio, Megan*11	30	White Marsh, MD	36:12	▲ 19	11	30
16	Tateishi, Caitlyn**	32	Washington, DC	36:14	▲ 22		
17	Allen, Kerry**	30	Washington, DC	36:22	▼ 5	10	
18	Kelley, Allison*	26	Charlottesville, VA	36:34			
19	Schneider, Mary****	31	Monkton, MD	36:31			
20	Dalton, Kerri****	23	Harrisonburg, VA	36:33			
21	Berger, Stephanie****	25	Arlington, VA	36:51			
22	Lasker, Sara*****	28	Richmond, VA	37:07	▲ 24	55	
23	Patterson, Natalie****	26	Washington, DC	37:38	▲ 30	39	
24	Fallon Wallace, Barb**	44	Alexandria, VA	37:37	▼ 21		
25	Conlon, Beth	26	Montgomery Village, MD	37:31	▼ 23	23	20
26	Baage, Silvia*	37	Rockville, MD	37:36	▲ 26	57	50
27	Norbo, Carter*	28	Charlottesville, VA	37:34			
28	Hartenbach, Julie	32	Alexandria, VA	37:40			
29	Stick, Sherry*11	40	Sykesville, VA	37:47	▼ 28	17	20
30	Wilkins, Lindsay	40	Arlington, VA	38:04			
31	Pearson, Hannah**	30	Fairfax, VA	38:08	▲ 46	60	
32	Vane, Chelsea*	23	Ellicott City, MD	38:10			
33	Stone, Andrea*	34	Boonsboro, MD	38:08	▲ 54		
34	Bosse, Anna*	24	Rockville, MD	38:02			
35	Dickerson, Julie****	30	Washington, DC	38:13			
36	Dietz, Jenn****	33	Fairfax, VA	38:11	▲ 42		
37	Bigaibal, Alayna	23	Fairfax, VA	38:23	▲ 43		
38	Burbach, Cristina**	44	Arlington, VA	38:10	▲ 45		
39	Wheeler Northup, Rachel***	43	Richmond, VA	38:15			
40	Turner, Mollie****	38	Chesapeake, VA	38:25			
41	Brecher, Erica**	32	Fredericksburg, VA	38:28	▲ 49		
42	Wetzel, Christie****	30	Falls Church, VA	38:27			
43	Heasman, Claire***	43	Frederick, MD	38:38			
44	Bakaltcheva, Boriana***	33	Vienna, VA	38:35			
45	Springfels, Dani***	31	Newport News, VA	38:54			
46	Perlangeiro, Fabiana****	43	Virginia Beach, VA	39:14	▲ 65		
47	Wechsler, Gabi**	27	Henrico, VA	39:13	▲ 53	62	
48	Spangler, Kate***	33	Richmond, VA	38:54			
49	Henry, Sika***	34	Newport News, VA	39:23			
50	Cario, Stephanie*	26	Bridgewater, VA	39:17			
51	Hernandez, Rebekah	22	Silver Spring, MD	39:19			
52	Schuerholz, Jaclyn***	32	Baltimore, MD	39:29			
53	Suhring, Anna**	29	Arlington, VA	39:29			
54	Musa, Skylar*	26	Fairfax, VA	39:41			

55	Warner, Sharon*	28	Washington, DC	39:48	
56	Jean, Thorin****	17	Williamsburg, VA	39:48	▲ 61
57	Wigglesworth, Claire*9	15	Washington, DC	39:52	
58	Hoffman, Jackie***	25	Newport News, VA	39:52	
59	Steil, Maegan	28	Halethorpe, MD	39:56	
60	Morgan, Jacqueline*	38	Richmond, VA	40:11	
61	Landy, Tara	25	Washington, DC	40:16	
62	Holt, Bridget	39	Gambrills, MD	40:26	■62

19 & Younger Women

Reston New Year's 5K 17:16, 10K = 35:37

Being a teen and winning seem to go hand in hand. Of the top hundred times run in the division these young runners finished in the top three overall 72 times, including 43 overall wins. Of the top 32 times which includes all the top 9 ranked racers, all but two of the times were in the top three with 22 overall wins.

Kasandra Aulenbach won it all in her three best races, including an amazing Trailzilla 5K in 18:01. She also had the third fastest race, winning the York River 5K in 18:52. Anna Bodmer had by far her best race at the Winterfest of Lights Jingle Bell 5K in Ocean City with a superb 18:45 to take the runner-up spot. Over the past three years, Claire Wigglesworth has run more 40 percent of the 153 Fletcher's Cove Park Run 5Ks. With the pedigree of racing legend Henry Wigglesworth, it is little surprise that she was the overall winner in all fifteen of her Fletcher's Cove races. Her best was #94 in December with a sparkling 19:09. Look for her to dip into the 18s in '19.

The Jean sisters, Thorin, the elder, and Soreenna won a combined 27 events. Soreenna earns the ninth position for her Swamp Run 5K in 20:15, second overall. Thorin won it all in 19:46. Still, she won her fourth placement in the rankings with her victory at the Norfolk Harbor 5K in 19:07 ahead of sixth ranked Maeve Stiles who ran 19:29. Fifth positioned Carly Wilkes ran the competitive FAB 5K in 19:16 for second overall, gaining a minute on her 2017 time.

Seventh ranked Kmalieet Athwal ran the Reston New Year's 5K, a converted three loops around the Town Center that most probably was short in 19:27. Her second fastest race came ten weeks later on the regular course at the Lucky Leprechaun 5K in 20:25. This course is known to be a tad long. Eighth ranked Anna Staats ran the SMCN Resolution 5K in 19:56.

Nineteen women qualified for the division.

National Class times (80%) = 37:55

PI	Name	Age	Hometown	10K=
1	Aulenbach, Kasandra****	17	Yorktown, VA	37:31

2	Bodmer, Anna****	14	Dickerson, MD	39:02
3	Wigglesworth, Claire*17	16	Washington, DC	39:52
4	Jean, Thorin*12	17	Williamsburg, VA	39:48
5	Wilkes, Carly*8	14	Salem, VA	40:07
6	Stiles, Maeve****	16	Norfolk, VA	40:34
7	Athwal, Kmaljeet****	18	Leesburg, VA	40:30
8	Staats, Anna*7	19	Lexington Park, MD	41:30
9	Jean, Sorena*15	16	Williamsburg, VA	42:10
10	Fagerstrom, Kerstin*14	15	Arlington, VA	42:51
11	Landefeld, Savannah**	17	Arlington, VA	42:51
12	Polun, Danielle*8	10	Lutherville, MD	42:45
13	Hirsche, Katie*14	15	College Park, MD	43:33
14	Goodpasture, Laurel*****	19	Midlothian, VA	44:16
15	Row, Cami***	13	Hagerstown, MD	44:12
16	Rosas, Adriana***	19	Columbia, MD	44:48
17	Parziale, Nina*****	15	Williamsburg, VA	45:19
18	Rosas, Brenda****	19	Columbia, MD	46:07
19	Wells, Ysabel**	11	Virginia Beach, VA	47:37

35-39 Women

Pike's Peek 10K 34:11

Julia Roman-Duval won her eighth best race to start the year at the RRCA Challenge 10 Mile in 59:39 at a course that produces a sub 60:00 women's race maybe once a decade. Third place Silvia Baaga also had her eighth best race there in 1:06:21. In March, runner-up Sarah Bishop saw a rare ray of daylight when Roman-Duval ran a speedy Kelly's Shamrock 5K in 16:49 for one of her eight overall wins. The following week Bishop ran the Anthem Shamrock Festival Half Marathon in 1:16:41 and for a moment in time was leading the way. Then came the Credit Union Cherry Blossom 10M and Roman-Duval was in the money with a nineteenth overall 58:46 ahead of Bishop's fine 59:43. Seventh place Sage Norton had already earned her spot, running the Mission 10 Miler Race to Recovery in 1:03:03. She would get outgained by two seconds by ninth place Michelle Miller (1:05:20) at the Credit Union Cherry Blossom 10M.

