

*Toano Icy 8K Run/Walk*  
*Saturday, February 3, 2018*  
*Grand Prix Points*

**Men Overall**

Roger Hopper, 27	Norfolk	10
Patrick Wachter, 20	Williamsburg	9
Andrew Osborne, 24	Yorktown	8
Keith Schumann, 47	Williamsburg	7
James Hazelwood, 31	Richmond	6
Greg Dawson, 52	Williamsburg	5
Steven Brewer, 32	Newport News	4
Michael Sigmon, 30	Lanexa	3
Paul Glass, 16	Williamsburg	2
Jason Miller, 40	Williamsburg	1

**Men Masters 40-and-over**

Keith Schumann, 47	Williamsburg	5
Greg Dawson, 52	Williamsburg	4
Jason Miller, 40	Williamsburg	3
Greg Lynn, 43	Hayes	2
Corey Gray, 40	Williamsburg	1

**Men 19-and-under**

Paul Glass, 16	Williamsburg	5
Isaac Lamprecht, 11	New Kent	4
Glenn Glass, 14	Williamsburg	3
William Toth, 14	Williamsburg	2
Kolby Kuniewicz, 12	Toano	1

**Men 20-29**

Roger Hopper, 27	Norfolk	5
Patrick Wachter, 20	Williamsburg	4
Andrew Osborne, 24	Yorktown	3
Logan St. John, 23	Williamsburg	2
Kent Brown, 28	Fork Union	1

**Men 30-39**

James Hazelwood, 31	Richmond	5
Steven Brewer, 32	Newport News	4
Michael Sigmon, 30	Lanexa	3
Chris Novakoski, 36	Franklin	2
Steve Seiler, 32	Williamsburg	1

**Men 40-49**

Keith Schumann, 47	Williamsburg	5
Jason Miller, 40	Williamsburg	4
Greg Lynn, 43	Hayes	3
Corey Gray, 40	Williamsburg	2
David Anderson, 48	Williamsburg	1

**Men 50-59**

Greg Dawson, 52	Williamsburg	5
Paul Pelletier, 52	Williamsburg	4
Steve Sheffler, 56	Williamsburg	3

Tim O'Dell, 52	Toano	2
Robert Jean, 53	Williamsburg	1

**Men 60-69**

Chris Abelt, 61	Williamsburg	5
Rick Platt, 67	Williamsburg	4
Ed Irish, 67	Williamsburg	3
Steven Scudder, 69	Virginia Beach	2
Robert Curtin, 65	Hampton	1

**Men 70-and-over**

Langston Shelton, 70	Williamsburg	5
Randy Hawthorne, 72	Williamsburg	4
George Fenigsohn, 70	Poquoson	3
John Strassberger, 73	Williamsburg	2

**Men Walk**

George Fenigsohn, 70	Poquoson	5
John Strassberger, 73	Williamsburg	4
Robert Curtin, 65	Hampton	3

**Women Overall**

Thorin Jean, 17	Williamsburg	10
Sorena Jean, 15	Williamsburg	9
Nina Parziale, 15	Williamsburg	8
Kim Decker, 36	Williamsburg	7
Jessica Anderson, 36	Williamsburg	6
Adriane Aldape, 37	Hopewell	5
Rhonda Venable, 56	Toano	4
Christianne Allison, 50	Toano	3
Lina Tonk, 41	Toano	2
Elizabeth Schleif, 37	Toano	1

**Masters 40-and-over**

Rhonda Venable, 56	Toano	5
Christianne Allison, 50	Toano	4
Lina Tonk, 41	Toano	3
Jami Callahan-Brill, 51	Hampton	2
Jen Primich, 41	Williamsburg	1

**Women 19-and-under**

Thorin Jean, 17	Williamsburg	5
Sorena Jean, 15	Williamsburg	4
Nina Parziale, 15	Williamsburg	3
Cannon Jean, 13	Williamsburg	2

**Women 20-29**

none

**Women 30-39**

Kim Decker, 36	Williamsburg	5
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Jessica Anderson, 36	Williamsburg	4	Amy Colley, 52	Williamsburg	1
Adriane Aldape, 37	Hopewell	3			
Elizabeth Schleif, 37	Toano	2	<b>Women 60-69</b>		
Erin Barry, 33	Williamsburg	1	Shirley Stephens, 61	Williamsburg	5
			Brenda Mitchell, 67	Williamsburg	4
<b>Women 40-49</b>			Cathy Kaurich, 61	Williamsburg	3
Lina Tonk, 41	Toano	5	Karen Schenck, 63	Ark	2
Jen Primich, 41	Williamsburg	4			
Leigh Horvath, 46	Williamsburg	3	<b>Women 70-and-over</b>		
Criztina Jean, 49	Williamsburg	2	Ann Hirn, 72	Portsmouth	5
Ruth Lamprecht, 43	New Kent	1	Judy Stewart, 78	Williamsburg	4
			Nancy Blount, 71	Williamsburg	3
<b>Women 50-59</b>					
Rhonda Venable, 56	Toano	5	<b>Women Walk</b>		
Christianne Allison, 50	Toano	4	Cathy Kaurich, 61	Williamsburg	5
Jami Callahan-Brill, 51	Hampton	3	Karen Schenck, 63	Ark	4
Norma Phillips, 57	Williamsburg	2			

*Toano Icy 8K Run/Walk*  
*Saturday, February 3, 2018*  
*Finish Times*

<b>Men Overall</b>			James Hazelwood, 31	Richmond	29:52
Roger Hopper, 27	Norfolk	26:07	Steven Brewer, 32	Newport News	30:22
Patrick Wachter, 20	Williamsburg	26:44	Michael Sigmon, 30	Lanexa	30:38
Andrew Osborne, 24	Yorktown	27:44	Chris Novakoski, 36	Franklin	33:47
Keith Schumann, 47	Williamsburg	29:10	Steve Seiler, 32	Williamsburg	34:39
James Hazelwood, 31	Richmond	29:52			
Greg Dawson, 52	Williamsburg	30:18	<b>Men 40-49</b>		
Steven Brewer, 32	Newport News	30:22	Keith Schumann, 47	Williamsburg	29:10
Michael Sigmon, 30	Lanexa	30:38	Jason Miller, 40	Williamsburg	31:04
Paul Glass, 16	Williamsburg	31:04	Greg Lynn, 43	Hayes	31:14
Jason Miller, 40	Williamsburg	31:04	Corey Gray, 40	Williamsburg	31:19
			David Anderson, 48	Williamsburg	33:03
<b>Men Masters 40-and-over</b>					
Keith Schumann, 47	Williamsburg	29:10	<b>Men 50-59</b>		
Greg Dawson, 52	Williamsburg	30:18	Greg Dawson, 52	Williamsburg	30:18
Jason Miller, 40	Williamsburg	31:04	Paul Pelletier, 52	Williamsburg	32:01
Greg Lynn, 43	Hayes	31:14	Steve Sheffler, 56	Williamsburg	37:45
Corey Gray, 40	Williamsburg	31:19	Tim O'Dell, 52	Toano	38:41
			Robert Jean, 53	Williamsburg	40:27
<b>Men 19-and-under</b>					
Paul Glass, 16	Williamsburg	31:04	<b>Men 60-69</b>		
Isaac Lamprecht, 11	New Kent	36:50	Chris Abelt, 61	Williamsburg	38:46
Glenn Glass, 14	Williamsburg	37:26	Rick Platt, 67	Williamsburg	43:08
William Toth, 14	Williamsburg	41:01	Ed Irish, 67	Williamsburg	43:54
Kolby Kuniewicz, 12	Toano	52:27	Steven Scudder, 69	Virginia Beach	1:07:46
			Robert Curtin, 65	Hampton	1:10:09
<b>Men 20-29</b>					
Roger Hopper, 27	Norfolk	26:07	<b>Men 70-and-over</b>		
Patrick Wachter, 20	Williamsburg	26:44	Langston Shelton, 70	Williamsburg	38:58
Andrew Osborne, 24	Yorktown	27:44	Randy Hawthorne, 72	Williamsburg	49:02
Logan St. John, 23	Williamsburg	31:34	George Fenigsohn, 70	Poquoson	1:01:18
Kent Brown, 28	Fork Union	35:03	John Strassberger, 73	Williamsburg	1:01:47
<b>Men 30-39</b>			<b>Men Walk</b>		

George Fenigsohn, 70	Poquoson	1:01:18	Jessica Anderson, 36	Williamsburg	37:08
John Strassberger, 73	Williamsburg	1:01:47	Adriane Aldape, 37	Hopewell	38:53
Robert Curtin, 65	Hampton	1:10:09	Elizabeth Schleif, 37	Toano	40:42
			Erin Barry, 33	Williamsburg	48:05
<b>Women Overall</b>					
Thorin Jean, 17	Williamsburg	33:01	<b>Women 40-49</b>		
Sorena Jean, 15	Williamsburg	35:09	Lina Tonk, 41	Toano	39:55
Nina Parziale, 15	Williamsburg	35:55	Jen Primich, 41	Williamsburg	42:15
Kim Decker, 36	Williamsburg	36:33	Leigh Horvath, 46	Williamsburg	42:51
Jessica Anderson, 36	Williamsburg	37:08	Criztina Jean, 49	Williamsburg	53:57
Adriane Aldape, 37	Hopewell	38:53	Ruth Lamprecht, 43	New Kent	57:15
Rhonda Venable, 56	Toano	39:08	<b>Women 50-59</b>		
Christianne Allison, 50	Toano	39:23	Rhonda Venable, 56	Toano	39:08
Lina Tonk, 41	Toano	39:55	Christianne Allison, 50	Toano	39:23
Elizabeth Schleif, 37	Toano	40:42	Jami Callahan-Brill, 51	Hampton	41:40
<b>Masters 40-and-over</b>					
Rhonda Venable, 56	Toano	39:08	Norma Phillips, 57	Williamsburg	43:19
Christianne Allison, 50	Toano	39:23	Amy Colley, 52	Williamsburg	46:59
Lina Tonk, 41	Toano	39:55	<b>Women 60-69</b>		
Jami Callahan-Brill, 51	Hampton	41:40	Shirley Stephens, 61	Williamsburg	48:52
Jen Primich, 41	Williamsburg	42:15	Brenda Mitchell, 67	Williamsburg	1:01:56
<b>Women 19-and-under</b>					
Thorin Jean, 17	Williamsburg	33:01	Cathy Kaurich, 61	Williamsburg	1:09:10
Sorena Jean, 15	Williamsburg	35:09	Karen Schenck, 63	Ark	1:12:15
Nina Parziale, 15	Williamsburg	35:55	<b>Women 70-and-over</b>		
Cannon Jean, 13	Williamsburg	47:32	Ann Hirn, 72	Portsmouth	53:13
<b>Women 20-29</b>					
none			Judy Stewart, 78	Williamsburg	1:00:49
<b>Women 30-39</b>					
Kim Decker, 36	Williamsburg	36:33	Nancy Blount, 71	Williamsburg	1:08:33
<b>Women Walk</b>					
			Cathy Kaurich, 61	Williamsburg	1:09:10
			Karen Schenck, 63	Ark	1:12:15

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*Jamestown High School Swamp Run 5K**Saturday, March 10, 2018**Grand Prix Points*

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**Men Overall**

Roger Hopper, 27	Norfolk	10
Patrick Wachter, 20	Williamsburg	9
Mark Tompkins, 42	Williamsburg	8
John Vogel, 16	Williamsburg	7
Ben Wahls, 22	Williamsburg	6
Greg Dawson, 52	Williamsburg	5
Logan Jackson, 16	Yorktown	4
Paul Glass, 16	Williamsburg	3
Logan St. John, 23	Williamsburg	2
Jason Miller, 40	Williamsburg	1

**Masters Men 40-and-over**

Mark Tompkins, 42	Williamsburg	5
Greg Dawson, 52	Williamsburg	4
Jason Miller, 40	Williamsburg	3
Paul Pelletier, 52	Williamsburg	2
Ken Alberg, 57	Suffolk	1

**Men 19-and-under**

John Vogel, 16	Williamsburg	5
Logan Jackson, 16	Yorktown	4
Paul Glass, 16	Williamsburg	3
Allanzo Rivera, 15	Williamsburg	2
Luke Tompkins, 13	Williamsburg	1

**Men 20-29**

Roger Hopper, 27	Norfolk	5
Patrick Wachter, 20	Williamsburg	4
Ben Wahls, 22	Williamsburg	3
Logan St. John, 23	Williamsburg	2
Patrick Waller, 23	Williamsburg	1

**Men 30-39**

Timothy Decker, 37	Williamsburg	5
Adam Shelton, 30	Yorktown	4
Steve Seiler, 32	Williamsburg	3
Jeff Berry, 31	Williamsburg	2
Ryan Laine, 30	Newport News	1

**Men 40-49**

Mark Tompkins, 42	Williamsburg	5
Jason Miller, 40	Williamsburg	4
Greg Henderson, 45	Williamsburg	3
Andrew Crookston, 45	Williamsburg	2
Chris Schleif, 42	Toano	1

**Men 50-59**

Greg Dawson, 52	Williamsburg	5
Paul Pelletier, 52	Williamsburg	4
Ken Alberg, 57	Suffolk	3

Steven Menzies, 54	Williamsburg	2
Steve Sheffler, 57	Williamsburg	1

**Men 60-69**

Bob Becker, 66	Midlothian	5
Chris Abelt, 61	Williamsburg	4
Rick Platt, 67	Williamsburg	3
Steve Altman, 62	Williamsburg	2
Ed Irish, 68	Williamsburg	1

**Men 70-and-over**

Langston Shelton, 71	Williamsburg	5
John Strassberger, 73	Williamsburg	4
Arthur Guruswamy, 70	Mechanicsville	3
James Carey, 71	Williamsburg	2
Richard Sanborn, 83	Williamsburg	1

**Men Walk**

John Strassberger, 73	Williamsburg	5
Greg Winchester, 55	Williamsburg	4
Bob Curtin, 65	Hampton	3
Brian Gillette, 51	Williamsburg	2
Sean McCall, 17	Williamsburg	1

**Women Overall**

Thorin Jean, 17	Williamsburg	10
Sorena Jean, 15	Williamsburg	9
Allison Crookston, 16	Williamsburg	8
Kim Decker, 36	Williamsburg	7
Nina Parziale, 15	Williamsburg	6
Abbie Harris, 14	Williamsburg	5
Emily Honeycutt, 26	Newport News	4
Julie Myers, 28	Norfolk	3
Jessica Cunningham, 32	Hayes	2
Sarah Laine, 24	Newport News	1

**Masters Women 40-and-over**

Susan Hagel, 44	Norfolk	5
Jeanette Primich, 41	Williamsburg	4
Nina Miller, 49	Williamsburg	3
Adrienne Sines, 43	Williamsburg	2
Amy Colley, 52	Williamsburg	1

**Women 19-and-under**

Thorin Jean, 17	Williamsburg	5
Sorena Jean, 15	Williamsburg	4
Allison Crookston, 16	Williamsburg	3
Nina Parziale, 15	Williamsburg	2
Abbie Harris, 14	Williamsburg	1

**Women 20-29**

Emily Honeycutt, 26	Newport News	5	Janice Kailos, 57	Williamsburg	4
Julie Myers, 28	Norfolk	4	Linda St. John, 57	Williamsburg	3
Sarah Laine, 24	Newport News	3	Patti Winchester, 53	Williamsburg	2
Holly Henn, 26	Williamsburg	2	Ruth Larson, 55	Williamsburg	1

#### Women 30-39

Kim Decker, 36	Williamsburg	5
Jessica Cunningham, 32	Hayes	4
Karen Grabowski, 33	Toano	3
Laura Mullin, 35	Newport News	2
Elizabeth Wilder, 38	Newport News	1

#### Women 40-49

Susan Hagel, 44	Norfolk	5
Jeanette Primich, 41	Williamsburg	4
Nina Miller, 49	Williamsburg	3
Adrienne Sines, 43	Williamsburg	2
Julie Byrum, 46	Williamsburg	1

#### Women 50-59

Amy Colley, 52	Williamsburg	5
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#### Women 60-69

Roswitha Goossens-Winter, 69	Williamsburg	5
Sarah Carey, 69	Williamsburg	4
Cathy Kaurich, 62	Williamsburg	3
Jayne Henn, 62	Williamsburg	2

#### Women 70-and-over none

#### Women Walk

Jocelyn Lamprecht, 13	New Kent	5
Cathy Kaurich, 62	Williamsburg	4
Patti Winchester, 53	Williamsburg	3
Jennifer Gillette, 48	Williamsburg	2
Jacquie McCall, 46	Williamsburg	1

*Jamestown High School Swamp Run 5K*  
*Saturday, March 10, 2018*  
*Finish Times*

#### Men Overall

Roger Hopper, 27	Norfolk	16:14
Patrick Wachter, 20	Williamsburg	16:30
Mark Tompkins, 42	Williamsburg	16:38
John Vogel, 16	Williamsburg	17:17
Ben Wahls, 22	Williamsburg	17:51
Greg Dawson, 52	Williamsburg	18:04
Logan Jackson, 16	Yorktown	18:10
Paul Glass, 16	Williamsburg	18:15
Logan St. John, 23	Williamsburg	18:26
Jason Miller, 40	Williamsburg	18:42

#### Masters Men 40-and-over

Mark Tompkins, 42	Williamsburg	16:38
Greg Dawson, 52	Williamsburg	18:04
Jason Miller, 40	Williamsburg	18:42
Paul Pelletier, 52	Williamsburg	19:30
Ken Alberg, 57	Suffolk	19:38

#### Men 19-and-under

John Vogel, 16	Williamsburg	17:17
Logan Jackson, 16	Yorktown	18:10
Paul Glass, 16	Williamsburg	18:15
Allanzo Rivera, 15	Williamsburg	19:20
Luke Tompkins, 13	Williamsburg	19:37

#### Men 20-29

Roger Hopper, 27	Norfolk	16:14
Patrick Wachter, 20	Williamsburg	16:30
Ben Wahls, 22	Williamsburg	17:51

Logan St. John, 23	Williamsburg	18:26
Patrick Waller, 23	Williamsburg	20:03

#### Men 30-39

Timothy Decker, 37	Williamsburg	20:37
Adam Shelton, 30	Yorktown	21:32
Steve Seiler, 32	Williamsburg	21:33
Jeff Berry, 31	Williamsburg	21:39
Ryan Laine, 30	Newport News	23:08

#### Men 40-49

Mark Tompkins, 42	Williamsburg	16:38
Jason Miller, 40	Williamsburg	18:42
Greg Henderson, 45	Williamsburg	19:50
Andrew Crookston, 45	Williamsburg	20:30
Chris Schleif, 42	Toano	20:49