Still, along with Bishop's matching Rock 'n' Roll Half Marathon in 1:18:11 a week before the Virginia Beach masterpiece she was still a whisper ahead of Roman-Duval. Bishop powered on after winning the St. Patrick's Day double, 5K in 17:30 and the 10K in 36:30, both overall wins in early March to a fifth overall at the Ukrops Monument Avenue 10K in 36:15. The final Sunday of April, Roman-Duval shut the door on the finest spring ever to not win the division with a blistering overall win at the Pike's Peek 10K in 34:11. Baaga came in four minutes later in 38:30 with Norton close by in 39:11.

In the fall, Roman Duval won it all at the Baltimore Marathon in 2:47:43 with Bishop still keeping her honest a week later at the Marine Corps Marathon in 2:49:51. That was three weeks after Roman Duval had run her fifth 10 miler. At Army, as second overall in 57:17, she settled grudgingly for her second failure to get an overall win from her ten racing events. Baage won her age group at Army in 1:05:54. Roman-Duval's age grading was 89.34%.

Sherry Stick was putting the final touches of her sub master career before taking on the masters division in the second half of the year. She mirrored the two seasons with nine age group wins. Her best race was one of seven overall wins at the Antietam Brewery 5K in 18:10 and it earns her the fourth slot. Fifth place Mollie Turner checks in with the next fastest race, gathering in a second overall at the Heart of Ghent 10K in 38:25. Sixth place Kristin Lemos runs virtually all her races with the Montgomery County Road Runners. She was the uncatchable rabbit in seven of them as well as winning all eight events she raced. Her best race was the Matthew Henson 5K, a rollercoaster in the woods event, in 18:47.

Eighth place Jenny Fitzgerald was solid finishing not far behind Baage at the George Washington Parkway Classic 10 Mile, 1:04:37 to 1:05:02. Her best race was the first week of the year overall victory at the MCM Turkey Trot 10K in 38:43. Tenth place Jacqueline Morgan was second overall at the unique distance 9.11 Mile in 1:00:03. She ventured north for the more conventional Frederick Half Marathon that she galloped through in 1:28:55.

Twenty-six women qualified for the division.

National Class times (80%) = 38:11

PI	Name	Age	Hometown	10K=
1	Roman-Duval, Julia*10	36	Columbia, MD	34:11
2	Bishop, Sarah*6	36	Fairfax, VA	34:39
3	Baage, Silvia*7	37	Rockville, MD	37:36
4	Stick, Sherry*9	39	Sykesville, MD	37:49
5	Turner, Mollie*6	38	Chesapeake, VA	38:25
6	Lemos, Kristin*8	37	Bethesda, MD	38:48
7	Norton, Sage***	38	Myersville, MD	38:34
8	Fitzgerald, Jenny****	39	Woodbridge, VA	38:43
9	Miller, Michelle*****	37	Gaithersburg, MD	39:16
10	Morgan, Jacqueline*7	38	Richmond, VA	40:02
11	Mathews, Lena***	38	Baltimore, MD	40:15
12	Stylianaki, Anna*****	39	Parkville, MD	40:13
13	Holt, Bridget****	39	Gambrills, MD	40:26
14	McGraw, Becky*8	38	Stephens City, VA	40:34
15	Diegoli, Toni*6	39	Potomac, MD	40:43
16	Anderson, Jennifer*13	37	Poquoson, VA	40:42
17	Berinato, Jody***	36	Parkville, MD	40:49

18	Thompson, Crystal*	39	Washington, DC	41:23
19	Van Horn, Michelle*****	36	Harpers Ferry, WV	41:25
20	Keller, Becky***	39	Earlsville, VA	41:38
21	Surette, Erin**	36	Towson, MD	41:56
22	Halligan, Pam*****	39	Bel Air, MD	41:59
23	Moran, Jenny**	39	Virginia Beach, VA	42:08
24	Clor, Elizabeth*6	39	Chantilly, VA	42:22
25	Rhodes, Becky****	38	Westminster, MD	42:22
26	Maxwell, Christine****	35	Burke, VA	42:56

40-44 Women

Army Ten Miler 1:02:36, 10K = 37:37

Barb Fallon Wallace easily retains her 2017 crown though she barely ran half as many events, just six. She set things in motion early with a fine Alexandria Turkey Trot 5M in 29:57. Runner-up Lindsay Wilkins is very good. Witness her excellent Navy-Air Force Half Marathon in 1:24:20. That was five minutes faster than third place Cristina Burbach had run in 2017. Note that Burbach upped her game this year beating fourth place Rachel Wheeler Northup at the American Family Fitness Half Marathon, 1:24:28 to 1:24:38. But at the Army 10 miler Fallon Wallace left little doubt besting Wilkins, 1:02:36 to 1:03:21. Most of the best times were longer races. On our nation's birthday, Fallon Wallace again showed Wilkins the way at the Reston Firecracker 5K, 18:26 to 18:35.

Rachel Wheeler Northup won it all at the SPCA 5K in 18:39, finishing achingly close behind Burbach's one monster race. Burbach had finished third at Army in 1:06:07. Fifth place Claire Heasman owns Frederick with six of her seven races ending in a top three finish overall, including three outright victories. She was best at the Fredrick Half Marathon in 1:25:30. Sixth place Sherry Stick wins everywhere she goes and rarely leaves her Westminster crown unattended. She was tops in all of her races with six overall wins, including the Donate Life Family 5K in 18:41. She spent an equaling dominating first half of the year as a submaster.

Heading to the Tidewater Region, looking for a win. Better to check in with seventh ranked Fabiana Perlangeiro first before you do. She was second overall at the Rock 'n' Roll Half Marathon in 1:28:01 as well as runner-up at the Peroni Crawlin' Crab Half Marathon in 1:26:49. After these two major races, the rest of her nine events were all overall wins, such as the Summer Slam 5K in 19:07. Eighth this year goes to Jaqueline Gruendel for her George Washington Parkway Classic 5K silver medal positioning in 18:52. Meg Crook takes ninth, racing the Charlottesville 10 Mile in 1:06:18.

Tenth place Patricia Walsh had her best of six wins, finishing second overall at the Susquehanna River Running Festival Half Marathon in 1:29:29. That was just

enough to stay ahead of Lisa Reichmann who had 12 age group wins but was best at the Pike's Peek 10K where she was second in 40:31. Erin Chamberlin is right with these ladies, taking twelfth with her fine Charm City 20M in 2:21:24.

Twenty-six women qualified for the division.

National Class times (80%) = 39:03

PI	Name	Age	Hometown	10K=
1	Fallon Wallace, Barb*6	44	Alexandria, VA	37:37
2	Wilkins, Lindsay**	40	Arlington, VA	38:04
3	Burbach, Cristina****	44	Arlington, VA	38:10
4	Wheeler Northup, Rachel*6	42	Richmond, VA	38:15
5	Heasman, Claire*7	44	Frederick, MD	38:38
6	Stick, Sherry*9	40	Sykesville, MD	38:54
7	Perlangeiro, Fabiana*7	43	Virginia Beach, VA	39:14
8	Gruendel, Jackie*****	43	Clifton, VA	39:21
9	Crook, Meg*****	43	Charlottesville, VA	39:51
10	Walsh, Patricia*6	43	Severn, MD	40:26
11	Reichmann, Lisa*11	44	Gaithersburg, MD	40:31
12	Chamberlin, Erin****	43	Clarksville, MD	40:39
13	Huerta, Amy*6	43	Fredericksburg, VA	41:06
14	Finnegan, Alison****	41	Rockville, MD	41:07
15	Moran, Jennifer***	41	Virginia Beach, VA	41:01
16	Gilliam, Sara*8	41	Stafford, VA	41:58
17	Mandes, Sarah***	41	Arlington, VA	42:30
18	Cosner, Cathy*****	44	North Chesterfield, VA	42:55
19	Austin-Thieme, Stephanie**	44	Woodbridge, VA	43:05
20	Schweisguth, Melissa*	44	Silver Spring, MD	43:06
21	Skinner, Julia****	41	Windsor Mill, MD	43:04
22	Wright, Donna****	41	Roanoke, VA	43:04
23	Dzibela, Tracy*11	41	Fredericksburg, VA	43:12
24	Liisi Linask, Kaari	44	Rockville, MD	43:35
25	Sample, Jennifer*6	43	Chevy Chase, MD	43:33
26	Lully, Jennifer*7	41	Lynchburg, VA	43:50

45-49 Women

Reston New Year's 5K 16:57, 10K = 35:17

Perry Shoemaker ran twelve events but she was *only* the overall winner in ten of them. Her best race was a world class 91.01%. She won twice at the Reston Town Center course and lost (second overall) in July on the slightly longer course. On New Year's Day, the alternate course was changed by weather and it appeared to be a bit short. She ran 16:57 while her next fastest half dozen 5Ks

were in the mid 17s. Still, her Leesburg 20K in 1:14:28 and her top twenty-five finish at the prestigious Credit Union Cherry Blossom 10M in 58:56 seemed to indicate that it was not by much.

The next two excellent runners were so close that we had to change them more than once. Suzanne Himes had the best marathon, winning it all at the Lower Potomac River Marathon in 3:11:34. She also bested a slew of runners with an even better Credit Union Cherry Blossom 10M in 1:07:48 a month later. She topped 41 ranked runners from her division in her seven events, six major. She earned a Moreland Racing Factor of 102. Unfortunately, she faced the unbeatable Shoemaker twice. Still beating so many runners was impressive. Our runner-up Stefani Watterson was just as impressive with eight events, seven major. She had run the TCS Annapolis Half Marathon at the very start of the year in 1:34:50. When she ran the race again at the very end of the year, the course was short, called 11.9M, and her 1:21:44 was her best race. Odd distances are more difficult to parse. Watterson did not have to face the trials of a Shoemaker whipping and she earned seven age group wins. Even more telling she met head to head with Himes at the Navy-Air Force Half Marathon and vanquished her, 1:30:39 to 1:39:37. It was one of Himes slowest events and one of Watterson's fastest. Their paths had crossed back in December when Watterson won the Jingle All the Way 15K in 1:04:50. Himes did the accompanying 5K and struggled through her worst race of the year in 22:25.

Himes beat fourth place Christie Blanchard at the Credit Union Cherry Blossom 10M (1:10:37) and that was even faster than Watterson's best 10M at the George Washington Parkway Classic in 1:10:49. A week after that, no one bested Blanchard as she raced the Pike's Peek 10K in 42:06. Blanchard would add a Veterans Day 10K in 42:36 at year's end to cope with sixth place Julie Sapper's second overall at the Rockville 10K the week before in 42:53. She had already bested Sapper's Credit Union Cherry Blossom 10M of 1:11:00. Fifth place Sharon Wilkins sneaks into her position with by far her best race, the Santa Claus Shuffle 5K in 20:16. That was the fastest 5K not run by Shoemaker.

In March, Hassetou Wandago took down Blanchard's fourth best race at the Rock 'n' Roll Half Marathon, 1:34:50 to 1:35:06 to take seventh place. Eighth place was a bit further back at the American Family Fitness Half Marathon in 1:37:13. Notwithstanding, Goodpasture thrived with seven of her 12 age group wins at the 5K, led by the Boxer Brief Battle 5K in 20:48. Ninth place Monique Rico had a quiet year as she transitioned into the 50-54 age group. She ran one over the minimum four qualifiers, all 5Ks. She was outstanding with three overall wins, including the Vienna 5K in 20:51.

Twenty-two women qualified for the division.

[National Class times \(80%\) = 40:34](#)

PI	Name	Age	Hometown	10K=
1	Shoemaker, Perry*12	46	Vienna, VA	35:17
2	Watterson, Stefani*7	49	Alexandria, VA	40:45
3	Himes, Suzanne***	48	Alexandria, VA	40:44
4	Blanchard, Christie**	45	Chevy Chase, MD	42:06
5	Wilkins, Sharon*6	48	Chesapeake, VA	42:12
6	Sapper, Julie*6	46	Rockville, MD	42:40
7	Wandaogo, Hassetou	48	Silver Spring, MD	42:58
8	Goodpasture, Debbie*12	49	Midlothian, VA	43:23
9	Rico, Monique**	49	Chantilly, VA	43:29
10	Young, Cheryl*9	49	Reston, VA	43:58
11	Benda, Marci***	48	Parkton, MD	43:59
12	Ross, Cathy*12	47	Burke, VA	44:06
13	Whitestone, Yuko***	46	Springfield, VA	44:25
14	Fuglem, Tove**	49	Quantico, VA	45:17
15	Hicks, Rebekah****	47	Floyd, VA	45:32
16	Chase, Julia***	48	Fredericksburg, VA	45:26
17	Tanaka, Yoko*	45	Washington, DC	45:51
18	Bibb, Wendy**	47	Centreville, VA	46:42
19	Taylor, Julia***	47	Arlington, VA	46:48
20	Siddique, Nadrat***	49	Ellicott City, MD	47:18
21	Benson, Barbara***	48	Springfield, VA	47:32
22	Greer, Eliza***	48	Baltimore, MD	47:36

50-54 Women

Celtic Solstice 5M 30:57, 10K = 39:02

This year's champion seems to have been sandbagging for most of the year. Kim Isler had only one race that barely made the top fifty times until she had a crushing win in the fall. She took top honors at the Perfect 10 10K in September in 44:20 ten minutes faster than she had run that same course the month before. In October, she knocked a minute and a half off her best 5K, running the Monster Dash 5K in 20:43. That pushed her past third place Shannon Smith who was consistent all year. Smith began the year matching fourth place Deb Taylor's Laurel Turkey Trot 5K exactly in 21:00 with her SOME Thanksgiving Day Trot for Hunger 5K, both run on Thanksgiving. Smith would cap her year with the Veterans Day 10K in 43:14. Taylor bested eighth ranked Yuko Takakusaki and thirteenth place Tonna Arbaugh at the RRCA Challenge 10 Mile in 1:13:28. Takakusaki bested Arbaugh by a second in 1:15:27 in her second best race.