#### Men 50-59

Greg Dawson, 52	Williamsburg	18:04
Paul Pelletier, 52	Williamsburg	19:30
Ken Alberg, 57	Suffolk	19:38
Steven Menzies, 54	Williamsburg	20:20
Steve Sheffler, 57	Williamsburg	22:22

#### Men 60-69

Bob Becker, 66	Midlothian	21:02
Chris Abelt, 61	Williamsburg	23:35
Rick Platt, 67	Williamsburg	25:19
Steve Altman, 62	Williamsburg	25:30
Ed Irish, 68	Williamsburg	26:55

**Men 70-and-over**

Langston Shelton, 71	Williamsburg	23:28
John Strassberger, 73	Williamsburg	39:10
Arthur Guruswamy, 70	Mechanicsville	43:33
James Carey, 71	Williamsburg	45:23
Richard Sanborn, 83	Williamsburg	51:45

**Men Walk**

John Strassberger, 73	Williamsburg	39:10
Greg Winchester, 55	Williamsburg	42:18
Bob Curtin, 65	Hampton	42:38
Brian Gillette, 51	Williamsburg	43:14
Sean McCall, 17	Williamsburg	45:28

**Women Overall**

Thorin Jean, 17	Williamsburg	19:46
Sorena Jean, 15	Williamsburg	20:15
Allison Crookston, 16	Williamsburg	21:29
Kim Decker, 36	Williamsburg	21:37
Nina Parziale, 15	Williamsburg	21:46
Abbie Harris, 14	Williamsburg	22:40
Emily Honeycutt, 26	Newport News	22:13
Julie Myers, 28	Norfolk	22:41
Jessica Cunningham, 32	Hayes	22:46
Sarah Laine, 24	Newport News	23:08

**Masters Women 40-and-over**

Susan Hagel, 44	Norfolk	23:42
Jeanette Primich, 41	Williamsburg	25:38
Nina Miller, 49	Williamsburg	26:06
Adrienne Sines, 43	Williamsburg	26:20
Amy Colley, 52	Williamsburg	27:26

**Women 19-and-under**

Thorin Jean, 17	Williamsburg	19:46
Sorena Jean, 15	Williamsburg	20:15
Allison Crookston, 16	Williamsburg	21:29
Nina Parziale, 15	Williamsburg	21:46
Abbie Harris, 14	Williamsburg	22:40

**Women 20-29**

Emily Honeycutt, 26	Newport News	22:13
Julie Myers, 28	Norfolk	22:41
Sarah Laine, 24	Newport News	23:08
Holly Henn, 26	Williamsburg	56:10

**Women 30-39**

Kim Decker, 36	Williamsburg	21:37
Jessica Cunningham, 32	Hayes	22:46
Karen Grabowski, 33	Toano	23:58
Laura Mullin, 35	Newport News	50:10
Elizabeth Wilder, 38	Newport News	58:04

**Women 40-49**

Susan Hagel, 44	Norfolk	23:42
Jeanette Primich, 41	Williamsburg	25:38
Nina Miller, 49	Williamsburg	26:06
Adrienne Sines, 43	Williamsburg	26:20
Julie Byrum, 46	Williamsburg	31:47

**Women 50-59**

Amy Colley, 52	Williamsburg	27:26
Janice Kailos, 57	Williamsburg	29:53
Linda St. John, 57	Williamsburg	32:22
Patti Winchester, 53	Williamsburg	42:18
Ruth Larson, 55	Williamsburg	47:36

**Women 60-69**

Roswitha Goossens-Winter, 69	Williamsburg	32:38
Sarah Carey, 69	Williamsburg	36:17
Cathy Kaurich, 62	Williamsburg	41:35
Jayne Henn, 62	Williamsburg	56:09

**Women 70-and-over**

none

**Women Walk**

Jocelyn Lamprecht, 13	New Kent	34:59
Cathy Kaurich, 62	Williamsburg	41:35
Patti Winchester, 53	Williamsburg	42:18
Jennifer Gillette, 48	Williamsburg	44:00
Jacque McCall, 46	Williamsburg	45:34

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*Jamestown 4-H Discovery Run 10K*

*Saturday, March 24, 2018*

*Grand Prix Points*

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**Men Overall**

Roger Hopper, 27	Norfolk	10
Greg Dawson, 52	Williamsburg	9
Paul Glass, 16	Williamsburg	8
Jason Miller, 40	Williamsburg	7
Robert Whitaker, 59	Yorktown	6
Paul Pelletier, 52	Williamsburg	5
Greg Lynn, 43	Hayes	4
Greg Henderson, 45	Williamsburg	3
Chris Novakoski, 36	Franklin	2
Timothy Decker, 37	Williamsburg	1

**Masters Men 40-and-over**

Greg Dawson, 52	Williamsburg	5
Jason Miller, 40	Williamsburg	4
Robert Whitaker, 59	Yorktown	3
Paul Pelletier, 52	Williamsburg	2
Greg Lynn, 43	Hayes	1

**Men 19-and-under**

Paul Glass, 16	Williamsburg	5
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**Men 20-29**

Roger Hopper, 27	Norfolk	5
Jonathan Torres, 28	Toano	4
Patrick Waller, 23	Williamsburg	3
Jonathan Gellings, 23	Richmond	2

**Men 30-39**

Chris Novakoski, 36	Franklin	5
Timothy Decker, 37	Williamsburg	4
Mark Adams, 32	Williamsburg	3
Steve Seiler, 32	Williamsburg	2
Joshua Fredrick, 30	Hampton	1

**Men 40-49**

Jason Miller, 40	Williamsburg	5
Greg Lynn, 43	Hayes	4
Greg Henderson, 45	Williamsburg	3
Robert Murphie, 43	Williamsburg	2
David Glass, 45	Williamsburg	1

**Men 50-59**

Greg Dawson, 52	Williamsburg	5
Robert Whitaker, 59	Yorktown	4
Paul Pelletier, 52	Williamsburg	3
Tom Lloyd, 53	Williamsburg	2
Marvin Thomas, 52	Newport News	1

**Men 60-69**

Larry Coley, 69	Chesapeake	5
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Paul Davis, 61	New Kent	4
Rick Platt, 67	Williamsburg	3
Steve Altman, 62	Williamsburg	2
Ed Irish, 68	Williamsburg	1

**Men 70-and-over**

Larry Arata, 73	Williamsburg	5
John Strassberger, 73	Williamsburg	4

**Men Walk**

John Strassberger, 73	Williamsburg	5
Ulises Sanchez, 47	Williamsburg	4

**Women Overall**

Thorin Jean, 17	Williamsburg	10
Kimberly Decker, 36	Williamsburg	9
Sheila Scotti, 34	Yorktown	8
Nina Parziale, 15	Williamsburg	7
Julie Myers, 28	Norfolk	6
Libby Acree, 29	Newport News	5
Tammi Clarke, 57	Norfolk	4
Cannon Jean, 13	Williamsburg	3
Sorena Jean, 15	Williamsburg	2
Emily Cooper, 27	Richmond	1

**Masters Women 40-and-over**

Tammi Clarke, 57	Norfolk	5
Patricia Travis, 66	Williamsburg	4
Shirley Stephens, 61	Williamsburg	3
Roswitha Goosens-Winter, 69	Williamsburg	2
Michelle Holdsworth, 45	Williamsburg	1

**Women 19-and-under**

Thorin Jean, 17	Williamsburg	5
Nina Parziale, 15	Williamsburg	4
Cannon Jean, 13	Williamsburg	3
Sorena Jean, 15	Williamsburg	2
Courtney Bishop, 19	Blackstone	1

**Women 20-29**

Julie Myers, 28	Norfolk	5
Libby Acree, 29	Newport News	4
Emily Cooper, 27	Richmond	3
Shannon Murphy, 22	Lexington, KY	2
Elizabeth Pellegrini, 22	Williamsburg	1

**Women 30-39**

Kimberly Decker, 36	Williamsburg	5
Sheila Scotti, 34	Yorktown	4
Amanda Roth, 32	Annandale	3

<b>Women 40-49</b>				Shirley Stephens, 61	Williamsburg	4
Michelle Holdsworth, 45	Williamsburg	5	Roswitha Goosens-Winter, 69	Williamsburg	3	
Alicia Gallant, 44	Williamsburg	4	Cathy Kaurich, 62	Williamsburg	2	
Criztina Jean, 49	Williamsburg	3	Nancy Atlee, 65	Gloucester	1	
<b>Women 50-59</b>				<b>Women 70-and-over</b>		
Tammi Clarke, 57	Norfolk	5	none			
Patti Towle, 58	Williamsburg	4	<b>Women Walk</b>			
Laura Liechti, 56	Williamsburg	3	Laura Liechti, 56	Williamsburg	5	
Patty Coogan, 56	Norfolk	2	Patty Coogan, 56	Norfolk	4	
Monica Robbins, 56	Woodford	1	Cathy Kaurich, 62	Williamsburg	3	
<b>Women 60-69</b>				Nancy Atlee, 65	Gloucester	2
Patricia Travis, 66	Williamsburg	5	Karen Schenck, 63	Ark	1	

*Jamestown 4-H Discovery Run 10K*

*Saturday, March 24, 2018*

*Finish Times*

<b>Men Overall</b>				Greg Lynn, 43	Hayes	40:41
Roger Hopper, 27	Norfolk	33:29	Greg Henderson, 45	Williamsburg	40:49	
Greg Dawson, 52	Williamsburg	37:23	Robert Murphie, 43	Williamsburg	48:05	
Paul Glass, 16	Williamsburg	38:06	David Glass, 45	Williamsburg	51:13	
Jason Miller, 40	Williamsburg	38:35	<b>Men 50-59</b>			
Robert Whitaker, 59	Yorktown	39:39	Greg Dawson, 52	Williamsburg	37:23	
Paul Pelletier, 52	Williamsburg	39:54	Robert Whitaker, 59	Yorktown	39:39	
Greg Lynn, 43	Hayes	40:41	Paul Pelletier, 52	Williamsburg	39:54	
Greg Henderson, 45	Williamsburg	40:49	Tom Lloyd, 53	Williamsburg	46:01	
Chris Novakoski, 36	Franklin	41:20	Marvin Thomas, 52	Newport News	46:09	
Timothy Decker, 37	Williamsburg	41:41	<b>Men 60-69</b>			
<b>Masters Men 40-and-over</b>				Larry Coley, 69	Chesapeake	46:27
Greg Dawson, 52	Williamsburg	37:23	Paul Davis, 61	New Kent	47:38	
Jason Miller, 40	Williamsburg	38:35	Rick Platt, 67	Williamsburg	50:59	
Robert Whitaker, 59	Yorktown	39:39	Steve Altman, 62	Williamsburg	53:09	
Paul Pelletier, 52	Williamsburg	39:54	Ed Irish, 68	Williamsburg	54:50	
Greg Lynn, 43	Hayes	40:41	<b>Men 70-and-over</b>			
<b>Men 19-and-under</b>				Larry Arata, 73	Williamsburg	1:02:49
Paul Glass, 16	Williamsburg	38:06	John Strassberger, 73	Williamsburg	1:19:47	
<b>Men 20-29</b>				<b>Men Walk</b>		
Roger Hopper, 27	Norfolk	33:29	John Strassberger, 73	Williamsburg	1:19:47	
Jonathan Torres, 28	Toano	42:09	Ulises Sanchez, 47	Williamsburg	1:30:09	
Patrick Waller, 23	Williamsburg	44:38	<b>Women Overall</b>			
Jonathan Gellings, 23	Richmond	45:00	Thorin Jean, 17	Williamsburg	41:17	
<b>Men 30-39</b>				Kimberly Decker, 36	Williamsburg	46:05
Chris Novakoski, 36	Franklin	41:20	Sheila Scotti, 34	Yorktown	46:17	
Timothy Decker, 37	Williamsburg	41:41	Nina Parziale, 15	Williamsburg	46:40	
Mark Adams, 32	Williamsburg	42:03	Julie Myers, 28	Norfolk	48:19	
Steve Seiler, 32	Williamsburg	43:36	Libby Acree, 29	Newport News	53:13	
Joshua Fredrick, 30	Hampton	44:53	Tammi Clarke, 57	Norfolk	53:19	
<b>Men 40-49</b>				Cannon Jean, 13	Williamsburg	56:07
Jason Miller, 40	Williamsburg	38:35	Sorena Jean, 15	Williamsburg	59:30	



Emily Cooper, 27 Richmond 59:39

**Masters Women 40-and-over**

Tammi Clarke, 57 Norfolk 53:19  
Patricia Travis, 66 Williamsburg 59:47  
Shirley Stephens, 61 Williamsburg 1:04:50  
Roswitha Goosens-Winter, 69 Williamsburg 1:05:03  
Michelle Holdsworth, 45 Williamsburg 1:06:22

**Women 19-and-under**

Thorin Jean, 17 Williamsburg 41:17  
Nina Parziale, 15 Williamsburg 46:40  
Cannon Jean, 13 Williamsburg 56:07  
Sorena Jean, 15 Williamsburg 59:30  
Courtney Bishop, 19 Blackstone 1:20:17

**Women 20-29**

Julie Myers, 28 Norfolk 48:19  
Libby Acree, 29 Newport News 53:13  
Emily Cooper, 27 Richmond 59:39  
Shannon Murphy, 22 Lexington, KY 1:06:27  
Elizabeth Pellegrini, 22 Williamsburg 1:06:27

**Women 30-39**

Kimberly Decker, 36 Williamsburg 46:05  
Sheila Scotti, 34 Yorktown 46:17  
Amanda Roth, 32 Annandale 1:49:00

**Women 40-49**

Michelle Holdsworth, 45 Williamsburg 1:06:22  
Alicia Gallant, 44 Williamsburg 1:07:34  
Critzina Jean, 49 Williamsburg 1:10:22

**Women 50-59**

Tammi Clarke, 57 Norfolk 53:19  
Patti Towle, 58 Williamsburg 1:07:36  
Laura Liehti, 56 Williamsburg 1:15:50  
Patty Coogan, 56 Norfolk 1:24:59  
Monica Robbins, 56 Woodford 1:49:02

**Women 60-69**

Patricia Travis, 66 Williamsburg 59:47  
Shirley Stephens, 61 Williamsburg 1:04:50  
Roswitha Goosens-Winter, 69 Williamsburg 1:05:03  
Cathy Kaurich, 62 Williamsburg 1:26:00  
Nancy Atlee, 65 Gloucester 1:36:24

**Women 70-and-over**

none

**Women Walk**

Laura Liehti, 56 Williamsburg 1:15:50  
Patty Coogan, 56 Norfolk 1:24:59  
Cathy Kaurich, 62 Williamsburg 1:26:00  
Nancy Atlee, 65 Gloucester 1:36:24  
Karen Schenck, 63 Ark 1:36:32

*Queens Lake 5K Run*  
*Saturday, March 31, 2018*  
*Grand Prix Points*

<b>Men Overall</b>			Ken Alberg, 57	Suffolk	2
Roger Hopper, 27	Norfolk	10	Dan O'Brien, 55	Williamsburg	1
Mark Tompkins, 42	Williamsburg	9	<b>Men 60-64</b>		
Daniel Shean, 35	Virginia Beach	8	Steve Chantry, 63	Williamsburg	5
Paul Glass, 16	Williamsburg	7	Rick Samaha, 60	Williamsburg	4
Greg Dawson, 52	Williamsburg	6	Wyatt Cutchins, 62	Yorktown	3
Jason Miller, 40	Williamsburg	5	Dale Abrahamson, 68	Yorktown	2
Logan St. John, 23	Williamsburg	4	Rick Platt, 67	Williamsburg	1
Steve Chantry, 63	Williamsburg	3	<b>Men 70-and-over</b>		
Ryan Doupe, 32	Newport News	2	Larry Arata, 73	Williamsburg	5
Patrick O'Brien, 25	Brookline, MA	1	Randy Hawthorne, 72	Williamsburg	4
<b>Masters Men 40-and-over</b>			Nickolas Hagel, 75	Norfolk	3
Mark Tompkins, 42	Williamsburg	5	John Strassberger, 73	Williamsburg	2
Greg Dawson, 52	Williamsburg	4	<b>Men Walk</b>		
Jason Miller, 40	Williamsburg	3	Scott Stakes, 55	Portsmouth	5
Steve Chantry, 63	Williamsburg	2	John Strassberger, 73	Williamsburg	4
Robert Whitaker, 59	Yorktown	1	Rick Webb, 59	Yorktown	3
<b>Men 19-and-under</b>			Robert Curtin, 65	Hampton	2
Paul Glass, 16	Williamsburg	5	Brian Ulrich, 34	Newport News	1
Luke Tompkins, 13	Williamsburg	4	<b>Women Overall</b>		
Paul Marcuson, 16	Williamsburg	3	Thorin Jean, 17	Williamsburg	10
Glenn Glass, 14	Williamsburg	2	Ashley Bruce, 23	Yorktown	9
Isaac Lamprecht, 11	New Kent	1	Sorena Jean, 15	Williamsburg	8
<b>Men 20-29</b>			Debbie McLaughlin, 52	Williamsburg	7
Roger Hopper, 27	Norfolk	5	Emily Honeycutt, 27	Newport News	6
Logan St. John, 23	Williamsburg	4	Kim Decker, 36	Williamsburg	5
Patrick O'Brien, 25	Brookline, MA	3	Julie Myers, 28	Norfolk	4
Jonathan Torres, 28	Toano	2	Jessica Anderson, 36	Williamsburg	3
Patrick Waller, 23	Williamsburg	1	Augustana Jarvis, 29	Portsmouth	2
<b>Men 30-39</b>			Jordan Simal, 24	Williamsburg	1
Daniel Shean, 35	Virginia Beach	5	<b>Masters Women 40-and-over</b>		
Ryan Doupe, 32	Newport News	4	Debbie McLaughlin, 52	Williamsburg	5
Michael Meissner, 35	Pacolet, SC	3	Susan Hagel, 45	Norfolk	4
Bobby O'Brien, 36	Williamsburg	2	Valor Foy Jones, 54	Newport News	3
Tim Decker, 37	Williamsburg	1	Vanessa Osmon, 40	Williamsburg	2
<b>Men 40-49</b>			Norma Phillips, 57	Williamsburg	1
Mark Tompkins, 42	Williamsburg	5	<b>Women 19-and-under</b>		
Jason Miller, 40	Williamsburg	4	Thorin Jean, 17	Williamsburg	5
Greg Lynn, 43	Hayes	3	Sorena Jean, 15	Williamsburg	4
Kevin DePew, 44	Newport News	2	Stephanie Crispell, 19	Ellicott City, MD	3
David Glass, 45	Williamsburg	1	Cannon Jean, 13	Williamsburg	2
<b>Men 50-59</b>			Grace French, 12	Williamsburg	1
Greg Dawson, 52	Williamsburg	5	<b>Women 20-29</b>		
Robert Whitaker, 59	Yorktown	4	Ashley Bruce, 23	Yorktown	5
Paul Pelletier, 52	Williamsburg	3			