In the spring, Lydia Pelliccia was making her bid with a win at the George Washington Parkway Classic 10 Mile in 1:12:47. That was an improvement on her earlier fifth place finish at the Credit Union Cherry Blossom 10M in 1:13:25. On the final weekend of the year, she swept past Smith and Taylor with a

marvelous Anthem Richmond Marathon in 3:17:18. That got her the runner-up spot as Isler continued to improve, racing the American Family Fitness Half Marathon in 1:31:10. That was a mile ahead of seventh place Mardiny Ung's PR in 1:39:24.

Sixth place Keary Johnston won the Mission 10 Miler Race to Recovery in 1:12:13, ahead of twelfth place Patricia Morris who ran 1:14:26. Still, that time was not quite enough to get past fifth place Tammy Liu Hermstein. Liu Hermstein prevailed in a close one at the Pike's Peek 10K 44:24 to 44:28 for one of her thirteen age group wins. Takakusaki produced the third fastest half, motoring through the DCRRC Gar Williams Half marathon in 1:39:37. Just a second off the pace, comes Kim Votava White who won it all at the Don't Sit on Colon Cancer 5K in 21:38 to take the ninth post. Tenth place Maureen Hall won eleven times but none as fast as her master win at the JW Brick 5K in 21:35.

Eleventh place Brenda McaKintosh used the Get Pumped for Pets 15K in March to gain her spot in a close battle with Morris, 1:09:31 to 1:09:36. Luz Blakney began her grandmaster stay with an upset win of the summer rankings. She ran her best race in the fall at the Run for the Parks 10K in 45:34.

Forty-six women qualified for the division.

National Class times (80%) = 42:50

PI	Name	Age	Hometown	10K=
1	Isler, Kim*6	50	Oakton, VA	41:12
2	Pelliccia, Lydia***	50	Washington, DC	42:11
3	Smith, Shannon*6	53	Washington, DC	43:14
4	Taylor, Deb****	52	Hanover, MD	43:43
5	Liu Hermstein, Tammy*13	51	Columbia, MD	44:24
6	Johnston, Keary****	52	Frederick, MD	44:10
7	Ung, Mardiny*	52	Elizabethtown, PA	44:55
8	Takakusaki, Yuko*7	50	Arlington, VA	45:01
9	Votava White, Kimberly***	50	Virginia Beach, VA	45:02
10	Hall, Maureen*11	54	Baltimore, MD	44:56
11	MacKintosh, Brenda*****	53	Springfield, VA	45:12
12	Morris, Patricia*	52	Chester, MD	45:15
13	Arbaugh, Tonna*****	50	Westminster, MD	45:21
14	Blakney, Luz*10	50	Herndon, VA	45:34
15	Ludwig, Meryl	52	Mount Airy, MD	45:44
16	Borkman, Kelly*8	52	Virginia Beach, VA	45:48
17	Waterman, Paige*****	51	Bethesda, MD	45:50
18	Taylor, Ruth*11	50	Frederick, MD	46:03
19	Schauerman, Christine***	52	Ellicott City, MD	46:03
20	Welsh, Teri*6	51	Lutherville, MD	46:23
21	Pels, Paula*****	53	Bethesda, MD	46:17

22	Bozarth, Helena*12	52	Fredericksburg, VA	46:47
23	Ernst, Carol****	53	Fulton, MD	47:03
24	Strauch, Debi**	51	Ashburn, VA	47:04
25	Krill, Carol***	54	Stafford, VA	46:59
26	Sachs, Amy*7	53	Ellicott City, MD	47:05
27	Stotler, Tonya*7	51	Cross Junction, VA	47:09
28	Fraker, Ann***	52	Stevenson, MD	47:48
29	Barrick, Michelle*9	54	Middle River, MD	47:49
31	Borges, Kimberly****	50	Virginia Beach, VA	48:10
32	Cline, Carla*****	52	Norfolk, VA	48:12
33	Logan, Cheryl*7	53	Washington, DC	48:04
34	Moeser, Audrey**	52	Glen Arm, MD	48:31
35	Delaney, Nancy**	52	Virginia Beach, VA	48:34
36	Smith, Paula*6	51	Hampstead, MD	48:39
37	Kopacz, Margaret****	53	Chesapeake, VA	48:39
38	Ducker, Claudia**	50	Annapolis, MD	48:41
39	Foy Jones, Valor***	54	Williamsburg, VA	48:56
40	Braunstein, Janet****	52	Washington, DC	49:17
41	Shea, Stacey**	54	Baltimore, MD	49:23
42	Simon, Sandi*	52	Perry Hall, MD	49:47
43	Katson, Mery-Angela	53	Mclean, VA	49:52
44	Cohen, Cindy*8	50	Washington, DC	49:58
45	Shaheen, Janice**	52	Henrico, VA	50:12
46	Mundt, Vicky	54	Annapolis, MD	50:56

55-59 Women

RRCA Challenge 10 Mile 1:05:38, 10K = 39:27

Cindy Conant only ran one race after the first half of the year, spending the second half recovering from injury. She was dominating with eleven age group wins, including two second overall and four overall victories. The first week, she won it all at the College Park Park Run 5K in a swift 19:37. The following Saturday, she won it all at the hilly Turkey Burnoff 10 Mile in 1:06:25. Perhaps even more dominating on a colder day in late February she ran RRCA Challenge 10 Mile in 1:05:38. This year she passed on the Cherry Blossom 10M and another duel with Joan Samuelson but her RRCA Challenge had the highest age graded time among all qualifiers with a world class 93.54%. In Conant's absence, Kendall Tata easily won the fall. More than half on her 21 age group wins were top three of better finish, five of them were overall wins. She was best at the Pepsi 10K in 41:32. These two combined for the best 25 times. Tata won at the Charlottesville 4M 26:04 to confirm her runner-up slot.

Third ranked Martha Merz ran the George Washington Parkway Classic 10 Mile in 1:12:35 for first in her age group. Two weeks earlier, she had only been five

seconds slower at the Credit Union Cherry Blossom 10M. That event is more competitive and she settled for three in her age group. Fourth place Julie Hayden is a classic middle distance runner and had a very nice Reston New Year's 5K in 20:49. The course was weather modified and may have been a tad short as indicated by many of the runners having easily their best races there. Six weeks earlier, she had a very nice Herndon Turkey Trot 5K in 21:09. Ninth place Jill Snyder had a similar situation as one of her ten victories was at the Downs Park 5M that was definitely short. She ran her best full race at the Key School 10K in 45:57.

Fifth place Deedee Loughran, 59, is famous for fast half marathons. However this year, her three fastest events were 5Ks, including a slightly long-course Reston Firecracker 5K in 21:17 and an overall win at the Reston WDF 5K in 21:24. She did also have a couple of half marathon wins, doing best at the Virginia Wine Country Half Marathon in 1:40:27. Seventh place Carol David ran the Blue Gray Half Marathon in 1:41:16. That added to her 21:55 at the SPCA Run for Shelter 5K was enough to earn her spot. Sixth place Carla Havens was right there with a win at the Run for the D. O. G. 5K in 21:54. Back in December, Havens also finished the St. Kateri's Run with the Son 5K in 22:05.

Eighth place Sushila Nanda is racing fool. If it is a weekend, she is racing. She won her division 32 times while racing 40 qualifiers. Preferring the warm weather racing, it is no surprise that her best race at the Southlakes 10K in 45:45 in August. She also had a swift September 5K, racing at the Clarendon Day in 22:07. Tenth ranked Win Persina started her Park Run first at Fletcher's Cove but nowadays she can be found at College Park where she has been the overall winner more than once. Her best race there was last June in 22:09.