Emily Honeycutt, 27	Newport News	4	Valor Foy Jones, 54	Newport News	4
Julie Myers, 28	Norfolk	3	Norma Phillips, 57	Williamsburg	3
Augustana Jarvis, 29	Portsmouth	2	Amy Colley, 52	Williamsburg	2
Jordan Simal, 24	Williamsburg	1	Patricia Wiedemann, 57	Seaford	1
<b>Women 30-39</b>			<b>Women 60-69</b>		
Kim Decker, 36	Williamsburg	5	Patricia Travis, 66	Williamsburg	5
Jessica Anderson, 36	Williamsburg	4	Linda Ingleson, 61	Williamsburg	4
Suzanne Fleming, 30	Newport News	3	Shirley Stephens, 61	Williamsburg	3
Grethe Hahn, 36	Hampton	2	Roswitha Goosens-Winter, 69	Williamsburg	2
Marcie Caldwell, 39	Williamsburg	1	Martha Gullo, 65	Williamsburg	1
<b>Women 40-49</b>			<b>Women 70-and-over</b>		
Susan Hagel, 45	Norfolk	5	Robin Jorlett, 74	Newport News	5
Vanessa Osmon, 40	Williamsburg	4	Judy Hanna, 73	Williamsburg	4
Jen Primich, 41	Williamsburg	3	<b>Women Walk</b>		
Gretchen Lang, 41	Williamsburg	2	Jackie Crispell, 53	Ellicott City, MD	5
Nina Miller, 49	Williamsburg	1	Jennifer Ulrich, 37	Gloucester	4
<b>Women 50-59</b>			Yvonne Blow, 65	Gloucester Point	3
Debbie McLaughlin, 52	Williamsburg	5			

*Queens Lake 5K Run*  
*Saturday, March 31, 2018*  
*Finish Times*

<b>Men Overall</b>			Jonathan Torres, 28	Toano	19:17
Roger Hopper, 27	Norfolk	15:58	Patrick Waller, 23	Williamsburg	19:36
Mark Tompkins, 42	Williamsburg	16:25	<b>Men 30-39</b>		
Daniel Shean, 35	Virginia Beach	17:38	Daniel Shean, 35	Virginia Beach	17:38
Paul Glass, 16	Williamsburg	17:57	Ryan Doupe, 32	Newport News	18:26
Greg Dawson, 52	Williamsburg	17:59	Michael Meissner, 35	Pacolet, SC	19:14
Jason Miller, 40	Williamsburg	18:04	Bobby O'Brien, 36	Williamsburg	19:17
Logan St. John, 23	Williamsburg	18:16	Tim Decker, 37	Williamsburg	19:51
Steve Chantry, 63	Williamsburg	18:21	<b>Men 40-49</b>		
Ryan Doupe, 32	Newport News	18:26	Mark Tompkins, 42	Williamsburg	16:25
Patrick O'Brien, 25	Brookline, MA	18:38	Jason Miller, 40	Williamsburg	18:04
<b>Masters Men 40-and-over</b>			Greg Lynn, 43	Hayes	19:44
Mark Tompkins, 42	Williamsburg	16:25	Kevin DePew, 44	Newport News	21:25
Greg Dawson, 52	Williamsburg	17:59	David Glass, 45	Williamsburg	23:41
Jason Miller, 40	Williamsburg	18:04	<b>Men 50-59</b>		
Steve Chantry, 63	Williamsburg	18:21	Greg Dawson, 52	Williamsburg	17:59
Robert Whitaker, 59	Yorktown	18:40	Robert Whitaker, 59	Yorktown	18:40
<b>Men 19-and-under</b>			Paul Pelletier, 52	Williamsburg	19:07
Paul Glass, 16	Williamsburg	17:57	Ken Alberg, 57	Suffolk	19:31
Luke Tompkins, 13	Williamsburg	19:54	Dan O'Brien, 55	Williamsburg	19:57
Paul Marcuson, 16	Williamsburg	20:12	<b>Men 60-64</b>		
Glenn Glass, 14	Williamsburg	22:10	Steve Chantry, 63	Williamsburg	18:21
Isaac Lamprecht, 11	New Kent	23:36	Rick Samaha, 60	Williamsburg	18:54
<b>Men 20-29</b>			Wyatt Cutchins, 62	Yorktown	22:10
Roger Hopper, 27	Norfolk	15:58	Dale Abrahamson, 68	Yorktown	22:32
Logan St. John, 23	Williamsburg	18:16	Rick Platt, 67	Williamsburg	24:09
Patrick O'Brien, 25	Brookline, MA	18:38			

**Men 70-and-over**

Larry Arata, 73	Williamsburg	27:45
Randy Hawthorne, 72	Williamsburg	29:26
Nickolas Hagel, 75	Norfolk	30:15
John Strassberger, 73	Williamsburg	37:50

**Men Walk**

Scott Stakes, 55	Portsmouth	35:32
John Strassberger, 73	Williamsburg	37:50
Rick Webb, 59	Yorktown	41:01
Robert Curtin, 65	Hampton	45:39
Brian Ulrich, 34	Newport News	51:56

**Women Overall**

Thorin Jean, 17	Williamsburg	19:32
Ashley Bruce, 23	Yorktown	20:50
Sorena Jean, 15	Williamsburg	21:03
Debbie McLaughlin, 52	Williamsburg	21:31
Emily Honeycutt, 27	Newport News	21:39
Kim Decker, 36	Williamsburg	21:55
Julie Myers, 28	Norfolk	22:27
Jessica Anderson, 36	Williamsburg	22:36
Augustana Jarvis, 29	Portsmouth	23:47
Jordan Simal, 24	Williamsburg	23:49

**Masters Women 40-and-over**

Debbie McLaughlin, 52	Williamsburg	21:31
Susan Hagel, 45	Norfolk	24:17
Valor Foy Jones, 54	Newport News	24:49
Vanessa Osmon, 40	Williamsburg	25:11
Norma Phillips, 57	Williamsburg	25:38

**Women 19-and-under**

Thorin Jean, 17	Williamsburg	19:32
Sorena Jean, 15	Williamsburg	21:03
Stephanie Crispell, 19	Ellicott City, MD	25:17
Cannon Jean, 13	Williamsburg	25:18
Grace French, 12	Williamsburg	31:32

**Women 20-29**

Ashley Bruce, 23	Yorktown	20:50
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Emily Honeycutt, 27	Newport News	21:39
Julie Myers, 28	Norfolk	22:27
Augustana Jarvis, 29	Portsmouth	23:47
Jordan Simal, 24	Williamsburg	23:49

**Women 30-39**

Kim Decker, 36	Williamsburg	21:55
Jessica Anderson, 36	Williamsburg	22:36
Suzanne Fleming, 30	Newport News	28:30
Grethe Hahn, 36	Hampton	30:26
Marcie Caldwell, 39	Williamsburg	31:57

**Women 40-49**

Susan Hagel, 45	Norfolk	24:17
Vanessa Osmon, 40	Williamsburg	25:11
Jen Primich, 41	Williamsburg	26:31
Gretchen Lang, 41	Williamsburg	26:43
Nina Miller, 49	Williamsburg	27:10

**Women 50-59**

Debbie McLaughlin, 52	Williamsburg	21:31
Valor Foy Jones, 54	Newport News	24:49
Norma Phillips, 57	Williamsburg	25:38
Amy Colley, 52	Williamsburg	27:49
Patricia Wiedemann, 57	Seaford	32:49

**Women 60-69**

Patricia Travis, 66	Williamsburg	27:29
Linda Ingleson, 61	Williamsburg	29:51
Shirley Stephens, 61	Williamsburg	30:01
Roswitha Goosens-Winter, 69	Williamsburg	30:37
Martha Gullo, 65	Williamsburg	31:06

**Women 70-and-over**

Robin Jorlett, 74	Newport News	35:37
Judy Hanna, 73	Williamsburg	52:59

**Women Walk**

Jackie Crispell, 53	Ellicott City, MD	41:30
Jennifer Ulrich, 37	Gloucester	51:56
Yvonne Blow, 65	Gloucester Point	53:58

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*Victory At Yorktown 10K Run/Walk**Saturday, April 7, 2018**Grand Prix Points*

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**Men Overall**

Will Christian, 34	Norfolk	10
Adam Otstot, 35	Williamsburg	9
Roger Hopper, 27	Norfolk	8
John Walker, 21	Norfolk	7
Andrew Osborne, 24	Yorktown	6
Matt Joosse, 38	Williamsburg	5
Michael Ellwood, 30	Norfolk	4
Greg Dawson, 52	Williamsburg	3
Ryan Doupe, 32	Newport News	2
Logan St. John, 23	Williamsburg	1

**Masters Men 40-and-over**

Greg Dawson, 52	Williamsburg	5
Jason Miller, 40	Williamsburg	4
Robert Whitaker, 59	Yorktown	3
Rick Samaha, 60	Williamsburg	2
Greg Lynn, 43	Hayes	1

**Men 19-and-under**

Isaac Lamprecht, 11	New Kent	5
Tyler Pope, 16	Yorktown	4

**Men 20-29**

Roger Hopper, 27	Norfolk	5
John Walker, 21	Norfolk	4
Andrew Osborne, 24	Yorktown	3
Logan St. John, 23	Williamsburg	2
James MacGibbon, 27	Williamsburg	1

**Men 30-39**

Will Christian, 34	Norfolk	5
Adam Otstot, 35	Williamsburg	4
Matt Joosse, 38	Williamsburg	3
Michael Ellwood, 30	Norfolk	2
Ryan Doupe, 32	Newport News	1

**Men 40-49**

Jason Miller, 40	Williamsburg	5
Greg Lynn, 43	Hayes	4
Sammy Santiago, 41	San Antonio, TX	3
Chris Laws, 42	Yorktown	2
David Anderson, 48	Williamsburg	1

**Men 50-59**

Greg Dawson, 52	Williamsburg	5
Robert Whitaker, 59	Yorktown	4
Ken Alberg, 57	Suffolk	3
Bill Price, 58	Chesapeake	2
Steve Talbert, 56	Seaford	1

**Men 60-69**

Rick Samaha, 60	Williamsburg	5
Rick Platt, 67	Williamsburg	4
Joseph Day, 67	Yorktown	3
Jim Duffy, 66	Virginia Beach	2
Joseph Verdirame, 68	Suffolk	1

**Men 70-and-over**

Larry Arata, 73	Williamsburg	5
William Moore, 71	Williamsburg	4
John Strassberger, 73	Williamsburg	3
Robert S. White, 94	Hampton	1

**Men Walk**

John Strassberger, 73	Williamsburg	5
Robert Curtin, 65	Hampton	4
Eric Kent, 53	Yorktown	3
Rick Webb, 59	Yorktown	2
Adam Duncan, 30	Newport News	1

**Women Overall**

Ann Mazur, 32	Charlottesville	10
Octavia Rinehardt, 28	Virginia Beach	9
Sarah Lagasse, 28	Newport News	8
Jennifer Anderson, 37	Poquoson	7
Sarah Finley, 32	Newport News	6
Karla Havens, 56	Plainview	5
Ericka Kaup, 35	Hampton	4
Carolyn Harrison, 61	Virginia Beach	3
Lorie Leuenberger, 42	Yorktown	2
Jessica Anderson, 36	Williamsburg	1

**Masters Women 40-and-over**

Karla Havens, 56	Plainview	5
Carolyn Harrison, 61	Virginia Beach	4
Lorie Leuenberger, 42	Yorktown	3
Mary Jo Bailey, 57	Williamsburg	2
Joy Cano, 45	Yorktown	1

**Women 19-and-under**

Isabella Ornelas, 12	Hampton	5
Maggie Stockslager, 12	Hampton	4
Jocelyn Lamprecht, 13	New Kent	3

**Women 20-29**

Octavia Rinehardt, 28	Virginia Beach	5
Sarah Lagasse, 28	Newport News	4
Sarah Hempstead, 28	Rockville, MD	3
Brianna Wilson, 23	Yorktown	2
Kellie Jorgensen, 28	Hampton	1

<b>Women 30-39</b>			Wendy Calder, 51	Gloucester Point	1
Ann Mazur, 32	Charlottesville	5			
Jennifer Anderson, 37	Poquoson	4	<b>Women 60-69</b>		
Sarah Finley, 32	Newport News	3	Carolyn Harrison, 61	Virginia Beach	5
Ericka Kaup, 35	Hampton	2	Helen Worthington, 63	Bena	4
Jessica Anderson, 36	Williamsburg	1	Carol Talley, 63	Toano	3
			Patricia Travis, 66	Williamsburg	2
			Thea Ganoe, 60	Hampton	1
<b>Women 40-49</b>					
Lorie Leuenberger, 42	Yorktown	5	<b>Women 70-and-over</b>		
Joy Cano, 45	Yorktown	4	Barbara Biasi, 70	Yorktown	5
Crystal Davenport, 43	Yorktown	3			
Marisa Clay, 41	Tyndall AFB, FL	2	<b>Women Walk</b>		
Marie Price, 49	Chesapeake	1	Laura Scott, 52	Poquoson	5
			Renee Kent, 52	Yorktown	4
<b>Women 50-59</b>			Jocelyn Lamprecht, 13	New Kent	3
Karla Havens, 56	Plainview	5	Cathy Kaurich, 62	Williamsburg	2
Mary Jo Bailey, 57	Williamsburg	4	Nancy Atlee, 65	Gloucester	1
Nancy Delaney, 52	Virginia Beach	3			
Maria Peters, 53	Yorktown	2			

*Victory At Yorktown 10K Run/Walk*

*Saturday, April 7, 2018*

*Finish Times*

<b>Men Overall</b>			Adam Otstot, 35	Williamsburg	32:31
Will Christian, 34	Norfolk	31:34	Matt Joosse, 38	Williamsburg	37:09
Adam Otstot, 35	Williamsburg	32:31	Michael Ellwood, 30	Norfolk	38:05
Roger Hopper, 27	Norfolk	33:51	Ryan Doupe, 32	Newport News	38:33
John Walker, 21	Norfolk	34:31			
Andrew Osborne, 24	Yorktown	35:34	<b>Men 40-49</b>		
Matt Joosse, 38	Williamsburg	37:09	Jason Miller, 40	Williamsburg	39:01
Michael Ellwood, 30	Norfolk	38:05	Greg Lynn, 43	Hayes	40:32
Greg Dawson, 52	Williamsburg	38:14	Sammy Santiago, 41	San Antonio, TX	41:26
Ryan Doupe, 32	Newport News	38:33	Chris Laws, 42	Yorktown	41:41
Logan St. John, 23	Williamsburg	38:42	David Anderson, 48	Williamsburg	41:51
<b>Masters Men 40-and-over</b>			<b>Men 50-59</b>		
Greg Dawson, 52	Williamsburg	38:14	Greg Dawson, 52	Williamsburg	38:14
Jason Miller, 40	Williamsburg	39:01	Robert Whitaker, 59	Yorktown	39:31
Robert Whitaker, 59	Yorktown	39:31	Ken Alberg, 57	Suffolk	41:51
Rick Samaha, 60	Williamsburg	39:59	Bill Price, 58	Chesapeake	44:16
Greg Lynn, 43	Hayes	40:32	Steve Talbert, 56	Seaford	44:29
<b>Men 19-and-under</b>			<b>Men 60-69</b>		
Isaac Lamprecht, 11	New Kent	46:18	Rick Samaha, 60	Williamsburg	39:59
Tyler Pope, 16	Yorktown	57:00	Rick Platt, 67	Williamsburg	50:33
			Joseph Day, 67	Yorktown	50:59
<b>Men 20-29</b>			Jim Duffy, 66	Virginia Beach	51:42
Roger Hopper, 27	Norfolk	33:51	Joseph Verdirame, 68	Suffolk	52:19
John Walker, 21	Norfolk	34:31			
Andrew Osborne, 24	Yorktown	35:34	<b>Men 70-and-over</b>		
Logan St. John, 23	Williamsburg	38:42	Larry Arata, 73	Williamsburg	57:26
James MacGibbon, 27	Williamsburg	41:21	William Moore, 71	Williamsburg	59:41
			John Strassberger, 73	Williamsburg	1:17:21
<b>Men 30-39</b>			Robert S. White, 94	Hampton	2:04:55
Will Christian, 34	Norfolk	31:34			

**Men Walk**

John Strassberger, 73	Williamsburg	1:17:21
Robert Curtin, 65	Hampton	1:23:58
Eric Kent, 53	Yorktown	1:24:37
Rick Webb, 59	Yorktown	1:24:53
Adam Duncan, 30	Newport News	1:38:33

**Women Overall**

Ann Mazur, 32	Charlottesville	36:52
Octavia Rinehardt, 28	Virginia Beach	40:06
Sarah Lagasse, 28	Newport News	41:36
Jennifer Anderson, 37	Poquoson	42:25
Sarah Finley, 32	Newport News	46:22
Karla Havens, 56	Plainview	46:28
Ericka Kaup, 35	Hampton	48:03
Carolyn Harrison, 61	Virginia Beach	48:38
Lorie Leuenberger, 42	Yorktown	49:04
Jessica Anderson, 36	Williamsburg	49:19

**Masters Women 40-and-over**

Karla Havens, 56	Plainview	46:28
Carolyn Harrison, 61	Virginia Beach	48:38
Lorie Leuenberger, 42	Yorktown	49:04
Mary Jo Bailey, 57	Williamsburg	49:28
Joy Cano, 45	Yorktown	50:49

**Women 19-and-under**

Isabella Ornelas, 12	Hampton	57:16
Maggie Stockslager, 12	Hampton	1:07:07
Jocelyn Lamprecht, 13	New Kent	1:31:11

**Women 20-29**

Octavia Rinehardt, 28	Virginia Beach	40:06
Sarah Lagasse, 28	Newport News	41:36
Sarah Hempstead, 28	Rockville, MD	50:33
Brianna Wilson, 23	Yorktown	53:09
Kellie Jorgensen, 28	Hampton	58:08

**Women 30-39**

Ann Mazur, 32	Charlottesville	36:52
Jennifer Anderson, 37	Poquoson	42:25
Sarah Finley, 32	Newport News	46:22
Ericka Kaup, 35	Hampton	48:03
Jessica Anderson, 36	Williamsburg	49:19

**Women 40-49**

Lorie Leuenberger, 42	Yorktown	49:04
Joy Cano, 45	Yorktown	50:49
Crystal Davenport, 43	Yorktown	59:19
Marisa Clay, 41	Tyndall AFB, FL	1:01:37
Marie Price, 49	Chesapeake	1:02:28

**Women 50-59**

Karla Havens, 56	Plainview	46:28
Mary Jo Bailey, 57	Williamsburg	49:28
Nancy Delaney, 52	Virginia Beach	51:21
Maria Peters, 53	Yorktown	1:00:05
Wendy Calder, 51	Gloucester Point	1:01:05

**Women 60-69**

Carolyn Harrison, 61	Virginia Beach	48:38
Helen Worthington, 63	Bena	55:40
Carol Talley, 63	Toano	57:53
Patricia Travis, 66	Williamsburg	59:42
Thea Ganoe, 60	Hampton	1:01:05

**Women 70-and-over**

Barbara Biasi, 70	Yorktown	1:00:09
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**Women Walk**

Laura Scott, 52	Poquoson	1:17:00
Renee Kent, 52	Yorktown	1:23:38
Jocelyn Lamprecht, 13	New Kent	1:31:11
Cathy Kaurich, 62	Williamsburg	1:32:02
Nancy Atlee, 65	Gloucester	1:34:44

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

*Saturday, April 21, 2018*

*Grand Prix Points*

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**Men Overall**

Cyrus Korir, 24	Chapel Hill, NC	10
Will Christian, 34	Norfolk	9
Brayden Burleigh, 25	Midlothian	8
Kipkoech Kirui, 26	Chapel Hill, NC	7
Robert Reynolds, 27	Mechanicsville	6
Roger Hopper, 27	Norfolk	5
Adam Otstot, 35	Williamsburg	4
Patrick Wachter, 20	Williamsburg	3
Mark Tompkins, 42	Williamsburg	2
William Plante, 16	Williamsburg	1

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

Mark Tompkins, 42	Williamsburg	5
Jason Miller, 40	Williamsburg	4
John Piggott, 52	Williamsburg	3
Greg Dawson, 52	Williamsburg	2
Stephen Chantry, 63	Williamsburg	1

**Men 19-and-under**

William Plante, 16	Williamsburg	5
John Vogel, 16	Colorado Springs, CO	4
Paul Glass, 16	Williamsburg	3
Brandon Paryz, 14	Lancaster, NY	2
Dominic Molendyke, 16	Williamsburg	1

**Men 20-29**

Cyrus Korir, 24	Chapel Hill, NC	5
Brayden Burleigh, 25	Midlothian	4
Kipkoech Kirui, 26	Chapel Hill, NC	3
Robert Reynolds, 27	Mechanicsville	2
Roger Hopper, 27	Norfolk	1

**Men 30-39**

Will Christian, 34	Norfolk	5
Adam Otstot, 35	Williamsburg	4
Ryan Doupe, 32	Newport News	3
Josh Mathias, 36	Toano	2
Steve Seiler, 32	Williamsburg	1

**Men 40-49**

Mark Tompkins, 42	Williamsburg	5
Jason Miller, 40	Williamsburg	4
Scott Ward, 43	Norfolk	3
Greg Lynn, 43	Hayes	2
Greg Henderson, 45	Williamsburg	1

**Men 50-59**

John Piggott, 52	Williamsburg	5
Greg Dawson, 52	Williamsburg	4
Robert Whitaker, 59	Yorktown	3

Paul Pelletier, 52	Williamsburg	2
Ken Alberg, 57	Suffolk	1

**Men 60-69**

Stephen Chantry, 63	Williamsburg	5
Rick Samaha, 60	Williamsburg	4
Bob Becker, 66	Midlothian	3
Terry Imbery, 60	Williamsburg	2
Steve Altman, 62	Williamsburg	1

**Men 70-and-over**

Ben Dyer, 75	Toano	5
Langston Shelton, 71	Williamsburg	4
George Deamer, 74	Williamsburg	3
Jack Espinal, 73	Falls Church	2
Randy Hawthorne, 72	Williamsburg	1

**Men Walk**

John Strassberger, 74	Williamsburg	5
Dwight Kane, 65	Chesapeake	4
Bob Curtin, 65	Hampton	3
Jimmy Goggin, 64	Williamsburg	2
Vern Smith, 61	Williamsburg	1

**Women Overall**

Susan Jerotich, 31	Chapel Hill, NC	10
Zipporah Chebet, 29	Chapel Hill, NC	9
Ann Mazur Robb, 32	Charlottesville	8
Octavia Rinehardt, 28	Virginia Beach	7
Thorin Jean, 17	Williamsburg	6
Sorena Jean, 15	Williamsburg	5
Lauren O'Hollearn, 25	Hampton	4
Annecy Daggett, 19	Winston-Salem, NC	3
Claire McClintick, 19	Midlothian	2
Tori Reese, 19	Winchester	1

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

Karla Havens, 56	Plainview	5
Annie Gilbride, 50	Providence Forge	4
Carolyn Harrison, 61	Virginia Beach	3
Susan Hagel, 45	Norfolk	2
Mary Jo Bailey, 57	Williamsburg	1

**Women 19-and-under**

Thorin Jean, 17	Williamsburg	5
Sorena Jean, 15	Williamsburg	4
Annecy Daggett, 19	Winston-Salem, NC	3
Claire McClintick, 19	Midlothian	2
Tori Reese, 19	Winchester	1

**Women 20-29**



Zipporah Chebet, 29	Chapel Hill, NC	5	Nancy Delaney, 52	Virginia Beach	2
Octavia Rinehardt, 28	Virginia Beach	4	Norma Phillips, 57	Williamsburg	1
Lauren O'Hollearn, 25	Hampton	3			
Ellen Longman, 20	Park Ridge, IL	2	<b>Women 60-69</b>		
Hannah Yazdgerdi, 21	Henrico	1	Carolyn Harrison, 61	Virginia Beach	5
			Patricia Travis, 66	Williamsburg	4
<b>Women 30-39</b>			Shirley Stephens, 61	Williamsburg	3
Susan Jerotich, 31	Chapel Hill, NC	5	Laura Loda, 60	Ark	2
Ann Mazur Robb, 32	Charlottesville	4	Mary Browder, 60	Williamsburg	1
Kim Decker, 36	Williamsburg	3			
Jessica Gilligan, 38	Williamsburg	2	<b>Women 70-and-over</b>		
Jessica Anderson, 36	Williamsburg	1	Sarah Carey, 70	Williamsburg	5
			Tami Graf, 81	Lusby, MD	4
<b>Women 40-49</b>			Carolyn Borowski, 70	Williamsburg	3
Susan Hagel, 45	Norfolk	5	Barbara Barnes, 70	Williamsburg	2
Beth Berry, 47	Toano	4	Bunny Majcher, 70	Williamsburg	1
Amy Yaugo, 46	Williamsburg	3			
Kate Alie, 41	Williamsburg	2	<b>Women Walk</b>		
Pam Gibbons, 43	Williamsburg	1	Laura Liechti, 56	Williamsburg	5
			Jocelyn Lamprecht, 13	New Kent	4
<b>Women 50-59</b>			Cathy Kaurich, 62	Williamsburg	3
Karla Havens, 56	Plainview	5	Judith Olbrych, 50	Williamsburg	2
Annie Gilbride, 50	Providence Forge	4	Christina Packer, 45	Williamsburg	1
Mary Jo Bailey, 57	Williamsburg	3			

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

*Saturday, April 21, 2018*

*Finish Times*

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<b>Men Overall</b>			Cyrus Korir, 24	Chapel Hill, NC	14:32
Cyrus Korir, 24	Chapel Hill, NC	14:32	Brayden Burleigh, 25	Midlothian	15:02
Will Christian, 34	Norfolk	14:50	Kipkoech Kirui, 26	Chapel Hill, NC	15:24
Brayden Burleigh, 25	Midlothian	15:02	Robert Reynolds, 27	Mechanicsville	15:28
Kipkoech Kirui, 26	Chapel Hill, NC	15:24	Roger Hopper, 27	Norfolk	15:57
Robert Reynolds, 27	Mechanicsville	15:28	Patrick Wachter, 20	Williamsburg	16:26
Roger Hopper, 27	Norfolk	15:57			
Adam Otstot, 35	Williamsburg	15:30	<b>Men 30-39</b>		
Patrick Wachter, 20	Williamsburg	16:26	Will Christian, 34	Norfolk	14:50
Mark Tompkins, 42	Williamsburg	16:35	Adam Otstot, 35	Williamsburg	15:30
William Plante, 16	Williamsburg	16:46	Ryan Doupe, 32	Newport News	18:12
			Josh Mathias, 36	Toano	19:40
<b>Men Masters (ages 40-and-over)</b>			Steve Seiler, 32	Williamsburg	19:46
Mark Tompkins, 42	Williamsburg	16:35			
Jason Miller, 40	Williamsburg	18:03	<b>Men 40-49</b>		
John Piggott, 52	Williamsburg	18:16	Mark Tompkins, 42	Williamsburg	16:35
Greg Dawson, 52	Williamsburg	18:19	Jason Miller, 40	Williamsburg	18:03
Stephen Chantry, 63	Williamsburg	18:21	Scott Ward, 43	Norfolk	18:46
			Greg Lynn, 43	Hayes	18:55
<b>Men 19-and-under</b>			Greg Henderson, 45	Williamsburg	19:26
William Plante, 16	Williamsburg	16:46			
John Vogel, 16	Colorado Springs, CO	17:09	<b>Men 50-59</b>		
Paul Glass, 16	Williamsburg	18:02	John Piggott, 52	Williamsburg	18:16
Brandon Paryz, 14	Lancaster, NY	18:03	Greg Dawson, 52	Williamsburg	18:19
Dominic Molendyke, 16	Williamsburg	18:35	Robert Whitaker, 59	Yorktown	18:37
			Paul Pelletier, 52	Williamsburg	19:16
<b>Men 20-29</b>			Ken Alberg, 57	Suffolk	19:29

**Men 60-69**

Stephen Chantry, 63	Williamsburg	18:21
Rick Samaha, 60	Williamsburg	18:51
Bob Becker, 66	Midlothian	20:49
Terry Imbery, 60	Williamsburg	22:27
Steve Altman, 62	Williamsburg	23:29

**Men 70-and-over**

Ben Dyer, 75	Toano	23:22
Langston Shelton, 71	Williamsburg	23:52
George Deamer, 74	Williamsburg	27:22
Jack Espinal, 73	Falls Church	29:53
Randy Hawthorne, 72	Williamsburg	30:25

**Men Walk**

John Strassberger, 74	Williamsburg	37:40
Dwight Kane, 65	Chesapeake	40:11
Bob Curtin, 65	Hampton	40:59
Jimmy Goggin, 64	Williamsburg	44:17
Vern Smith, 61	Williamsburg	47:29

**Women Overall**

Susan Jerotich, 31	Chapel Hill, NC	16:27
Zipporah Chebet, 29	Chapel Hill, NC	17:18
Ann Mazur Robb, 32	Charlottesville	17:28
Octavia Rinehardt, 28	Virginia Beach	18:52
Thorin Jean, 17	Williamsburg	19:38
Sorena Jean, 15	Williamsburg	20:56
Lauren O'Hollearn, 25	Hampton	21:09
Annecy Daggett, 19	Winston-Salem, NC	21:15
Claire McClintick, 19	Midlothian	21:35
Tori Reese, 19	Winchester	21:35

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

Karla Havens, 56	Plainview	21:51
Annie Gilbride, 50	Providence Forge	22:44
Carolyn Harrison, 61	Virginia Beach	23:05
Susan Hagel, 45	Norfolk	23:32
Mary Jo Bailey, 57	Williamsburg	23:44

**Women 19-and-under**

Thorin Jean, 17	Williamsburg	19:38
Sorena Jean, 15	Williamsburg	20:56
Annecy Daggett, 19	Winston-Salem, NC	21:15
Claire McClintick, 19	Midlothian	21:35
Tori Reese, 19	Winchester	21:35

**Women 20-29**

Zipporah Chebet, 29	Chapel Hill, NC	17:18
Octavia Rinehardt, 28	Virginia Beach	18:52
Lauren O'Hollearn, 25	Hampton	21:09
Ellen Longman, 20	Park Ridge, IL	24:09
Hannah Yazdgerdi, 21	Henrico	24:19

**Women 30-39**

Susan Jerotich, 31	Chapel Hill, NC	16:27
Ann Mazur Robb, 32	Charlottesville	17:28
Kim Decker, 36	Williamsburg	21:48
Jessica Gilligan, 38	Williamsburg	22:08
Jessica Anderson, 36	Williamsburg	22:32

**Women 40-49**

Susan Hagel, 45	Norfolk	23:32
Beth Berry, 47	Toano	24:10
Amy Yaugo, 46	Williamsburg	24:14
Kate Alie, 41	Williamsburg	24:21
Pam Gibbons, 43	Williamsburg	25:12

**Women 50-59**

Karla Havens, 56	Plainview	21:51
Annie Gilbride, 50	Providence Forge	22:44
Mary Jo Bailey, 57	Williamsburg	23:44
Nancy Delaney, 52	Virginia Beach	24:29
Norma Phillips, 57	Williamsburg	25:02

**Women 60-69**

Carolyn Harrison, 61	Virginia Beach	23:05
Patricia Travis, 66	Williamsburg	27:38
Shirley Stephens, 61	Williamsburg	30:44
Laura Loda, 60	Ark	32:44
Mary Browder, 60	Williamsburg	33:21

**Women 70-and-over**

Sarah Carey, 70	Williamsburg	35:43
Tami Graf, 81	Lusby, MD	37:19
Carolyn Borowski, 70	Williamsburg	41:28
Barbara Barnes, 70	Williamsburg	43:34
Bunny Majcher, 70	Williamsburg	47:13

**Women Walk**

Laura Liechti, 56	Williamsburg	36:28
Jocelyn Lamprecht, 13	New Kent	37:04
Cathy Kaurich, 62	Williamsburg	42:51
Judith Olbrych, 50	Williamsburg	45:18
Christina Packer, 45	Williamsburg	50:58

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*Pajama Day 5K for CAA*

*Saturday, April 28, 2018*

*Grand Prix Points*

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**Men Overall**

Russell Reed, 25	Yorktown	10
Jason Miller, 40	Williamsburg	9
Paul Glass, 16	Williamsburg	8
Stephen Chantry, 63	Williamsburg	7
Robert Whitaker, 59	Yorktown	6
Greg Lynn, 43	Hayes	5
Logan St. John, 24	Williamsburg	4
Rick Samaha, 60	Williamsburg	3
Josh Mathias, 36	Toano	2
Chris Novakoski, 36	Franklin	1

**Masters Men 40-and-over**

Jason Miller, 40	Williamsburg	5
Stephen Chantry, 63	Williamsburg	4
Robert Whitaker, 59	Yorktown	3
Greg Lynn, 43	Hayes	2
Rick Samaha, 60	Williamsburg	1

**Men 19-and-under**

Paul Glass, 16	Williamsburg	5
Jake Falcone, 13	Williamsburg	4
Isaac Lamprecht, 11	New Kent	3
Luke Larkin, 14	Williamsburg	2
Glenn Glass, 14	Williamsburg	1

**Men 20-29**

Russell Reed, 25	Yorktown	5
Logan St. John, 24	Williamsburg	4
Venu Katta, 22	Washington, DC	3
Juan Lopez-Quinones, 20	Hampton	2
David Peterson, 21	Hampton	1

**Men 30-39**

Josh Mathias, 36	Toano	5
Chris Novakoski, 36	Franklin	4
Benjamin Kaurich, 30	Newport News	3
Michael DeVivero, 30	Yorktown	2
Aaron Ly, 30	Williamsburg	1

**Men 40-49**

Jason Miller, 40	Williamsburg	5
Greg Lynn, 43	Hayes	4
Jerry Hickey, 43	Yorktown	3
Brian Tyler, 49	Williamsburg	2
Robert Murphie, 43	Williamsburg	1

**Men 50-59**

Robert Whitaker, 59	Yorktown	5
Ken Alberg, 57	Suffolk	4
Robert Jean, 53	Williamsburg	3

O'Neil Combs, 51	Hampton	2
Ted Combs, 57	Hampton	1

**Men 60-69**

Stephen Chantry, 63	Williamsburg	5
Rick Samaha, 60	Williamsburg	4
Chris Abelt, 61	Williamsburg	3
Rick Platt, 67	Williamsburg	2
Steve Altman, 62	Williamsburg	1

**Men 70-and-over**

Larry Arata, 73	Williamsburg	5
Jim Newton, 70	Williamsburg	4
John Strassberger, 74	Williamsburg	3
Richard Sanborn, 83	Williamsburg	2

**Men Walk**

John Strassberger, 74	Williamsburg	5
Bob Curtin, Jr., 65	Hampton	4
Tyler Simpkin, 22	Norfolk	3
Lenny Vawter, 48	Williamsburg	2
Travis Baker, 26	Williamsburg	1

**Women Overall**

Thorin Jean, 17	Williamsburg	10
Sorena Jean, 16	Williamsburg	9
Jessica Riggs, 40	Williamsburg	8
Kim Decker, 36	Williamsburg	7
Lorraine Perkins, 51	Williamsburg	6
Lindsey Colburn, 13	Williamsburg	5
Cannon Jean, 13	Williamsburg	4
Nina Miller, 49	Williamsburg	3
Gretchen Lang, 41	Williamsburg	2
Jen Primich, 41	Williamsburg	1

**Masters Women 40-and-over**

Jessica Riggs, 40	Williamsburg	5
Lorraine Perkins, 51	Williamsburg	4
Nina Miller, 49	Williamsburg	3
Gretchen Lang, 41	Williamsburg	2
Jen Primich, 41	Williamsburg	1

**Women 19-and-under**

Thorin Jean, 17	Williamsburg	5
Sorena Jean, 16	Williamsburg	4
Lindsey Colburn, 13	Williamsburg	3
Cannon Jean, 13	Williamsburg	2
Kyla Walling, 7	Williamsburg	1

**Women 20-29**

Brittany Williams, 26	Yorktown	5
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Tatiana Brown, 20	Hampton	4	Linda St. John, 58	Williamsburg	4
Amber Baker, 28	Williamsburg	3	Tara Kniskern, 50	Yorktown	3
			Laura Liechti, 56	Williamsburg	2
<b>Women 30-39</b>					
Kim Decker, 36	Williamsburg	5	<b>Women 60-69</b>		
Joanna McCandlish, 36	Williamsburg	4	Cathy Kaurich, 62	Williamsburg	5
Berenice Durante, 36	Williamsburg	3	Nancy Atlee, 65	Gloucester	4
Maryanne Lee, 35	Gloucester	2	Karen Schenck, 63	Ark	3
Nichole Patterson, 31	Newport News	1	<b>Women 70-and-over</b>		
<b>Women 40-49</b>					
Jessica Riggs, 40	Williamsburg	5	Judy Hanna, 74	Williamsburg	5
Nina Miller, 49	Williamsburg	4	Barbara Murphy, 77	Williamsburg	4
Gretchen Lang, 41	Williamsburg	3	<b>Women Walk</b>		
Jen Primich, 41	Williamsburg	2	Laura Liechti, 56	Williamsburg	5
Cristina Jean, 49	Williamsburg	1	Jocelyn Lamprecht, 13	New Kent	4
<b>Women 50-59</b>					
Lorraine Perkins, 51	Williamsburg	5	Cathy Kaurich, 62	Williamsburg	3
			Nancy Atlee, 65	Gloucester	2
			Stephanie Blankenship, 44	Newport News	1