Taking the eleventh position, Suzanne Porter specializes in the longer races. Her Leesburg 20K in 1:37:23 was her best example. Five more of her eight races were halves, including the overall win at the Run for the Wounded Warriors Half Marathon. Amber Rader rounds out the top dozen with her win at the Carytown 10K in 46:40.

Forty women qualified for the division.

National Class times (80%) = 45:33

PI	Name	Age	Hometown	10K=
1	Conant, Cindy*11	57	Kensington, MD	39:27
2	Tata, Kendall*21	56	Stanardsville, VA	41:32
3	Merz, Martha****	56	Alexandria, VA	43:37
4	Hayden, Julie*10	58	Ashburn, VA	43:20
5	Loughran, Deedee*6	59	Herndon, VA	44:19
6	Havens, Karla*8	56	Plainview, VA	45:36
7	David, Carol*8	55	Stafford, VA	45:38

8	Nanda, Sushila*32	57	Arlington, VA	45:45
9	Snyder, Jill*10	58	Annapolis, MD	45:57
10	Persina, Win*12	57	Washington, DC	46:07
11	Porter, Suzanne*8	57	Annandale, VA	46:24
12	Rader, Amber***	59	Moseley, VA	46:40
13	Scott, Janeth***	56	Columbia, MD	47:24
14	Rome, Julie*6	56	Herndon, VA	47:36
15	Bailey, Mary Jo*****	57	Williamsburg, VA	47:34
16	Gerloff, Terri***	59	North Chesterfield, VA	48:29
17	Furr, Suzanne*	57	Harwood, MD	48:49
18	Black, Beverly*6	57	Fairfield, PA	49:14
19	Wang, Geyan**	56	Herndon, VA	49:21
20	Boyle, Cecile***	58	Manassas, VA	49:31
21	Rushin, Blake***	56	Vienna, VA	49:35
22	Manos, Karen**	58	Clifton, VA	49:59
23	Griffing, Sharon*	59	Springfield, VA	49:59
24	Cea, Kathy*****	58	Gaithersburg, MD	49:59
25	Bean, Becky***	59	Norfolk, VA	50:17
26	Hackett, Maura	59	Springfield, VA	50:19
27	Rosasco, Carole*7	59	Severna Park, MD	50:25
28	Galliani, Paula	58	Gaithersburg, MD	50:32
29	Mundt, Vicky	55	Annapolis, MD	50:42
30	Rogers, Molly*	56	Henrico, VA	51:02
31	Durland-Jones, Karen***	57	Charlottesville, VA	51:23
32	Lingenfelter, Gabriele****	55	Yorktown, VA	51:52
33	Grillo, Jeanne*	57	Potomac, MD	51:59
34	Polite, Rebecca	59	Winchester, VA	52:09
35	Foyjones, Valor*****	55	Newport News, VA	52:11
36	Phillips, Norma*10	58	Williamsburg, VA	52:22
37	Schulte, Victoria	59	Ashburn, VA	52:32
38	Miscan, Danielle	59	Reston, VA	52:36
39	Eddy, Pamela*	58	Williamsburg, VA	53:07
40	Donovan, Kathy****	57	Virginia Beach, VA	53:04

60-64 Women

Leesburg 20K 1:32:56, 10K = 44:17

Carolyn Harrison had a powerful year with 31 age group wins and 9 of the top 10 races. That ninth best time at the Carytown 10K in 47:28 matched fourth ranked Catherine Baker's Pike's Peek 10K (47:33) run the same day. Harrison had already secured the title back in November, racing the VAB Turkey Trot 10K in 46:50. In March, she finished the almost 10K-Fort Eustis 6.14M in 45:56 for an amazing second overall. Least someone be concerned about the time/distance in the race, the following week she matched that best race again, running the

Anthem Shamrock Festival Half Marathon in 1:40:46. That earned her a powerful 86.63% age grading.

Runner-up Barbara Lyons does not slow down. This makes her longer races, at the same pace, even more potent. After a middling 5K at Leakin Park in 25:22, albeit an overall win, she ran the Mission 10 Miler Race to Recovery in 1:19:55. She earns her placement racing the Howards 25K in 2:05:02 which is five 5Ks at a 20 seconds per mile faster pace than her 5K's pace. Fall champion Hosni Haghigian ran the Community Bridges 5K in 22:54 to match up with Baker. At the half marathon, Haghigian ran the American Family Fitness in 1:45:23 to take third while Baker finished the Prince William Half Marathon in 1:47:16. Fifth place Nancy Hill was right there with three sub 23-minute 5Ks, the slowest being the Blue Cheetah Turkey Trot 5K in 22:59.

Sixth place Lydia Johnson earns her spot with the Northern Central Trail Half Marathon in 1:48:01, the fifth fastest half in the division. Ida Drait continues to get stronger all year long as she moves her way back to the top. On the final day, she raced the Veterans Day 10K in 49:03 to claim her eighth age group win and the seventh slot in the rankings. Ninth place Val Indye had eight wins as well. Her next to last was a well-run Spook Hill Cider & Wine 4 Mile in 30:48 to match eighth place Mary Lowe Hayhugh's best race, the Race 4 Recovery 5K in 23:41. Mayhugh clearly earns the higher post as she won a female leading 37 age group wins, never losing the top spot after the first week of the year.

Tenth place Beth Baumgarten won a close one over Leigh Peck when she had her best of five wins at the Run for Santa 5K in 24:08. Peck was a long stride behind, racing the St. Patrick's Day 5K in 24:11. Former champion Betty Blank said so long to the division with another November win at the Alexandria Turkey Trot 5M in 40:10. Thirteenth ranked Leslie Rigby Kash was a winner in many ways. She had an overall win in March. She won twenty-two of her age group races in 23 events. She also finished second overall at the Lighten-up Lynchburg 5K in 24:24 to claim her post. Layne Ferguson was the fourteenth of sixteen runners to have a qualifying time fast enough for the 50-54 division. She ran the Appalachian Power Festival 10K in 50:59.

Fifty-three women made the rankings.

National Class times (80%) = 48:36

PI	Name	Age	Hometown	10K=
1	Harrison, Carolyn*31	62	Virginia Beach, VA	45:30
2	Lyons, Barbara*11	60	Clarksville, MD	47:05
3	Haghigian, Hosni*6	60	Charlottesville, VA	47:37
4	Baker, Catherine***	61	Bethesda, MD	47:33
5	Hill, Nancy*10	60	Havre De Grace, MD	47:45
6	Johnson, Lydia***	64	Street, MD	48:49