*Pajama Day 5K for CAA*

*Saturday, April 28, 2018*

*Finish Times*

**Men Overall**

Russell Reed, 25	Yorktown	17:29
Jason Miller, 40	Williamsburg	18:09
Paul Glass, 16	Williamsburg	18:23
Stephen Chantry, 63	Williamsburg	18:26
Robert Whitaker, 59	Yorktown	18:37
Greg Lynn, 43	Hayes	18:47
Logan St. John, 24	Williamsburg	18:56
Rick Samaha, 60	Williamsburg	19:05
Josh Mathias, 36	Toano	19:14
Chris Novakoski, 36	Franklin	20:17

**Masters Men 40-and-over**

Jason Miller, 40	Williamsburg	18:09
Stephen Chantry, 63	Williamsburg	18:26
Robert Whitaker, 59	Yorktown	18:37
Greg Lynn, 43	Hayes	18:47
Rick Samaha, 60	Williamsburg	19:05

**Men 19-and-under**

Paul Glass, 16	Williamsburg	18:23
Jake Falcone, 13	Williamsburg	20:20
Isaac Lamprecht, 11	New Kent	21:04
Luke Larkin, 14	Williamsburg	21:16
Glenn Glass, 14	Williamsburg	22:52

**Men 20-29**

Russell Reed, 25	Yorktown	17:29
Logan St. John, 24	Williamsburg	18:56
Venu Katta, 22	Washington, DC	27:46
Juan Lopez-Quinones, 20	Hampton	52:53
David Peterson, 21	Hampton	53:27

**Men 30-39**

Josh Mathias, 36	Toano	19:14
Chris Novakoski, 36	Franklin	20:17
Benjamin Kaurich, 30	Newport News	22:15
Michael DeVivero, 30	Yorktown	23:34
Aaron Ly, 30	Williamsburg	33:32

**Men 40-49**

Jason Miller, 40	Williamsburg	18:09
Greg Lynn, 43	Hayes	18:47
Jerry Hickey, 43	Yorktown	21:55
Brian Tyler, 49	Williamsburg	22:40
Robert Murphie, 43	Williamsburg	22:44

**Men 50-59**

Robert Whitaker, 59	Yorktown	18:37
Ken Alberg, 57	Suffolk	21:56
Robert Jean, 53	Williamsburg	24:39
O'Neil Combs, 51	Hampton	25:31
Ted Combs, 57	Hampton	26:38

**Men 60-69**

Stephen Chantry, 63	Williamsburg	18:26
Rick Samaha, 60	Williamsburg	19:05
Chris Abelt, 61	Williamsburg	23:27
Rick Platt, 67	Williamsburg	23:47
Steve Altman, 62	Williamsburg	23:49

**Men 70-and-over**

Larry Arata, 73	Williamsburg	29:09
Jim Newton, 70	Williamsburg	36:04
John Strassberger, 74	Williamsburg	37:47

Richard Sanborn, 83	Williamsburg	50:05	Amber Baker, 28	Williamsburg	57:42
<b>Men Walk</b>			<b>Women 30-39</b>		
John Strassberger, 74	Williamsburg	37:47	Kim Decker, 36	Williamsburg	21:51
Bob Curtin, Jr., 65	Hampton	43:05	Joanna McCandlish, 36	Williamsburg	30:11
Tyler Simpkin, 22	Norfolk	55:27	Berenice Durante, 36	Williamsburg	30:23
Lenny Vawter, 48	Williamsburg	56:40	Maryanne Lee, 35	Gloucester	32:22
Travis Baker, 26	Williamsburg	57:42	Nichole Patterson, 31	Newport News	46:00
<b>Women Overall</b>			<b>Women 40-49</b>		
Thorin Jean, 17	Williamsburg	19:54	Jessica Riggs, 40	Williamsburg	21:31
Sorena Jean, 16	Williamsburg	21:20	Nina Miller, 49	Williamsburg	26:49
Jessica Riggs, 40	Williamsburg	21:31	Gretchen Lang, 41	Williamsburg	26:58
Kim Decker, 36	Williamsburg	21:51	Jen Primich, 41	Williamsburg	27:49
Lorraine Perkins, 51	Williamsburg	24:41	Cristina Jean, 49	Williamsburg	33:42
Lindsey Colburn, 13	Williamsburg	25:28	<b>Women 50-59</b>		
Cannon Jean, 13	Williamsburg	26:09	Lorraine Perkins, 51	Williamsburg	24:41
Nina Miller, 49	Williamsburg	26:49	Linda St. John, 58	Williamsburg	32:39
Gretchen Lang, 41	Williamsburg	26:58	Tara Kniskern, 50	Yorktown	33:36
Jen Primich, 41	Williamsburg	27:49	Laura Liechti, 56	Williamsburg	36:09
<b>Masters Women 40-and-over</b>			<b>Women 60-69</b>		
Jessica Riggs, 40	Williamsburg	21:31	Cathy Kaurich, 62	Williamsburg	42:24
Lorraine Perkins, 51	Williamsburg	24:41	Nancy Atlee, 65	Gloucester	43:19
Nina Miller, 49	Williamsburg	26:49	Karen Schenck, 63	Ark	49:04
Gretchen Lang, 41	Williamsburg	26:58	<b>Women 70-and-over</b>		
Jen Primich, 41	Williamsburg	27:49	Judy Hanna, 74	Williamsburg	54:30
<b>Women 19-and-under</b>			Barbara Murphy, 77	Williamsburg	1:01:24
Thorin Jean, 17	Williamsburg	19:54	<b>Women Walk</b>		
Sorena Jean, 16	Williamsburg	21:20	Laura Liechti, 56	Williamsburg	36:09
Lindsey Colburn, 13	Williamsburg	25:28	Jocelyn Lamprecht, 13	New Kent	37:38
Cannon Jean, 13	Williamsburg	26:09	Cathy Kaurich, 62	Williamsburg	42:24
Kyla Walling, 7	Williamsburg	33:42	Nancy Atlee, 65	Gloucester	43:19
<b>Women 20-29</b>			Stephanie Blankenship, 44	Newport News	48:56
Brittany Williams, 26	Yorktown	54:21			
Tatiyanna Brown, 20	Hampton	55:27			

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*Virginia Regional Ballet 5K at First Colony**Saturday, May 12, 2018**Grand Prix Points*

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<b>Men Overall</b>			Chris Larkin, 52	Williamsburg	1
Roger Hopper, 27	Norfolk	10			
Russell Reed, 25	Yorktown	9	<b>Men 60-69</b>		
Steve Chantry, 63	Williamsburg	8	Steve Chantry, 63	Williamsburg	5
Robert Whitaker, 59	Yorktown	7	Rick Samaha, 60	Williamsburg	4
Ryan Doupe, 32	Newport News	6	Chris Abelt, 61	Williamsburg	3
Greg Lynn, 43	Hayes	5	Steve Altman, 62	Williamsburg	2
Jonathan Torres, 28	Toano	4	Rick Platt, 67	Williamsburg	1
Josh Mathias, 36	Toano	3			
Rick Samaha, 60	Williamsburg	2	<b>Men 70-and-over</b>		
David Anderson, 48	Williamsburg	1	Ben Dyer, 75	Toano	5
			George Deamer, 74	Williamsburg	4
<b>Masters Men 40-and-over</b>			Larry Arata, 73	Williamsburg	3
Steve Chantry, 63	Williamsburg	5			
Robert Whitaker, 59	Yorktown	4	<b>Men Walk</b>		
Greg Lynn, 43	Hayes	3	Rick Webb, 60	Yorktown	5
Rick Samaha, 60	Williamsburg	2	Bob Curtin, 65	Hampton	4
David Anderson, 48	Williamsburg	1			
			<b>Women Overall</b>		
<b>Men 19-and-under</b>			Julie Myers, 28	Norfolk	10
Isaac Lamprecht, 11	New Kent	5	Jessica Anderson, 36	Williamsburg	9
Glenn Glass, 14	Williamsburg	4	Susan Hagel, 45	Norfolk	8
Cary Caldwell, 14	Williamsburg	3	Elizabeth Schleif, 37	Toano	7
Luke Larkin, 14	Williamsburg	2	Norma Phillips, 57	Williamsburg	6
Elias Agguini, 11	Williamsburg	1	Jen Primich, 41	Williamsburg	5
			Patricia Travis, 66	Williamsburg	4
<b>Men 20-29</b>			Dawn Florence, 52	Williamsburg	3
Roger Hopper, 27	Norfolk	5	Shirley Stephens, 61	Williamsburg	2
Russell Reed, 25	Yorktown	4	Joanna McCandlish, 36	Williamsburg	1
Jonathan Torres, 28	Toano	3			
Patrick Waller, 23	Williamsburg	2	<b>Masters Women 40-and-over</b>		
Nate Florence, 21	Williamsburg	1	Susan Hagel, 45	Norfolk	5
			Norma Phillips, 57	Williamsburg	4
<b>Men 30-39</b>			Jen Primich, 41	Williamsburg	3
Ryan Doupe, 32	Newport News	5	Patricia Travis, 66	Williamsburg	2
Josh Mathias, 36	Toano	4	Dawn Florence, 52	Williamsburg	1
Benjamin Kaurich, 30	Newport News	3			
David Shayeson, 35	Williamsburg	2	<b>Women 19-and-under</b>		
			Jocelyn Lamprecht, 13	New Kent	5
<b>Men 40-49</b>			Samantha Burcham, 13	Williamsburg	4
Greg Lynn, 43	Hayes	5			
David Anderson, 48	Williamsburg	4	<b>Women 20-29</b>		
Chris Schleif, 43	Toano	3	Julie Myers, 28	Norfolk	5
Robert Murphie, 43	Williamsburg	2	Kayla Zoldork, 21	Poquoson	4
David Glass, 46	Williamsburg	1			
			<b>Women 30-39</b>		
<b>Men 50-59</b>			Jessica Anderson, 36	Williamsburg	5
Robert Whitaker, 59	Yorktown	5	Elizabeth Schleif, 37	Toano	4
Kevin Early, 52	Williamsburg	4	Joanna McCandlish, 36	Williamsburg	3
Rex Hoover, 54	Williamsburg	3	Amber Kaczmarczyk, 36	Williamsburg	2
Wayne Waller, 56	Williamsburg	2	Hazel Doupe, 35	Newport News	1

<b>Women 40-49</b>			Patricia Travis, 66	Williamsburg	5
Susan Hagel, 45	Norfolk	5	Shirley Stephens, 61	Williamsburg	4
Jen Primich, 41	Williamsburg	4	Roswitha Goosens-Winter, 69	Williamsburg	3
Alison Grygalonis, 40	Williamsburg	3	Nancy Atlee, 65	Gloucester	2
Michelle Holdsworth, 45	Williamsburg	2	Karen Schenck, 63	Ark	1
Sonya Harman, 40	Toano	1	<b>Women 70-and-over</b>		
			none		
<b>Women 50-59</b>			<b>Women Walk</b>		
Norma Phillips, 57	Williamsburg	5	Jocelyn Lamprecht, 13	New Kent	5
Dawn Florence, 52	Williamsburg	4	Nancy Atlee, 65	Gloucester	4
Priscilla Caldwell, 51	Williamsburg	3	Karen Schenck, 63	Ark	3
Tara Kniskern, 50	Yorktown	2	Sonya Harman, 40	Toano	2
Deborah Eaton, 58	Williamsburg	1	Kayla Zoldork, 21	Poquoson	1

### Women 60-69

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*Virginia Regional Ballet 5K at First Colony*  
*Saturday, May 12, 2018*  
*Finish Times*

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<b>Men Overall</b>			Josh Mathias, 36	Toano	19:11
Roger Hopper, 27	Norfolk	16:11	Benjamin Kaurich, 30	Newport News	22:08
Russell Reed, 25	Yorktown	17:41	David Shayeson, 35	Williamsburg	26:00
Steve Chantry, 63	Williamsburg	18:01	<b>Men 40-49</b>		
Robert Whitaker, 59	Yorktown	18:14	Greg Lynn, 43	Hayes	18:35
Ryan Doupe, 32	Newport News	18:24	David Anderson, 48	Williamsburg	20:00
Greg Lynn, 43	Hayes	18:35	Chris Schleif, 43	Toano	20:07
Jonathan Torres, 28	Toano	18:54	Robert Murphie, 43	Williamsburg	22:16
Josh Mathias, 36	Toano	19:11	David Glass, 46	Williamsburg	24:06
Rick Samaha, 60	Williamsburg	19:38	<b>Men 50-59</b>		
David Anderson, 48	Williamsburg	20:00	Robert Whitaker, 59	Yorktown	18:14
<b>Masters Men 40-and-over</b>			Kevin Early, 52	Williamsburg	23:16
Steve Chantry, 63	Williamsburg	18:01	Rex Hoover, 54	Williamsburg	27:06
Robert Whitaker, 59	Yorktown	18:14	Wayne Waller, 56	Williamsburg	28:20
Greg Lynn, 43	Hayes	18:35	Chris Larkin, 52	Williamsburg	30:22
Rick Samaha, 60	Williamsburg	19:38	<b>Men 60-69</b>		
David Anderson, 48	Williamsburg	20:00	Steve Chantry, 63	Williamsburg	18:01
<b>Men 19-and-under</b>			Rick Samaha, 60	Williamsburg	19:38
Isaac Lamprecht, 11	New Kent	21:40	Chris Abelt, 61	Williamsburg	23:08
Glenn Glass, 14	Williamsburg	21:53	Steve Altman, 62	Williamsburg	23:10
Cary Caldwell, 14	Williamsburg	22:50	Rick Platt, 67	Williamsburg	25:06
Luke Larkin, 14	Williamsburg	23:58	<b>Men 70-and-over</b>		
Elias Agguini, 11	Williamsburg	27:14	Ben Dyer, 75	Toano	23:24
<b>Men 20-29</b>			George Deamer, 74	Williamsburg	26:34
Roger Hopper, 27	Norfolk	16:11	Larry Arata, 73	Williamsburg	28:16
Russell Reed, 25	Yorktown	17:41	<b>Men Walk</b>		
Jonathan Torres, 28	Toano	18:54	Rick Webb, 60	Yorktown	41:23
Patrick Waller, 23	Williamsburg	22:01	Bob Curtin, 65	Hampton	44:34
Nate Florence, 21	Williamsburg	29:41	<b>Women Overall</b>		
<b>Men 30-39</b>					
Ryan Doupe, 32	Newport News	18:24			

Julie Myers, 28	Norfolk	22:37
Jessica Anderson, 36	Williamsburg	23:28
Susan Hagel, 45	Norfolk	23:44
Elizabeth Schleif, 37	Toano	24:24
Norma Phillips, 57	Williamsburg	25:28
Jen Primich, 41	Williamsburg	26:53
Patricia Travis, 66	Williamsburg	27:48
Dawn Florence, 52	Williamsburg	28:27
Shirley Stephens, 61	Williamsburg	30:30
Joanna McCandlish, 36	Williamsburg	30:57

**Masters Women 40-and-over**

Susan Hagel, 45	Norfolk	23:44
Norma Phillips, 57	Williamsburg	25:28
Jen Primich, 41	Williamsburg	26:53
Patricia Travis, 66	Williamsburg	27:48
Dawn Florence, 52	Williamsburg	28:27

**Women 19-and-under**

Jocelyn Lamprecht, 13	New Kent	38:36
Samantha Burcham, 13	Williamsburg	41:09

**Women 20-29**

Julie Myers, 28	Norfolk	22:37
Kayla Zoldork, 21	Poquoson	57:41

**Women 30-39**

Jessica Anderson, 36	Williamsburg	23:28
Elizabeth Schleif, 37	Toano	24:24
Joanna McCandlish, 36	Williamsburg	30:57
Amber Kaczmarczyk, 36	Williamsburg	38:05
Hazel Doupe, 35	Newport News	38:59

**Women 40-49**

Susan Hagel, 45	Norfolk	23:44
Jen Primich, 41	Williamsburg	26:53
Alison Grygalonis, 40	Williamsburg	32:37
Michelle Holdsworth, 45	Williamsburg	33:43
Sonya Harman, 40	Toano	57:41

**Women 50-59**

Norma Phillips, 57	Williamsburg	25:28
Dawn Florence, 52	Williamsburg	28:27
Priscilla Caldwell, 51	Williamsburg	32:55
Tara Kniskern, 50	Yorktown	33:42
Deborah Eaton, 58	Williamsburg	57:45

**Women 60-69**

Patricia Travis, 66	Williamsburg	27:48
Shirley Stephens, 61	Williamsburg	30:30
Roswitha Goosens-Winter, 69	Williamsburg	32:04
Nancy Atlee, 65	Gloucester	43:48
Karen Schenck, 63	Ark	47:24

**Women 70-and-over**

none

**Women Walk**

Jocelyn Lamprecht, 13	New Kent	38:36
Nancy Atlee, 65	Gloucester	43:48
Karen Schenck, 63	Ark	47:24
Sonya Harman, 40	Toano	57:41
Kayla Zoldork, 21	Poquoson	57:41



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*Kingswood Klam 5K Run*

*Saturday, June 2, 2018*

*Grand Prix Points*

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**Men Overall**

Jason Bridges, 34	Williamsburg	10
Ryan Doupe, 32	Newport News	9
Robert Whitaker, 59	Yorktown	8
Steve Chantry, 63	Williamsburg	7
Greg Lynn, 44	Hayes	6
Greg Dawson, 52	Williamsburg	5
Josh Mathias, 36	Toano	4
Paul Pelletier, 52	Williamsburg	3
Cameron Wojcieszak, 21	Williamsburg	2
Patrick Waller, 23	Williamsburg	1

**Masters Men 40-and-over**

Robert Whitaker, 59	Yorktown	5
Steve Chantry, 63	Williamsburg	4
Greg Lynn, 44	Hayes	3
Greg Dawson, 52	Williamsburg	2
Paul Pelletier, 52	Williamsburg	1

**Men 19-and-under**

Isaac Lamprecht, 11	New Kent	5
Glenn Glass, 14	Williamsburg	4
Miles Hawkins, 14	Williamsburg	3
Joshua Pinder, 10	Hayes	2
Carter Perry, 11	Williamsburg	1

**Men 20-29**

Cameron Wojcieszak, 21	Williamsburg	5
Patrick Waller, 23	Williamsburg	4
John Roose, 25	Williamsburg	3
Josh Roose, 22	Williamsburg	2

**Men 30-39**

Jason Bridges, 34	Williamsburg	5
Ryan Doupe, 32	Newport News	4
Josh Mathias, 36	Toano	3
Steve Seiler, 32	Williamsburg	2
Benjamin Kaurich, 30	Newport News	1

**Men 40-49**

Greg Lynn, 44	Hayes	5
Chris Robertson, 45	Williamsburg	4
David Glass, 46	Williamsburg	3
Joe Dobrota, 46	Williamsburg	2
John Perry, 45	Williamsburg	1

**Men 50-59**

Robert Whitaker, 59	Yorktown	5
Greg Dawson, 52	Williamsburg	4
Paul Pelletier, 52	Williamsburg	3
Steve Sheffler, 57	Williamsburg	2

Kevin Early, 52	Williamsburg	1
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**Men 60-69**

Steve Chantry, 63	Williamsburg	5
Jim Thornton, 64	Toano	4
Chris Abelt, 61	Williamsburg	3
Steve Altman, 62	Williamsburg	2
Rick Platt, 67	Williamsburg	1

**Men 70-and-over**

Ben Dyer, 75	Toano	5
Larry Arata, 73	Williamsburg	4
John Strassberger, 74	Williamsburg	3
Ernest Schillinger, 86	Williamsburg	2

**Men Walk**

John Strassberger, 74	Williamsburg	5
Bob Curtin, 65	Hampton	4

**Women Overall**

Samantha Bradley, 30	Newport News	10
Nicole Pinder, 15	Hayes	9
Susan Hagel, 45	Norfolk	8
Katie Abelt, 26	Williamsburg	7
Norma Phillips, 57	Williamsburg	6
Sue Sechrist, 43	Williamsburg	5
Laura Broderick, 37	Williamsburg	4
Sisi Roose, 24	Williamsburg	3
Harriet McCoy, 63	Toano	2
Gretchen Lang, 41	Williamsburg	1

**Masters Women 40-and-over**

Susan Hagel, 45	Norfolk	5
Norma Phillips, 57	Williamsburg	4
Sue Sechrist, 43	Williamsburg	3
Harriet McCoy, 63	Toano	2
Gretchen Lang, 41	Williamsburg	1

**Women 19-and-under**

Nicole Pinder, 15	Hayes	5
Lark Stermer, 14	Williamsburg	4
Julia Schniepp, 9	Williamsburg	3
Brianna Sullivan, 10	Williamsburg	2
Jocelyn Lamprecht, 13	New Kent	1

**Women 20-29**

Katie Abelt, 26	Williamsburg	5
Sisi Roose, 24	Williamsburg	4

**Women 30-39**

Samantha Bradley, 30	Newport News	5
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Laura Broderick, 37	Williamsburg	4
Kristi Bridges, 36	Williamsburg	3
Brandy LeBlanc, 31	Williamsburg	2
Becky Currier, 30	Williamsburg	1

**Women 40-49**

Susan Hagel, 45	Norfolk	5
Sue Sechrist, 43	Williamsburg	4
Gretchen Lang, 41	Williamsburg	3
Julie Brenegan, 42	Williamsburg	2
Alison Grygalonis, 40	Williamsburg	1

**Women 50-59**

Norma Phillips, 57	Williamsburg	5
Dawn Florence, 52	Williamsburg	4
Deborah Eaton, 58	Williamsburg	3

**Women 60-69**

Harriet McCoy, 63	Toano	5
Mary Ann Goode, 60	Williamsburg	4
Patricia Travis, 67	Williamsburg	3
Shirley Stephens, 61	Williamsburg	2
Roswitha Goosens-Winter, 69	Williamsburg	1

**Women 70-and-over**

Robin Jorlett, 74	Newport News	5
Nancy Blount, 72	Williamsburg	4

**Women Walk**

Jocelyn Lamprecht, 13	New Kent	5
Cathy Kaurich, 62	Williamsburg	4
Nancy Atlee, 65	Gloucester	3
Karen Schenck, 63	Ark	2
Sheryl Andersen, 37	Williamsburg	1

*Kingswood Klam 5K Run*

*Saturday, June 2, 2018*

*Finish Times*

**Men Overall**

Jason Bridges, 34	Williamsburg	17:33
Ryan Doupe, 32	Newport News	18:30
Robert Whitaker, 59	Yorktown	18:34
Steve Chantry, 63	Williamsburg	18:36
Greg Lynn, 44	Hayes	18:37
Greg Dawson, 52	Williamsburg	19:15
Josh Mathias, 36	Toano	19:20
Paul Pelletier, 52	Williamsburg	19:41
Cameron Wojcieszak, 21	Williamsburg	19:56
Patrick Waller, 23	Williamsburg	20:05

Ryan Doupe, 32	Newport News	18:30
Josh Mathias, 36	Toano	19:20
Steve Seiler, 32	Williamsburg	21:43
Benjamin Kaurich, 30	Newport News	23:01

**Men 40-49**

Greg Lynn, 44	Hayes	18:37
Chris Robertson, 45	Williamsburg	20:59
David Glass, 46	Williamsburg	24:26
Joe Dobrota, 46	Williamsburg	25:15
John Perry, 45	Williamsburg	35:07

**Masters Men 40-and-over**

Robert Whitaker, 59	Yorktown	18:34
Steve Chantry, 63	Williamsburg	18:36
Greg Lynn, 44	Hayes	18:37
Greg Dawson, 52	Williamsburg	19:15
Paul Pelletier, 52	Williamsburg	19:41

**Men 50-59**

Robert Whitaker, 59	Yorktown	18:34
Greg Dawson, 52	Williamsburg	19:15
Paul Pelletier, 52	Williamsburg	19:41
Steve Sheffler, 57	Williamsburg	22:53
Kevin Early, 52	Williamsburg	23:28

**Men 19-and-under**

Isaac Lamprecht, 11	New Kent	22:17
Glenn Glass, 14	Williamsburg	22:53
Miles Hawkins, 14	Williamsburg	22:56
Joshua Pinder, 10	Hayes	23:38
Carter Perry, 11	Williamsburg	23:47

**Men 60-69**

Steve Chantry, 63	Williamsburg	18:36
Jim Thornton, 64	Toano	22:06
Chris Abelt, 61	Williamsburg	23:28
Steve Altman, 62	Williamsburg	24:15
Rick Platt, 67	Williamsburg	24:38

**Men 20-29**

Cameron Wojcieszak, 21	Williamsburg	19:56
Patrick Waller, 23	Williamsburg	20:05
John Roose, 25	Williamsburg	21:41
Josh Roose, 22	Williamsburg	23:09

**Men 70-and-over**

Ben Dyer, 75	Toano	23:12
Larry Arata, 73	Williamsburg	30:15
John Strassberger, 74	Williamsburg	37:34
Ernest Schillinger, 86	Williamsburg	43:12

**Men 30-39**

Jason Bridges, 34	Williamsburg	17:33
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**Men Walk**

John Strassberger, 74	Williamsburg	37:34
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Bob Curtin, 65	Hampton	44:48	Laura Broderick, 37	Williamsburg	26:12
			Kristi Bridges, 36	Williamsburg	29:04
<b>Women Overall</b>			Brandy LeBlanc, 31	Williamsburg	31:23
Samantha Bradley, 30	Newport News	20:27	Becky Currier, 30	Williamsburg	32:31
Nicole Pinder, 15	Hayes	22:19			
Susan Hagel, 45	Norfolk	24:30	<b>Women 40-49</b>		
Katie Abelt, 26	Williamsburg	25:09	Susan Hagel, 45	Norfolk	24:30
Norma Phillips, 57	Williamsburg	25:44	Sue Sechrist, 43	Williamsburg	26:06
Sue Sechrist, 43	Williamsburg	26:06	Gretchen Lang, 41	Williamsburg	27:54
Laura Broderick, 37	Williamsburg	26:12	Julie Brenegan, 42	Williamsburg	29:26
Sisi Roose, 24	Williamsburg	26:34	Alison Grygalonis, 40	Williamsburg	33:15
Harriet McCoy, 63	Toano	27:32			
Gretchen Lang, 41	Williamsburg	27:54	<b>Women 50-59</b>		
			Norma Phillips, 57	Williamsburg	25:44
<b>Masters Women 40-and-over</b>			Dawn Florence, 52	Williamsburg	29:03
Susan Hagel, 45	Norfolk	24:30	Deborah Eaton, 58	Williamsburg	57:25
Norma Phillips, 57	Williamsburg	25:44			
Sue Sechrist, 43	Williamsburg	26:06	<b>Women 60-69</b>		
Harriet McCoy, 63	Toano	27:32	Harriet McCoy, 63	Toano	27:32
Gretchen Lang, 41	Williamsburg	27:54	Mary Ann Goode, 60	Williamsburg	28:37
			Patricia Travis, 67	Williamsburg	29:34
<b>Women 19-and-under</b>			Shirley Stephens, 61	Williamsburg	31:41
Nicole Pinder, 15	Hayes	22:19	Roswitha Goosens-Winter, 69	Williamsburg	33:43
Lark Stermer, 14	Williamsburg	28:32			
Julia Schniepp, 9	Williamsburg	29:20	<b>Women 70-and-over</b>		
Brianna Sullivan, 10	Williamsburg	31:26	Robin Jorlett, 74	Newport News	36:45
Jocelyn Lamprecht, 13	New Kent	38:12	Nancy Blount, 72	Williamsburg	43:18
<b>Women 20-29</b>			<b>Women Walk</b>		
Katie Abelt, 26	Williamsburg	25:09	Jocelyn Lamprecht, 13	New Kent	38:12
Sisi Roose, 24	Williamsburg	26:34	Cathy Kaurich, 62	Williamsburg	43:18
			Nancy Atlee, 65	Gloucester	44:57
<b>Women 30-39</b>			Karen Schenck, 63	Ark	46:34
Samantha Bradley, 30	Newport News	20:27	Sheryl Andersen, 37	Williamsburg	53:33

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*WISC Gymnastics Flipping 5K Run/Walk**Saturday, June 23, 2018**Grand Prix Points*

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<b>Men Overall</b>			John Poffenbarger, 50	Hampton	1
Roger Hopper, 27	Norfolk	10			
Matt Joosse, 38	Williamsburg	9	<b>Men 60-69</b>		
Jason Miller, 41	Williamsburg	8	Steve Altman, 62	Williamsburg	5
Greg Lynn, 44	Hayes	7	Chris Abelt, 61	Williamsburg	4
Dave Coy, 44	Williamsburg	6	Rick Platt, 67	Williamsburg	3
Josh Mathias, 36	Toano	5	Jimmy Blount, 67	Williamsburg	2
Paul Pelletier, 52	Williamsburg	4	Robert Read, 64	Williamsburg	1
Steve Seiler, 32	Williamsburg	3			
Chris Schleif, 43	Toano	2	<b>Men 70-and-over</b>		
Patrick Waller, 23	Williamsburg	1	Ben Dyer, 75	Toano	5
			Larry Arata, 73	Williamsburg	4
<b>Masters Men 40-and-over</b>			Randy Hawthorne, 72	Williamsburg	3
Jason Miller, 41	Williamsburg	5	Ingo Keilitz, 72	Williamsburg	2
Greg Lynn, 44	Hayes	4	John Strassberger, 74	Williamsburg	1
Dave Coy, 44	Williamsburg	3			
Paul Pelletier, 52	Williamsburg	2	<b>Men Walk</b>		
Chris Schleif, 43	Toano	1	Scott Stakes, 55	Portsmouth	5
			John Strassberger, 74	Williamsburg	4
<b>Men 19-and-under</b>			Bob Curtin, 65	Hampton	3
Isaac Lamprecht, 11	New Kent	5	Steve Petroski, 62	Portsmouth	2
Carter Thrash, 14	Williamsburg	4	Adam Knowlton, 36	Yorktown	1
Gabe Neal, 15	Tucson, AZ	3			
Kaleb Espinosa, 7	Lebanon, CT	2	<b>Women Overall</b>		
Joshua Collins, 18	Lanexa	1	Emily Jakob, 22	Williamsburg	10
			Thorin Jean, 17	Williamsburg	9
<b>Men 20-29</b>			Samantha Bradley, 30	Newport News	8
Roger Hopper, 27	Norfolk	5	Emily Honeycutt, 27	Newport News	7
Patrick Waller, 23	Williamsburg	4	Sorena Jean, 16	Williamsburg	6
Jack Conroy, 24	Gloucester Point	3	Jessica Stehle, 26	Williamsburg	5
Mar Arroyo, 24	Williamsburg	2	Kim Decker, 36	Williamsburg	4
			Julie Myers, 28	Norfolk	3
<b>Men 30-39</b>			Jessica Anderson, 36	Williamsburg	2
Matt Joosse, 38	Williamsburg	5	Laurel Henshaw, 37	Williamsburg	1
Josh Mathias, 36	Toano	4			
Steve Seiler, 32	Williamsburg	3	<b>Masters Women 40-and-over</b>		
Quinn Emmett, 35	Studio City, CA	2	Christianne Allison, 51	Toano	5
Benjamin Kaurich, 30	Newport News	1	Evie Burnet, 40	Williamsburg	4
			Norma Phillips, 57	Williamsburg	3
<b>Men 40-49</b>			Harriet McCoy, 63	Toano	2
Jason Miller, 41	Williamsburg	5	Jeanette Primich, 42	Williamsburg	1
Greg Lynn, 44	Hayes	4			
Dave Coy, 44	Williamsburg	3	<b>Women 19-and-under</b>		
Chris Schleif, 43	Toano	2	Thorin Jean, 17	Williamsburg	5
David Anderson, 48	Williamsburg	1	Sorena Jean, 16	Williamsburg	4
			Cannon Jean, 13	Williamsburg	3
<b>Men 50-59</b>			Sierra Ferrell, 18	Gloucester	2
Paul Pelletier, 52	Williamsburg	5	Kyra Warren, 10	Williamsburg	1
Ken Sumrell, 57	Williamsburg	4			
Tom Lloyd, 53	Williamsburg	3	<b>Women 20-29</b>		
Steve Sheffler, 57	Williamsburg	2	Emily Jakob, 22	Williamsburg	5

Emily Honeycutt, 27	Newport News	4	Kelly Shea, 59	Williamsburg	3
Jessica Stehle, 26	Williamsburg	3	Laura Liechti, 56	Williamsburg	2
Julie Myers, 28	Norfolk	2	Vicki Campbell, 59	Forest	1
Virginia Clemo, 23	Williamsburg	1			
<b>Women 30-39</b>					
Samantha Bradley, 30	Newport News	5	Harriet McCoy, 63	Toano	5
Kim Decker, 36	Williamsburg	4	Shirley Stephens, 61	Williamsburg	4
Jessica Anderson, 36	Williamsburg	3	Roswitha Goosens-Winter	Williamsburg	3
Laurel Henshaw, 37	Williamsburg	2	Sally Adler, 67	Williamsburg	2
Sheila Scotti, 34	Yorktown	1	Brenda Mitchell, 67	Williamsburg	1
<b>Women 40-49</b>					
Evie Burnet, 40	Williamsburg	5	Robin Jorlett, 74	Newport News	5
Jeanette Primich, 42	Williamsburg	4	Susan Keilitz, 70	Williamsburg	4
JeanMarie Digges, 40	Williamsburg	3	Nancy Blount, 72	Williamsburg	3
Alison Grygalonis, 40	Williamsburg	2			
Sherry Parsons, 47	Gloucester	1	<b>Women Walk</b>		
<b>Women 50-59</b>					
Christianne Allison, 51	Toano	5	Laura Liechti, 56	Williamsburg	5
Norma Phillips, 57	Williamsburg	4	Jocelyn Lamprecht, 13	New Kent	4
			Cathy Kaurich, 62	Williamsburg	3
			Karen Schenck, 63	Ark	2
			Linda Petroski, 62	Portsmouth	1

*WISC Gymnastics Flipping 5K Run/Walk*

*Saturday, June 23, 2018*

*Finish Times*

<b>Men Overall</b>			Jack Conroy, 24	Gloucester Point	23:04
Roger Hopper, 27	Norfolk	16:28	Mar Arroyo, 24	Williamsburg	34:29
Matt Joosse, 38	Williamsburg	18:13	<b>Men 30-39</b>		
Jason Miller, 41	Williamsburg	18:18	Matt Joosse, 38	Williamsburg	18:13
Greg Lynn, 44	Hayes	18:24	Josh Mathias, 36	Toano	19:14
Dave Coy, 44	Williamsburg	19:04	Steve Seiler, 32	Williamsburg	20:00
Josh Mathias, 36	Toano	19:14	Quinn Emmett, 35	Studio City, CA	20:36
Paul Pelletier, 52	Williamsburg	19:19	Benjamin Kaurich, 30	Newport News	23:01
Steve Seiler, 32	Williamsburg	20:00	<b>Men 40-49</b>		
Chris Schleif, 43	Toano	20:04	Jason Miller, 41	Williamsburg	18:18
Patrick Waller, 23	Williamsburg	20:09	Greg Lynn, 44	Hayes	18:24
<b>Masters Men 40-and-over</b>			Dave Coy, 44	Williamsburg	19:04
Jason Miller, 41	Williamsburg	18:18	Chris Schleif, 43	Toano	20:04
Greg Lynn, 44	Hayes	18:24	David Anderson, 48	Williamsburg	20:10
Dave Coy, 44	Williamsburg	19:04	<b>Men 50-59</b>		
Paul Pelletier, 52	Williamsburg	19:19	Paul Pelletier, 52	Williamsburg	19:19
Chris Schleif, 43	Toano	20:04	Ken Sumrell, 57	Williamsburg	21:54
<b>Men 19-and-under</b>			Tom Lloyd, 53	Williamsburg	22:15
Isaac Lamprecht, 11	New Kent	21:43	Steve Sheffler, 57	Williamsburg	23:00
Carter Thrash, 14	Williamsburg	23:23	John Poffenbarger, 50	Hampton	23:33
Gabe Neal, 15	Tucson, AZ	30:06	<b>Men 60-69</b>		
Kaleb Espinosa, 7	Lebanon, CT	32:49	Steve Altman, 62	Williamsburg	23:19
Joshua Collins, 18	Lanexa	39:13	Chris Abelt, 61	Williamsburg	23:25
<b>Men 20-29</b>			Rick Platt, 67	Williamsburg	24:52
Roger Hopper, 27	Norfolk	16:28	Jimmy Blount, 67	Williamsburg	27:41
Patrick Waller, 23	Williamsburg	20:09			