7	Drain, Ida*8	62	Alexandria, VA	49:03
8	Mayhugh, Mary Lowe*37	62	Washington, DC	49:19
9	Indye, Val*8	62	New Market, MD	49:19
10	Baumgarten, Beth*****	61	Stone Ridge, VA	50:15
11	Peck, Leigh*6	61	Lutherville, MD	50:21
12	Blank, Betty	64	Falls Church, VA	50:39
13	Rigby Kash, Leslie*22	62	Fredericksburg, VA	50:48
14	Ferguson, Layne*7	61	Moneta, VA	50:59
15	Philpot, Connie*13	63	Arlington, VA	51:13
16	Headlee, Kathy****	61	Richmond, VA	51:36
17	Fisher, Nina****	61	Annapolis, MD	51:56
18	Recto, Liza*7	62	Lexington Park, MD	52:15
19	Peck, Julia*7	61	Culpeper, VA	52:11
20	Langlois, Harriet*9	62	Ijamsville, MD	53:08
21	Cohen, Deborah*7	62	Ellicott City, MD	53:33
22	Worthington, Helen*12	64	Bena, VA	53:28
23	Kaler, Laura**	61	Jefferson, MD	54:12
24	Foster, Marcy	64	Reston, VA	54:11
25	Wake, Sharon**	63	Henrico, VA	54:34
26	Archibald, Connie**	61	Henrico, VA	54:59
27	Davidson, Paula*	64	South Hill, VA	55:00
28	McCoy, Harriet*8	63	Toano, VA	55:06
29	Rodier, Sharon***	61	Norfolk, VA	55:22
30	Washington, Myra*9	61	Montgomery Village, MD	55:15
31	Newton, Frances****	64	Henrico, VA	55:50
32	Robison, Debi***	64	Salem, VA	56:14
33	Rines, Pamela****	63	Vienna, VA	56:29
34	Hoing, Laura****	60	Herndon, VA	56:23
35	Seidman, Merrilee*****	63	Alexandria, VA	56:40
36	Ball, Nancy****	62	Fredericksburg, VA	56:49
37	Snead, Susan****	63	Virginia Beach, VA	56:49
38	Laun, Pattie	60	Ellicott City, MD	56:54
39	Hansen-Vessa, Carol*7	64	Reston, VA	56:58
40	Bowling, Nancy*10	62	Frostburg, MD	57:06
41	Phelan, Jean	62	Virginia Beach, VA	57:01
42	Halsey, Carolyn	60	Leesburg, VA	57:13
43	Mitchell, Michelle**	60	Taneytown, MD	57:15
44	Romanchyk, Janet**	61	Sterling, VA	57:24
45	Ahlsted, Jackie**	64	Suffolk, VA	57:48
46	Ashlock, Joyce***	64	Nottingham, MD	58:12
47	Ganoe, Thea*	60	Hampton, VA	58:06
48	Pillow, Patrice***	62	Glen Allen, VA	58:12
49	Uthe, Janice*7	62	Bowie, MD	58:16
50	Moody, Amanda*	64	Chester, VA	58:21
51	McCusker, Bridget*15	64	Baltimore, MD	58:39

52	Bell, Peggy**	60	Fredericksburg, VA	58:36
53	Close, Jean*	63	Towson, MD	59:48

65-69 Women

HCA 8K 37:46, 10K = 47:57

Through much of the year it looked as if Claudia Wolfe's victory at the Credit Union Cherry Blossom 10M in 1:26:06 would hold sway. There was only one race in the top twenty during the summer and only two in the top forty. In the fall, former champ Betty Blank came storming back with her yearly win at Army (1:26:42), and big 10K, winning Veterans Day in 51:31, in addition to a couple of sizzling 5Ks. Her speedy Clarendon Day 5K in 24:40 nearly matched her track win. Still, though it earned her second, she would not regain the top spot. That belonged to Peggy Vail. Vail started with a nifty Cherry Pit 10M in 1:27:17. That was fourth best among ten milers, including fourth ranked Mary Fredlake's George Washington Parkway Classic 10 Mile in 1:27:04. However, Vail too came alive in the fall. She won the short course Downs Park 5M ahead of ninth place Maria Shields. Then she snatched the crown, racing the AS Metric Marathon in 2:20:55. That was the division's top age graded event at 82.41%.

Fredlake would add a 25:29 at the Love the Run You're with 5K, a cold race that is all steep up and down hills. Fifth place Ginny Hughes looked golden early with her Virginia Run Turkey Trot 5K in 25:29. Later she would add twelve more wins, including the decidedly hilly Devotion Mother's Day 4M in 32:51. Meanwhile, Linda Gulick was amassing wins. Her best of her first nine was the SPCA 5K in 25:49 to exactly match her Toy for Tots Run 5K in December. On the final week, she elevated her game at the HCA 8K in 41:26, just ahead of eighth ranked Hannah Phillips (41:44), to tie exactly Hughes' best effort. Close as can be, Gulick settles into sixth place.

On the final weekend, Penny Williams rises up to seventh place by winning the TCS Annapolis 11.9M in 1:46:23. In 2017, the race was the full half when the racing year started and Williams ran a slightly slower pace at 1:59:22. She also won the Across the Bay 10K in 53:37. These ladies are all so close. Fredlake ran the St. Patrick's Day 10K in 53:24. Ginny Hughes ran the Apple Blossom 10K in 53:26 and Peggy Vail ran the AS Dawson's 10K in 53:26.

Eleventh in the hierarchy, Alice Franks is on her way back. Well, not really, as she turned seventy as the year waned and will be moving on. She finished just behind tenth ranked Lizzie Sadoff at the Credit Union Cherry Blossom 10M, 1:29:32 to 1:29:56. Sadoff also ran the SOME Thanksgiving Day Trot for Hunger 5K in 25:33. Long distance ace Shields takes her place with her Baltimore Half Marathon in 1:57:40, one of eleven events 10K or longer. Franks, who when off the injury list is a consensus favorite, ran best at the Pike's Peek 10K in 53:39.

Forty-eight women qualified for the division.

National Class times (80%) = 52:08

PI	Name	Age	Hometown	10K=
1	Vail, Peggy*6	66	Annapolis, MD	50:36
2	Blank, Betty*8	65	Falls Church, VA	51:13
3	Wolfe, Claudia*6	67	Alexandria, VA	51:45
4	Fredlake, Mary****	68	Washington, DC	52:19
5	Hughes, Ginny*13	68	Warrenton, VA	52:36
6	Gulick, Linda*10	67	Richmond, VA	52:36
7	Williams, Penny****	67	Trappe, MD	53:01
8	Phillips, Hannah*6	66	Alexandria, VA	52:59
9	Shields, Maria****	67	Davidsonville, MD	53:10
10	Sadoff, Lizzie*9	69	Washington, DC	53:12
11	Franks, Alice*7	69	Rockville, MD	53:39
12	Bone, Jean**	65	Henrico, VA	55:02
13	Klauber, Arlene***	65	Springfield, VA	55:53
14	Jones, Helen***	65	Baltimore, MD	56:20
15	Rockhill, Amy*6	66	Roanoke, VA	56:38
16	Travis, Patricia*24	67	Williamsburg, VA	56:54
17	Terwilliger, Susan*6	68	Blacksburg , VA	57:17
18	Scott, Judith**	68	Germantown, MD	57:47
19	Whittington, Karen*8	69	Baltimore, MD	57:59
20	Hallock, Bonnie*6	66	Havre De Grace, MD	58:12
21	Nusbaum, Maria**	66	Reston, VA	58:43
22	Nixon, Donna*7	65	Lynchburg, VA	59:14
23	Hennes, Kathy*11	66	Annapolis, MD	1:00:14
24	Edelmann, Delia	66	Annapolis, MD	1:00:40
25	McFaden, Lynne*	67	Evington, VA	1:01:02
26	Brennan, Melanie	68	Alexandria, VA	1:01:07
27	Sexton, Dru*****	66	Roanoke, VA	1:01:10
28	Kohinke, Anne*6	65	Salem, VA	1:01:41
29	Reid, Marie*32	68	Great Falls, VA	1:01:33
30	Lloyd, Mary Ann*****	69	Alexandria, VA	1:02:27
31	Frazho, Leslie*9	65	Richmond, VA	1:02:57
32	Gullo, Martha**	65	Williamsburg, VA	1:03:28
33	Fishman, Elaine*	67	Chesterfield, VA	1:03:20
34	Goosens-Winter, Roswitha*****	69	Williamsburg, VA	1:03:45
35	Humphreys, Dottie*7	66	Newport News, VA	1:03:46
36	Goodman, Rae Jean	69	Annapolis, MD	1:03:45
37	Reese, Chris*6	67	Westminster, MD	1:04:05
38	Forsha, Anna*7	67	Derwood, MD	1:04:26
39	Hines, Lucy****	66	Smithfield, VA	1:05:06
40	Adamo, Karen	66	Severna Park, MD	1:05:15
41	Martin, Debbie*	66	Lynchburg, VA	1:05:45