Robert Read, 64	Williamsburg	34:14	Emily Honeycutt, 27	Newport News	21:27
			Jessica Stehle, 26	Williamsburg	22:05
<b>Men 70-and-over</b>			Julie Myers, 28	Norfolk	22:21
Ben Dyer, 75	Toano	23:04	Virginia Clemo, 23	Williamsburg	29:55
Larry Arata, 73	Williamsburg	28:37			
Randy Hawthorne, 72	Williamsburg	29:42	<b>Women 30-39</b>		
Ingo Keilitz, 72	Williamsburg	36:05	Samantha Bradley, 30	Newport News	20:30
John Strassberger, 74	Williamsburg	37:30	Kim Decker, 36	Williamsburg	22:06
			Jessica Anderson, 36	Williamsburg	23:25
<b>Men Walk</b>			Laurel Henshaw, 37	Williamsburg	23:45
Scott Stakes, 55	Portsmouth	34:38	Sheila Scotti, 34	Yorktown	24:03
John Strassberger, 74	Williamsburg	37:30			
Bob Curtin, 65	Hampton	44:21	<b>Women 40-49</b>		
Steve Petroski, 62	Portsmouth	47:47	Evie Burnet, 40	Williamsburg	24:27
Adam Knowlton, 36	Yorktown	48:21	Jeanette Primich, 42	Williamsburg	27:19
			JeanMarie Digges, 40	Williamsburg	27:34
<b>Women Overall</b>			Alison Grygalonis, 40	Williamsburg	31:41
Emily Jakob, 22	Williamsburg	19:25	Sherry Parsons, 47	Gloucester	32:22
Thorin Jean, 17	Williamsburg	20:02			
Samantha Bradley, 30	Newport News	20:30	<b>Women 50-59</b>		
Emily Honeycutt, 27	Newport News	21:27	Christianne Allison, 51	Toano	24:21
Sorena Jean, 16	Williamsburg	21:59	Norma Phillips, 57	Williamsburg	25:28
Jessica Stehle, 26	Williamsburg	22:05	Kelly Shea, 59	Williamsburg	34:05
Kim Decker, 36	Williamsburg	22:06	Laura Liechti, 56	Williamsburg	37:26
Julie Myers, 28	Norfolk	22:21	Vicki Campbell, 59	Forest	45:51
Jessica Anderson, 36	Williamsburg	23:25			
Laurel Henshaw, 37	Williamsburg	23:45	<b>Women 60-69</b>		
			Harriet McCoy, 63	Toano	27:10
<b>Masters Women 40-and-over</b>			Shirley Stephens, 61	Williamsburg	30:37
Christianne Allison, 51	Toano	24:21	Roswitha Goosens-Winter	Williamsburg	33:00
Evie Burnet, 40	Williamsburg	24:27	Sally Adler, 67	Williamsburg	35:03
Norma Phillips, 57	Williamsburg	25:28	Brenda Mitchell, 67	Williamsburg	37:45
Harriet McCoy, 63	Toano	27:10			
Jeanette Primich, 42	Williamsburg	27:19	<b>Women 70-and-over</b>		
			Robin Jorlett, 74	Newport News	36:24
<b>Women 19-and-under</b>			Susan Keilitz, 70	Williamsburg	42:32
Thorin Jean, 17	Williamsburg	20:02	Nancy Blount, 72	Williamsburg	43:10
Sorena Jean, 16	Williamsburg	21:59			
Cannon Jean, 13	Williamsburg	26:32	<b>Women Walk</b>		
Sierra Ferrell, 18	Gloucester	33:24	Laura Liechti, 56	Williamsburg	37:26
Kyra Warren, 10	Williamsburg	36:07	Jocelyn Lamprecht, 13	New Kent	39:14
			Cathy Kaurich, 62	Williamsburg	42:41
<b>Women 20-29</b>			Karen Schenck, 63	Ark	47:15
Emily Jakob, 22	Williamsburg	19:25	Linda Petroski, 62	Portsmouth	47:46

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Powhatan Creek Trail 5K Run

Saturday, July 21, 2018

Grand Prix Points

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**Men Overall**

Roger Hopper, 27	Norfolk	10
Jason Miller, 41	Williamsburg	9
Paul Glass, 16	Williamsburg	8
Greg Lynn, 44	Hayes	7
Ryan Doupe, 32	Newport News	6
Jonquin Elliott, 22	Elizabeth City, NC	5
Steve Seiler, 32	Williamsburg	4
David Anderson, 48	Williamsburg	3
Chris Novakoski, 36	Chesapeake	2
Patrick Waller, 23	Williamsburg	1

**Masters Men 40-and-over**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
David Anderson, 48	Williamsburg	3
Marvin Thomas, 53	Williamsburg	2
Jim Thornton, 64	Toano	1

**Men 19-and-under**

Paul Glass, 16	Williamsburg	5
Cary Caldwell, 14	Williamsburg	4
Isaac Lamprecht, 11	New Kent	3
Glenn Glass, 14	Williamsburg	2
Seth Marina, 17	Newport News	1

**Men 20-29**

Roger Hopper, 27	Norfolk	5
Jonquin Elliott, 22	Elizabeth City, NC	4
Patrick Waller, 23	Williamsburg	3
Patrick Shannon, 23	Williamsburg	2
Jacob Brown, 24	Jacksonville, NC	1

**Men 30-39**

Ryan Doupe, 32	Newport News	5
Steve Seiler, 32	Williamsburg	4
Chris Novakoski, 36	Chesapeake	3
Andrew Schwartz, 36	Virginia Beach	2
Benjamin Kaurich, 30	Newport News	1

**Men 40-49**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
David Anderson, 48	Williamsburg	3
Steven Short, 44	Toano	2
John Accardi, 48	Williamsburg	1

**Men 50-59**

Marvin Thomas, 53	Williamsburg	5
Kevin Early, 52	Williamsburg	4
Robert Jean, 53	Williamsburg	3

Danny Barlow, 59	Williamsburg	2
David Burgos, 55	Newport News	1

**Men 60-69**

Jim Thornton, 64	Toano	5
Chris Abelt, 61	Williamsburg	4
Steve Altman, 63	Williamsburg	3
Rick Platt, 68	Williamsburg	2
Jimmy Blount, 67	Williamsburg	1

**Men 70-and-over**

Larry Arata, 73	Williamsburg	5
Randy Hawthorne, 73	Williamsburg	4
John Strassberger, 74	Williamsburg	3
Ernest Schillinger, 86	Williamsburg	2

**Men Walk**

John Strassberger, 74	Williamsburg	5
Bob Curtin, 65	Hampton	4

**Women Overall**

Sorena Jean, 16	Williamsburg	10
Emily Honeycutt, 27	Newport News	9
Laura Shannon, 55	Williamsburg	8
Julie Myers, 28	Norfolk	7
Lisa Osterhoudt, 36	Williamsburg	6
Jessica Anderson, 36	Williamsburg	5
Cannon Jean, 13	Williamsburg	4
Norma Phillips, 57	Williamsburg	3
Kiersten Fister, 17	Toano	2
Daphne Papaefthimiou, 41	Toano	1

**Masters Women 40-and-over**

Laura Shannon, 55	Williamsburg	5
Norma Phillips, 57	Williamsburg	4
Daphne Papaefthimiou, 41	Toano	3
Patricia Travis, 67	Williamsburg	2
Shirley Stephens, 61	Williamsburg	1

**Women 19-and-under**

Sorena Jean, 16	Williamsburg	5
Cannon Jean, 13	Williamsburg	4
Kiersten Fister, 17	Toano	3

**Women 20-29**

Emily Honeycutt, 27	Newport News	5
Julie Myers, 28	Norfolk	4
Alexis Marina, 21	Newport News	3
Samantha Brown, 24	Norfolk	2
Amie Eaker, 21	Newport News	1

<b>Women 30-39</b>			Allison Mulvey, 54	Williamsburg	2
Lisa Osterhoudt, 36	Williamsburg	5			
Jessica Anderson, 36	Williamsburg	4	<b>Women 60-69</b>		
Mary Eaker, 34	Newport News	3	Patricia Travis, 67	Williamsburg	5
Maryanne Lee, 35	Gloucester	2	Shirley Stephens, 61	Williamsburg	4
Britini Parker, 33	Zion, IL	1	Roswitha Goossens-Winter, 69	Williamsburg	3
			Brenda Mitchell, 68	Williamsburg	2
<b>Women 40-49</b>			Cathy Kaurich, 62	Williamsburg	1
Daphne Papaefthimiou, 41	Toano	5	<b>Women 70-and-over</b>		
Lenora Oldham, 40	Williamsburg	4	Nancy Blount, 72	Williamsburg	5
Sridevi Maddineni, 41	Yorktown	3	Judy Stewart, 79	Williamsburg	4
Alison Grygalonis, 40	Williamsburg	2			
Criztina Jean, 49	Williamsburg	1	<b>Women Walk</b>		
<b>Women 50-59</b>			Cathy Kaurich, 62	Williamsburg	5
Laura Shannon, 55	Williamsburg	5	Britini Parker, 33	Zion, IL	4
Norma Phillips, 57	Williamsburg	4	Rosalia Logan, 48	Newport News	3
Tara Kniskern, 50	Yorktown	3			

*Powhatan Creek Trail 5K Run*

*Saturday, July 21, 2018*

*Finish Times*

<b>Men Overall</b>			<b>Men 30-39</b>		
Roger Hopper, 27	Norfolk	16:28	Ryan Doupe, 32	Newport News	18:39
Jason Miller, 41	Williamsburg	18:12.6	Steve Seiler, 32	Williamsburg	19:52
Paul Glass, 16	Williamsburg	18:12.9	Chris Novakoski, 36	Chesapeake	20:23
Greg Lynn, 44	Hayes	18:28	Andrew Schwartz, 36	Virginia Beach	22:54
Ryan Doupe, 32	Newport News	18:39	Benjamin Kaurich, 30	Newport News	23:31
Jonquin Elliott, 22	Elizabeth City, NC	19:05	<b>Men 40-49</b>		
Steve Seiler, 32	Williamsburg	19:52	Jason Miller, 41	Williamsburg	18:12.6
David Anderson, 48	Williamsburg	19:58	Greg Lynn, 44	Hayes	18:28
Chris Novakoski, 36	Chesapeake	20:23	David Anderson, 48	Williamsburg	19:58
Patrick Waller, 23	Williamsburg	20:28	Steven Short, 44	Toano	24:23
<b>Mastes Men 40-and-over</b>			John Accardi, 48	Williamsburg	24:41
Jason Miller, 41	Williamsburg	18:12.6	<b>Men 50-59</b>		
Greg Lynn, 44	Hayes	18:28	Marvin Thomas, 53	Williamsburg	21:45
David Anderson, 48	Williamsburg	19:58	Kevin Early, 52	Williamsburg	24:01
Marvin Thomas, 53	Williamsburg	21:45	Robert Jean, 53	Williamsburg	25:16
Jim Thornton, 64	Toano	22:02	Danny Barlow, 59	Williamsburg	26:19
<b>Men 19-and-under</b>			David Burgos, 55	Newport News	27:50
Paul Glass, 16	Williamsburg	18:12.9	<b>Men 60-69</b>		
Cary Caldwell, 14	Williamsburg	20:54	Jim Thornton, 64	Toano	22:02
Isaac Lamprecht, 11	New Kent	21:26	Chris Abelt, 61	Williamsburg	23:58
Glenn Glass, 14	Williamsburg	21:58	Steve Altman, 63	Williamsburg	24:15
Seth Marina, 17	Newport News	25:04	Rick Platt, 68	Williamsburg	27:27
<b>Men 20-29</b>			Jimmy Blount, 67	Williamsburg	28:07
Roger Hopper, 27	Norfolk	16:28	<b>Men 70-and-over</b>		
Jonquin Elliott, 22	Elizabeth City, NC	19:05	Larry Arata, 73	Williamsburg	28:35
Patrick Waller, 23	Williamsburg	20:28	Randy Hawthorne, 73	Williamsburg	30:36
Patrick Shannon, 23	Williamsburg	21:09	John Strassberger, 74	Williamsburg	37:50
Jacob Brown, 24	Jacksonville, NC	21:51	Ernest Schillinger, 86	Williamsburg	41:11



**Men Walk**

John Strassberger, 74	Williamsburg	37:50
Bob Curtin, 65	Hampton	44:06

**Women Overall**

Sorena Jean, 16	Williamsburg	21:20
Emily Honeycutt, 27	Newport News	21:27
Laura Shannon, 55	Williamsburg	21:39
Julie Myers, 28	Norfolk	22:24
Lisa Osterhoudt, 36	Williamsburg	22:44
Jessica Anderson, 36	Williamsburg	23:03
Cannon Jean, 13	Williamsburg	25:01
Norma Phillips, 57	Williamsburg	26:26
Kiersten Fister, 17	Toano	26:33
Daphne Papaefthimiou, 41	Toano	27:44

**Masters Women 40-and-over**

Laura Shannon, 55	Williamsburg	21:39
Norma Phillips, 57	Williamsburg	26:26
Daphne Papaefthimiou, 41	Toano	27:44
Patricia Travis, 67	Williamsburg	29:48
Shirley Stephens, 61	Williamsburg	30:18

**Women 19-and-under**

Sorena Jean, 16	Williamsburg	21:20
Cannon Jean, 13	Williamsburg	25:01
Kiersten Fister, 17	Toano	26:33

**Women 20-29**

Emily Honeycutt, 27	Newport News	21:27
Julie Myers, 28	Norfolk	22:24
Alexis Marina, 21	Newport News	28:41
Samantha Brown, 24	Norfolk	30:31
Amie Eaker, 21	Newport News	32:40

**Women 30-39**

Lisa Osterhoudt, 36	Williamsburg	22:44
Jessica Anderson, 36	Williamsburg	23:03
Mary Eaker, 34	Newport News	32:40
Maryanne Lee, 35	Gloucester	34:19
Britini Parker, 33	Zion, IL	48:00

**Women 40-49**

Daphne Papaefthimiou, 41	Toano	27:44
Lenora Oldham, 40	Williamsburg	31:08
Sridevi Maddineni, 41	Yorktown	31:46
Alison Grygalonis, 40	Williamsburg	32:13
Criztina Jean, 49	Williamsburg	32:28

**Women 50-59**

Laura Shannon, 55	Williamsburg	21:39
Norma Phillips, 57	Williamsburg	26:26
Tara Kniskern, 50	Yorktown	32:03
Allison Mulvey, 54	Williamsburg	41:32

**Women 60-69**

Patricia Travis, 67	Williamsburg	29:48
Shirley Stephens, 61	Williamsburg	30:18
Roswitha Goossens-Winter, 69	Williamsburg	33:00
Brenda Mitchell, 68	Williamsburg	38:13
Cathy Kaurich, 62	Williamsburg	43:05

**Women 70-and-over**

Nancy Blount, 72	Williamsburg	42:03
Judy Stewart, 79	Williamsburg	46:10

**Women Walk**

Cathy Kaurich, 62	Williamsburg	43:05
Britini Parker, 33	Zion, IL	48:00
Rosalia Logan, 48	Newport News	53:08

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*WISC Mad Dash 5K Run*

*Saturday, August 4, 2018*

*Grand Prix Points*

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**Men Overall**

Jason Miller, 41	Williamsburg	10
Ryan Doupe, 32	Newport News	9
Greg Lynn, 44	Hayes	8
Robert Whitaker, 59	Yorktown	7
Josh Mathias, 36	Toano	6
Andrew Crookston, 46	Williamsburg	5
Paul Pelletier, 53	Williamsburg	4
Chris Novakoski, 36	Chesapeake	3
David Anderson, 48	Williamsburg	2
Patrick Waller, 23	Williamsburg	1

**Masters Men 40-and-over**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
Robert Whitaker, 59	Yorktown	3
Andrew Crookston, 46	Williamsburg	2
Paul Pelletier, 53	Williamsburg	1

**Men 19-and-under**

Andrew Stewart, 15	Williamsburg	5
Leonard Gatling, 11	Williamsburg	4
Danny Roth, 12	Williamsburg	3
Mason Shipp, 15	Williamsburg	2
Jaymes Elliott, 16	Williamsburg	1

**Men 20-29**

Patrick Waller, 23	Williamsburg	5
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**Men 30-39**

Ryan Doupe, 32	Newport News	5
Josh Mathias, 36	Toano	4
Chris Novakoski, 36	Chesapeake	3
Benjamin Kaurich, 30	Newport News	2
Michael DeVivero, 30	Yorktown	1

**Men 40-49**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
Andrew Crookston, 46	Williamsburg	3
David Anderson, 48	Williamsburg	2
Tim Stewart, 48	Williamsburg	1

**Men 50-59**

Robert Whitaker, 59	Yorktown	5
Paul Pelletier, 53	Williamsburg	4
Chris Ruffieux, 52	Yorktown	3
Robert Jean, 53	Williamsburg	2
Dean Wewetzer, 59	Newport News	1

**Men 60-69**

Chris Abelt, 61	Williamsburg	5
Steve Altman, 63	Williamsburg	4
Rick Platt, 68	Williamsburg	3
Jimmy Blount, 67	Williamsburg	2
Drew Mulhare, 62	Williamsburg	1

**Men 70-and-over**

Ben Dyer, 75	Toano	5
George Fenigsohn, 70	Poquoson	4
John Strassberger, 74	Williamsburg	3

**Men Walk**

Scott Stakes, 52	Portsmouth	5
George Fenigsohn, 70	Poquoson	4
John Strassberger, 74	Williamsburg	3
Robert Curtin, 65	Hampton	2
Tanner League, 13	Williamsburg	1

**Women Overall**

Emily Honeycutt, 27	Newport News	10
Sorena Jean, 16	Williamsburg	9
Stephanie Toothaker, 37	Williamsburg	8
Eda Kininger, 39	Williamsburg	7
Norma Phillips, 57	Williamsburg	6
Chloe Thompson, 16	Williamsburg	5
Jessica Anderson, 36	Williamsburg	4
Peaches Branscome, 17	Lanexa	3
Cannon Jean, 13	Williamsburg	2
Lillian Snyder, 14	Williamsburg	1

**Masters Women 40-and-over**

Norma Phillips, 57	Williamsburg	5
Catherine Law, 40	Williamsburg	4
Harriet McCoy, 63	Toano	3
Tonya Pegram, 46	Williamsburg	2
Melissa Shelton, 49	Williamsburg	1