42	Ahlsted, Jackie*	65	Suffolk, VA	1:06:06
43	Helton, Rosemary*	65	Camp Springs, MD	1:06:04
44	Sommer, Debra**	65	Norfolk, VA	1:06:04
45	Fahy, Loretta***	69	Frederick, MD	1:06:12
46	Brisker, Duyen*	65	Bel Air, MD	1:07:29
47	Bylund, Margaret*	67	Great Falls, VA	1:08:44
48	Kemper, Catherine*****	67	Nellysford, VA	1:09:23

70-74 Women

VAB Turkey Trot 10K 50:02

If Betty Brothers ever plans on slowing down, she had better get started. She owns two thirds of the top 18 races, including the top seven. She is one of the three racers with more than a 90 percent age grading. She stands alone at the top, nearly qualifying for the 45-49 division with her VAB Turkey Trot 10K in 50:02. That is a world class 91.24% age grade. Her next seven best races still qualify for the 55-59 division. She succeeded as well in the longer races with the four fastest ten milers in the division as well as the Yuengling Shamrock Festival Marathon in 4:25:48.

Third place Virginia Sielen had an impressive résumé that includes two halves, two ten milers, and a fine B&A Trail Marathon in 4:34:02. Her best race was the Navy-Air Force Half Marathon in 2:03:03 just a month after her second-best event the Leesburg 20K in 1:57:32. She also had 14 wins as did Brothers. Fourth place Larue Lennon had half as many wins. Her second-best race was the very hilly Bachmann Valley Half Marathon in 2:06:36. She ran best at the Taneytown 8K in 44:55. At the end of the year, she edged Brigitte Sutherlin at the Across the Bay 10K, 57:17 to 57:19. Sutherlin had an erratic year, running one over the minimum qualifiers but her wonderful race at the swift Kelly's Shamrock 5K in 26:04 was enough to catapult her into the runner-up spot.

Fifth place Barbara Biasi enjoyed ten age groups wins, racing best at the shortened Fort Eustis 6.14M in 57:58. Earlier she had been just a tad slower, winning at the massive Busch Gardens Christmas Town Dash 8K in 46:34. Sixth place Linda Tice was inspirational for the doing all of her work in the first half of the year. Her excellent BRRC Masters 5K in 28:30 was just enough to hold off seventh ranked Janet Marano who would later edge her at the Credit Union Cherry Blossom 10M 1:42:32 to 1:42:57. Tice also ran the St. Patrick's Day 5K in 29:11. Marano struggles at the 5K but excels at the longer distances. She much better times at the Leesburg 20K behind Sielen in 2:06:10 as well as the Reston 10 Mile in 1:40:03.

Eighth place Gretchen Bolton was quiet for most of the year but ratcheted up her fourth necessary qualifier to win at the Rockville 10K in 1:01:03. Her time there on a rolling course was far superior to her other races. The next two places were

decided on the last Sunday in April. Linda Yarr takes tenth with her Pike's Peek 10K in 1:03:55. Pat Welch ran the National Women's Half Marathon in 2:21:10 to take ninth. Next up, Lou Norton finishes the SPCA 5K in 31:09 to stay ahead of twelfth ranked Christina Dodson who finished the Carytown 10K in 1:07:19.

Next on the totem pole, Clare Imholtz led the division with 23 age group wins, many of them Park Runs. Her fastest one was in College Park in 33:02. Jeannette Novak again attended 200 races and finished 100 5Ks. Her total of 22 age group wins would have been enhanced by at least 50 percent except that she raced against Imholtz.

Twenty-three runners qualified for the division.

National Class times (80%) = 56:10

PI	Name	Age	Hometown	10K=
1	Brothers, Betty*14	71	Virginia Beach, VA	50:02
2	Sutherlin, Brigitte****	74	Baltimore, MD	54:16
3	Sielen, Virginia*14	71	Oakton, VA	55:36
4	Lennon, Larue*7	70	Westminster, MD	56:59
5	Biasi, Barbara*10	71	Yorktown, VA	58:42
6	Tice, Linda*8	72	Timonium, MD	59:20
7	Marano, Janet****	70	Reston, VA	1:00:20
8	Bolton, Gretchen****	73	Bethesda, MD	1:01:03
9	Welch, Pat***	73	Vienna, VA	1:03:47
10	Yarr, Linda*6	74	Bethesda, MD	1:03:55
11	Norton, Lou*****	72	Richmond, VA	1:04:51
12	Dodson, Christina*11	72	Henrico, VA	1:07:15
13	Imholtz, Clare*23	72	Beltsville, MD	1:07:29
14	Goodman, Rae Jean*	70	Annapolis, MD	1:08:03
15	Michalik, Candice**	71	Williamsburg, VA	1:10:06
16	Robertson, Judi Faye*10	71	Colonial Heights, VA	1:10:29
17	Triplett, Caroline***	72	McLean, VA	1:10:47
18	Jorlett, Robin*8	74	Newport News, VA	1:11:08
19	Waxter, Peggy*	71	Frederick, MD	1:11:03
20	Timmons, Sandra***	72	Alexandria, VA	1:13:55
21	Novak, Jeanette*22	74	Damascus, MD	1:13:53
22	Quantrille, Barbara**	71	Burke, VA	1:14:34
23	Blount, Nancy*	72	Williamsburg, VA	1:25:20

75-79 Women

Ashland Railroad 10K 1:04:04

Four of the thirteen qualifiers turned eighty during the year, including runner-up Ecris Williams. She managed an impressive 19-0 record, racing her best at the Run with Santa 5K early on with a solid 32:14. Our champion Mary Kate Berglund did the majority of her racing in the first half of the racing year. It took her several until April after several races before she caught Williams with her Ashland Railroad 10K in 1:04:04. For Williams, her third best race was her fastest 10K, running the Run for the Parks 10K in 1:07:48. Berglund completed her perfect 8-0 year, winning the HCA 8K in 51:44.

Third ranked Mandy Whalen was one of our most prolific racers with twenty-eight races, fourteen of them major ones. She owned an impressive 24-4 record with three of those "losses" as second in her age group. Her best two races were her first two run in the opening month of the winter season, including the SOME Thanksgiving Day Trot for Hunger 5K in 34:07. The queen of Roosevelt Island is Rosemary Schwartzbard. This fourth ranked runner ran their Park Run eleven times to victory. Still, her impressively built 14-0 record was earned with victories at the Army 10 Miler and the Credit Union Cherry Blossom 10M that she finished in 1:58:20.

Fifth ranked Laura Pitts won 9 of her 11 events, 8 of them major races. She never met a long race she did not like, running ten miles or longer four times. Her only two events where that she was not first was two of the biggest ten milers, Annapolis and Baltimore. She was best at the Charles Street 12M in 2:28:38. Sixth place Susan Thomas ran some long events as well but was best at the Kiwanis Club Independence Day 5K in 36:55.

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

PI	Name	Age	Hometown	10K=
1	Berglund, Mary Kate*8	77	Richmond, VA	1:04:04
2	Williams, Ecris*19	79	Reston, VA	1:07:14
3	Whalen, Mandy*24	78	Falls Church, VA	1:11:02
4	Schwartzbard, Rosemary*14	76	Arlington, VA	1:11:07
5	Pitts, Laura*9	79	Baltimore, MD	1:13:28
6	Thomas, Susan*7	75	Charlottesville, VA	1:16:52
7	Orser, Jo*10	75	Baltimore, MD	1:22:41
8	Dicker, Lois*****	79	Silver Spring, MD	1:24:09
9	Dinneen, Arleen*****	75	Ellicott City, MD	1:25:07
10	Sikes, Martha**	78	Charlottesville, VA	1:27:10
11	David-Imhof, Nancy***	78	Earlsville, VA	1:31:43
12	Kemble, Sarah*	79	Columbia, MD	1:33:06
13	McClellan, Bonnie*****	75	College Park, MD	1:34:27

80-84 Women

Fort Eustis 6.14M 1:12:44, 10K = 1:13:39

The division had a massive seventy-two different racers but only three ran enough to qualify for the year end rankings. The leaders, perennial champ Tami Graf and Janet Hughes, combined for the top thirty-five times. Graf, who has run fifty races every year for more than a decade, collected twenty age group wins out of 23 races. Runner-up Janet Hughes won six times in her thirteen races. Both of these ladies only fail to win when their age group is an unfair 60-99 or 70-99 division. Graf does lots of short track distance but her best race was the accidentally shortened 10K, the Fort Eustis 6.14M, in 1:22:44. Hughes had five of the top ten times as did Graf and was best identically at the Stickman's Tandem 5K and the March Madness 5K in 36:18. Hughes ran two 10Ks, doing best at the Apple Blossom 10K in 1:16:51. Graf would race a half marathon and three ten milers, including the Credit Union Cherry Blossom 10M in 2:09:37. Third ranked Jamie Wollard ran the Germantown 5M in 1:23:59.

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

PI	Name	Age	Hometown	10K=
1	Graf, Tami*20	82	Lusby, MD	1:13:39
2	Hughes, Janet*6	81	Winchester, VA	1:15:35
3	Wollard, Jamie**	80	Rockville, MD	1:48:45

85-89 Women

Railroad Days 5K 41:44, 10K = 1:26:53

The explosion of older runners extended to this division as it more than tripled in size. Nobody has a real chance of catching 88-year-old Ruth Ketron who won yet another Railroad Days 5K. This year her time was 41:44. Fewer than 40 percent of these ladies have just arrived in the division (age 85). It is little surprise that the next three places were such racers. To illustrate that further, runner-up Jacqueline O'Neill ran the Vida Thrive 5K in 44:29 in November 2017, the first week of the 2018 year. The race reprised in October in 2018 and she slowed to 50:08. Third place Miranda Butler won the fall with her Donate Family 5K in 49:40. She was not the oldest runner there, missing that distinction by thirteen years. Fourth place Norma Regenold ran the Baltimore YMCA Turkey Trot 5K in 52:05.

Oft times division champion Yvonne Aasen is usually the most prolific of these racers. She ran her best at the AS WDF 5K in 54:59 for the five spot. Sixth place Jeannette Fairbanks had the next fastest WDF 5K, racing in Howard County at 57:24. That exactly matched Aasen's Kentland's 5K. Seventh place Sally Paschal ran the Hospice of the Piedmont Run and Remember 5K in 59:54. After that, the times are slower, mostly because the races are huge like the Marine Corps 10K, that earned 89-year-old oral Yienger eighth place. Tenth place Lois Ludlum is also, running the ODU Monarch 5K is also 89. So Kathleen Anderson

will soon have some more competition. Places 11 through 13 go to first Frances Shinholser, then Eloise Price, followed by Bobbie Dugan. They all ran at the monster Ukrops 10K that is really a series of races with different starting times and these ladies started much later than most. Ninth place Patricia Conway ran the huge Arlington Turkey Trot 5K in November.

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

PI	Name	Age	Hometown	10K=
1	Ketron, Ruth**	88	Kingsport, TN	1:26:53
2	O'Neil, Jacqueline	85	Washington, DC	1:32:37
3	Butler, Miranda	85	Middle River, MD	1:43:24
4	Regenold, Norma	85	Baltimore, MD	1:48:26
5	Aasen, Yvonne**	87	Westminster, MD	1:54:29
6	Fairbanks, Jeanette	85	Annapolis, MD	1:59:30
7	Paschal, Sally	88	Keswick, VA	2:04:43
8	Yienger, Coral	89	Locust Grove, VA	2:17:45
9	Conaway, Patricia	86	Arlington, VA	2:26:22
10	Ludlum, Lois*	89	Williamsburg, VA	2:34:04
11	Shinholser, Frances	85	Henrico, VA	3:24:18
12	Price, Eloise	86	North Chesterfield, VA	3:28:45
13	Dugan, Bobbie	86	Hague, VA	4:05:47

90 & Older Women

HCA 8K 1:26:31, 10K = 1:49:50

First place Kathleen Anderson already owned briefly the Virginia state record for the 10K set in 2016 at age 88. Now that she is 90, she owns two records for the new age group. First was the Ukrops 10K back in April. Her HCA 8K in 1:26:31 set on the final weekend of the period should soon be anointed the new record. Jennifer Bilconish, 98, finished the Donate Life Family 5K in 1:01:23.

National Class times (80%) = 1:35:26 for 90-94; 2:17:03 for 95 and older

PI	Name	Age	Hometown	10K=
1	Anderson, Kathleen	90	Hanover, MD	1:49:50
2	Bilconish, Jennifer	98	Severn, MD	2:07:48

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 race
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 Race	1	
Major Race	1	
Each Ranked Runner beaten	1	
Special Awards	1	2 (such as places 4 through 10 that are not age group i.e. money winners, masters, grandmasters, seniors, and Clydesdale/Athena)
Master	1	
Head to Head	4	8 (points for victor, negative points against loser)
10K Equivalent	1	(point for each second faster than opponent's best race versus their best race)

The current qualifying standards for the 10K are:

Age Group	Men	Women
Open	34:20	41:15
19 & Younger	38:20	48:45
35-39	36:40	44:10
40-44	38:20	46:05
45-49	39:45	48:45

50-54	42:00	51:45
55-59	43:55	54:30
60-64	49:45	62:05
65-69	52:50	75:00
70-74	59:27	89:40
75-79	1:32:30	1:39:00
80 & Older	1:45:00	1:50:00

The ranking periods for the 2019 ranking year:

- * Winter 2019 - November 12, 2018 – March 3, 2019
- * Spring 2019 - March 4, 2019– May 27, 2019
- * Summer 2019 – May 28, 2019 – September 2, 2019
- * Fall 2019 – September 3, 2019 – November 10, 2019
- * Best of 2019 (November 12, 2018 through November 10, 2019) - reported March 2020