**Women 19-and-under**

Sorena Jean, 16	Williamsburg	5
Chloe Thompson, 16	Williamsburg	4
Peaches Branscome, 17	Lanexa	3
Cannon Jean, 13	Williamsburg	2
Lillian Snyder, 14	Williamsburg	1

**Women 20-29**

Emily Honeycutt, 27	Newport News	5
Gia Chambers, 27	Williamsburg	4
Hattie Firebaugh, 24	Glen Allen	3
Holly Maglin, 24	Richmond	2

**Women 30-39**



George Fenigsohn, 70	Poquoson	38:13	Stephanie Toothaker, 37	Williamsburg	24:47
John Strassberger, 74	Williamsburg	38:48	Eda Kininger, 39	Williamsburg	25:09
Robert Curtin, 65	Hampton	47:49	Jessica Anderson, 36	Williamsburg	26:45
Tanner League, 13	Williamsburg	56:22	Lindsay Whalen, 35	Williamsburg	28:32
			Ashley Milks, 31	Providence Forge	28:40

### Women Overall

Emily Honeycutt, 27	Newport News	21:53
Sorena Jean, 16	Williamsburg	21:54
Stephanie Toothaker, 37	Williamsburg	24:47
Eda Kininger, 39	Williamsburg	25:09
Norma Phillips, 57	Williamsburg	26:19
Chloe Thompson, 16	Williamsburg	26:37
Jessica Anderson, 36	Williamsburg	26:45
Peaches Branscome, 17	Lanexa	27:06
Cannon Jean, 13	Williamsburg	27:11
Lillian Snyder, 14	Williamsburg	27:18

### Masters Women 40-and-over

Norma Phillips, 57	Williamsburg	26:19
Catherine Law, 40	Williamsburg	27:35
Harriet McCoy, 63	Toano	27:46
Tonya Pegram, 46	Williamsburg	28:07
Melissa Shelton, 49	Williamsburg	31:21

### Women 19-and-under

Sorena Jean, 16	Williamsburg	21:54
Chloe Thompson, 16	Williamsburg	26:37
Peaches Branscome, 17	Lanexa	27:06
Cannon Jean, 13	Williamsburg	27:11
Lillian Snyder, 14	Williamsburg	27:18

### Women 20-29

Emily Honeycutt, 27	Newport News	21:53
Gia Chambers, 27	Williamsburg	32:24
Hattie Firebaugh, 24	Glen Allen	39:49
Holly Maglin, 24	Richmond	39:50

### Women 30-39

### Women 40-49

Catherine Law, 40	Williamsburg	27:35
Tonya Pegram, 46	Williamsburg	28:07
Melissa Shelton, 49	Williamsburg	31:21
Amy Schroeder, 48	Williamsburg	31:42
Wendy Mullen, 47	Williamsburg	33:07

### Women 50-59

Norma Phillips, 57	Williamsburg	26:19
Tara Dress, 50	Yorktown	32:44
Natalie Conway, 51	Williamsburg	34:53
Suzanne Bisczat, 57	Williamsburg	37:02
Sandy Mays, 56	Newport News	37:12

### Women 60-69

Harriet McCoy, 63	Toano	27:46
Roswitha Goosens-Winter, 69	Williamsburg	33:33
Patricia Jedlinski, 62	Williamsburg	38:29
Peggy Scholley, 63	Williamsburg	38:49
Cathy Kaurich, 62	Williamsburg	43:27

### Women 70-and-over

Robin Jorlett, 74	Newport News	40:14
Nancy Blount, 72	Williamsburg	43:01

### Women Walk

Cathy Kaurich, 62	Williamsburg	43:27
Carrie Elliott, 47	Williamsburg	44:58
Diana Campolattaro, 49	Williamsburg	50:01
Rylee Berkery, 14	Williamsburg	51:56
Monica Grillo, 31	Williamsburg	56:27

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

*Saturday, August 11, 2018*

*Grand Prix Points*

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**Men Overall**

Roger Hopper, 27	Norfolk	10
Will Oudekerk, 17	Chesapeake	9
Jason Miller, 41	Williamsburg	8
Ryan Doupe, 32	Newport News	7
Greg Lynn, 44	Hayes	6
Josh Mathias, 36	Toano	5
Jonathan Torres, 28	Newport News	4
Paul Stickney, 21	Suffolk	3
Robert Whitaker, 59	Yorktown	2
Cary Caldwell, 14	Williamsburg	1

**Masters Men 40-and-over**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
Robert Whitaker, 59	Yorktown	3
Greg Dawson, 52	Williamsburg	2
Michael Rodriguez, 41	Newport News	1

**Men 19-and-under**

Will Oudekerk, 17	Chesapeake	5
Cary Caldwell, 14	Williamsburg	4
Isaac Lamprecht, 11	New Kent	3
James Allmon, 16	Yorktown	2
Tyler Matalovich, 15	Suffolk	1

**Men 20-29**

Roger Hopper, 27	Norfolk	5
Jonathan Torres, 28	Newport News	4
Paul Stickney, 21	Suffolk	3
Patrick Waller, 23	Williamsburg	2
Steven Wigley, Jr., 20	Toano	1

**Men 30-39**

Ryan Doupe, 32	Newport News	5
Josh Mathias, 36	Toano	4
Steve Seiler, 33	Williamsburg	3
Chris Novakoski, 36	Chesapeake	2
Benjamin Kaurich, 30	Newport News	1

**Men 40-49**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
Michael Rodriguez, 41	Newport News	3
Robert Murphie, 43	Williamsburg	2
Jim Primich, 45	Williamsburg	1

**Men 50-59**

Robert Whitaker, 59	Yorktown	5
Greg Dawson, 52	Williamsburg	4
Kevin Early, 52	Williamsburg	3

John Poffenbarger, 51	Hampton	2
Robert Jean, 53	Williamsburg	1

**Men 60-69**

Will Murray, 62	Williamsburg	5
Chris Abelt, 62	Williamsburg	4
Rick Platt, 68	Williamsburg	3
Frank Caruso, 68	Williamsburg	2
Jimmy Blount, 67	Williamsburg	1

**Men 70-and-over**

Ben Dyer, 75	Toano	5
Larry Arata, 73	Williamsburg	4
Bob Canfield, 72	Williamsburg	3
John Strassberger, 74	Williamsburg	2
Charles Crone, 76	Williamsburg	1

**Men Walk**

Scott Stakes, 55	Portsmouth	5
John Strassberger, 74	Williamsburg	4
John Scalici, 62	Williamsburg	3
Dan Kehlenbach, 44	Williamsburg	2
Charles Crone, 76	Williamsburg	1

**Women Overall**

Emily Honeycutt, 27	Newport News	10
Sorena Jean, 16	Williamsburg	9
Laura Shannon, 55	Williamsburg	8
Emily Goalder, 42	Waynesboro	7
Kirsten Long, 16	Williamsburg	6
Rebecca Wride, 19	Hampton	5
Magnolia Lang, 14	New Kent	4
Cannon Jean, 13	Williamsburg	3
Krystal Hayward, 24	Newport News	2
Norma Phillips, 57	Williamsburg	1

**Masters Women 40-and-over**

Laura Shannon, 55	Williamsburg	5
Emily Goalder, 42	Waynesboro	4
Norma Phillips, 57	Williamsburg	3
Jennie Simms, 42	Sedley	2
Dena Goble, 48	Williamsburg	1

**Women 19-and-under**

Sorena Jean, 16	Williamsburg	5
Kirsten Long, 16	Williamsburg	4
Rebecca Wride, 19	Hampton	3
Magnolia Lang, 14	New Kent	2
Cannon Jean, 13	Williamsburg	1

**Women 20-29**

Emily Honeycutt, 27	Newport News	5	Norma Phillips, 57	Williamsburg	4
Krystal Hayward, 24	Newport News	4	Jean Johns, 52	Corning, NY	3
Gretchen Eichstadt, 26	Cheyenne, WY	3	Suzanne Bisczat, 57	Williamsburg	2
Janine Zunft, 29	Williamsburg	2	Elizabeth McKenna, 53	Williamsburg	1
Lauren Hartburg, 28	Tallahassee, FL	1			

#### Women 30-39

Kristen Wright, 35	Williamsburg	5
Cathy Dahl, 39	Williamsburg	4
Kelsey Bergan, 31	Newport News	3
Marija Kirbeneva, 33	Williamsburg	2
Maria Schmierer, 37	Williamsburg	1

#### Women 40-49

Emily Goalder, 42	Waynesboro	5
Jennie Simms, 42	Sedley	4
Dena Goble, 48	Williamsburg	3
Yolanda Jefferson, 40	Newport News	2
Christine Bartels, 45	Williamsburg	1

#### Women 50-59

Laura Shannon, 55	Williamsburg	5
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#### Women 60-69

Harriet McCoy, 63	Toano	5
Patricia Travis, 67	Williamsburg	4
Shirley Stephens, 61	Williamsburg	3
Roswitha Goossens-Winter, 69	Williamsburg	2
Barbara Sadler, 65	Newport News	1

#### Women 70-and-over

Candice Michalik, 70	Williamsburg	5
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#### Women Walk

Jocelyn Lamprecht, 13	New Kent	5
Cathy Kaurich, 62	Williamsburg	4
Carrie Elliott, 47	Williamsburg	3
Laura Urban, 39	Williamsburg	2
Ginny Crone, 60	Williamsburg	1

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

*Saturday, August 11, 2018*

#### *Finish Times*

#### Men Overall

Roger Hopper, 27	Norfolk	16:35
Will Oudekerk, 17	Chesapeake	17:47
Jason Miller, 41	Williamsburg	18:20
Ryan Doupe, 32	Newport News	18:31
Greg Lynn, 44	Hayes	18:39
Josh Mathias, 36	Toano	18:46
Jonathan Torres, 28	Newport News	18:59
Paul Stickney, 21	Suffolk	19:05
Robert Whitaker, 59	Yorktown	19:10
Cary Caldwell, 14	Williamsburg	19:28

#### Masters Men 40-and-over

Jason Miller, 41	Williamsburg	18:20
Greg Lynn, 44	Hayes	18:39
Robert Whitaker, 59	Yorktown	19:10
Greg Dawson, 52	Williamsburg	20:18
Michael Rodriguez, 41	Newport News	21:22

#### Men 19-and-under

Will Oudekerk, 17	Chesapeake	17:47
Cary Caldwell, 14	Williamsburg	19:28
Isaac Lamprecht, 11	New Kent	20:54
James Allmon, 16	Yorktown	20:56
Tyler Matalovich, 15	Suffolk	21:07

#### Men 20-29

Roger Hopper, 27	Norfolk	16:35
Jonathan Torres, 28	Newport News	18:59

Paul Stickney, 21	Suffolk	19:05
Patrick Waller, 23	Williamsburg	19:40
Steven Wigley, Jr., 20	Toano	20:33

#### Men 30-39

Ryan Doupe, 32	Newport News	18:31
Josh Mathias, 36	Toano	18:46
Steve Seiler, 33	Williamsburg	19:53
Chris Novakoski, 36	Chesapeake	20:50
Benjamin Kaurich, 30	Newport News	22:55

#### Men 40-49

Jason Miller, 41	Williamsburg	18:20
Greg Lynn, 44	Hayes	18:39
Michael Rodriguez, 41	Newport News	21:22
Robert Murphie, 43	Williamsburg	22:24
Jim Primich, 45	Williamsburg	23:16

#### Men 50-59

Robert Whitaker, 59	Yorktown	19:10
Greg Dawson, 52	Williamsburg	20:18
Kevin Early, 52	Williamsburg	23:30
John Poffenbarger, 51	Hampton	24:05
Robert Jean, 53	Williamsburg	24:33

#### Men 60-69

Will Murray, 62	Williamsburg	22:41
Chris Abelt, 62	Williamsburg	23:30
Rick Platt, 68	Williamsburg	25:33

Frank Caruso, 68	Williamsburg	30:59	Emily Honeycutt, 27	Newport News	20:35
Jimmy Blount, 67	Williamsburg	31:17	Krystal Hayward, 24	Newport News	25:07
<b>Men 70-and-over</b>			Gretchen Eichstadt, 26	Cheyenne, WY	27:33
Ben Dyer, 75	Toano	24:28	Janine Zunft, 29	Williamsburg	27:55
Larry Arata, 73	Williamsburg	27:57	Lauren Hartburg, 28	Tallahassee, FL	29:06
Bob Canfield, 72	Williamsburg	32:06	<b>Women 30-39</b>		
John Strassberger, 74	Williamsburg	37:59	Kristen Wright, 35	Williamsburg	27:21
Charles Crone, 76	Williamsburg	50:17	Cathy Dahl, 39	Williamsburg	27:23
<b>Men Walk</b>			Kelsey Bergan, 31	Newport News	27:24
Scott Stakes, 55	Portsmouth	35:32	Marija Kirbeneva, 33	Williamsburg	27:57
John Strassberger, 74	Williamsburg	37:59	Maria Schmierer, 37	Williamsburg	28:24
John Scalici, 62	Williamsburg	48:53	<b>Women 40-49</b>		
Dan Kehlenbach, 44	Williamsburg	50:17	Emily Goalder, 42	Waynesboro	23:39
Charles Crone, 76	Williamsburg	50:17	Jennie Simms, 42	Sedley	25:54
<b>Women Overall</b>			Dena Goble, 48	Williamsburg	26:03
Emily Honeycutt, 27	Newport News	20:35	Yolanda Jefferson, 40	Newport News	31:35
Sorena Jean, 16	Williamsburg	21:13	Christine Bartels, 45	Williamsburg	31:48
Laura Shannon, 55	Williamsburg	21:32	<b>Women 50-59</b>		
Emily Goalder, 42	Waynesboro	23:39	Laura Shannon, 55	Williamsburg	21:32
Kirsten Long, 16	Williamsburg	23:40	Norma Phillips, 57	Williamsburg	25:45
Rebecca Wride, 19	Hampton	24:21	Jean Johns, 52	Corning, NY	30:13
Magnolia Lang, 14	New Kent	24:29	Suzanne Bisczat, 57	Williamsburg	34:42
Cannon Jean, 13	Williamsburg	24:57	Elizabeth McKenna, 53	Williamsburg	34:46
Krystal Hayward, 24	Newport News	25:07	<b>Women 60-69</b>		
Norma Phillips, 57	Williamsburg	25:45	Harriet McCoy, 63	Toano	26:46
<b>Masters Women 40-and-over</b>			Patricia Travis, 67	Williamsburg	29:14
Laura Shannon, 55	Williamsburg	21:32	Shirley Stephens, 61	Williamsburg	30:35
Emily Goalder, 42	Waynesboro	23:39	Roswitha Goossens-Winter, 69	Williamsburg	31:59
Norma Phillips, 57	Williamsburg	25:45	Barbara Sadler, 65	Newport News	32:24
Jennie Simms, 42	Sedley	25:54	<b>Women 70-and-over</b>		
Dena Goble, 48	Williamsburg	26:03	Candice Michalik, 70	Williamsburg	33:51
<b>Women 19-and-under</b>			<b>Women Walk</b>		
Sorena Jean, 16	Williamsburg	21:13	Jocelyn Lamprecht, 13	New Kent	37:52
Kirsten Long, 16	Williamsburg	23:40	Cathy Kaurich, 62	Williamsburg	42:49
Rebecca Wride, 19	Hampton	24:21	Carrie Elliott, 47	Williamsburg	43:05
Magnolia Lang, 14	New Kent	24:29	Laura Urban, 39	Williamsburg	45:35
Cannon Jean, 13	Williamsburg	24:57	Ginny Crone, 60	Williamsburg	47:31
<b>Women 20-29</b>					

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*Democracy Dash 10K Run at Jamestown Island*

*Saturday, August 18, 2018*

*Grand Prix Points*

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**Men Overall**

Jason Miller, 41	Williamsburg	10
Jonathan Torres, 28	Newport News	9
Robert Whitaker, 59	Yorktown	8
Greg Dawson, 52	Williamsburg	7
Timothy Suhr, 47	Ivor	6
Matthew Franco, 33	Williamsburg	5
Steven Smith, 49	Hampton	4
Cary Caldwell, 14	Williamsburg	3
Chris Novakoski, 36	Chesapeake	2
Greg Lynn, 44	Hayes	1

**Masters Men 40-and-over**

Jason Miller, 41	Williamsburg	5
Robert Whitaker, 59	Yorktown	4
Greg Dawson, 52	Williamsburg	3
Timothy Suhr, 47	Ivor	2
Steven Smith, 49	Hampton	1

**Men 19-and-under**

Cary Caldwell, 14	Williamsburg	5
Glenn Glass, 14	Williamsburg	4
Braxton Lee, 9	Gloucester	3

**Men 20-29**

Jonathan Torres, 28	Newport News	5
Patrick Waller, 23	Williamsburg	4
Brad Ward, 26	Williamsburg	3
Tristan Roehrbein, 27	Williamsburg	2
John-Michael Jalonen, 26	Williamsburg	1

**Men 30-39**

Matthew Franco, 33	Williamsburg	5
Chris Novakoski, 36	Chesapeake	4
Steve Seiler, 33	Williamsburg	3
Salim Chemlal, 31	Norfolk	2
Jose Millan, 30	Richmond	1

**Men 40-49**

Jason Miller, 41	Williamsburg	5
Timothy Suhr, 47	Ivor	4
Steven Smith, 49	Hampton	3
Greg Lynn, 44	Hayes	2
Kip Smith, 41	Williamsburg	1

**Men 50-59**

Robert Whitaker, 59	Yorktown	5
Greg Dawson, 52	Williamsburg	4
Tim Collins, 57	Williamsburg	3
Timothy Irish, 51	Attleboro, MA	2
David Trott, 53	Williamsburg	1

**Men 60-69**

Chris Abelt, 62	Williamsburg	5
Rick Platt, 68	Williamsburg	4
Tom Robinson, 60	Williamsburg	3
Steve Altman, 63	Williamsburg	2
David Ozolek, 69	Williamsburg	1

**Men 70-and-over**

Ben Dyer, 75	Toano	5
William Moore, 72	Williamsburg	4
Larry Arata, 73	Williamsburg	3
Dick Schneider, 71	Williamsburg	2
John Strassberger, 74	Williamsburg	1

**Men Walk**

John Strassberger, 74	Williamsburg	5
Bob Curtin, Jr., 65	Hampton	4
Ulises Sanchez, 48	Williamsburg	3

**Women Overall**

Dani Springfels, 31	Fort Eustis	10
Emily Honeycutt, 27	Newport News	9
Laura Shannon, 56	Williamsburg	8
Megan Schulze, 35	Glen Allen	7
Maya Koretzky, 26	Baltimore, MD	6
Astrid Howell, 42	Williamsburg	5
Karla Havens, 56	Plainview	4
Laurel Henshaw, 37	Williamsburg	3
Dena Goble, 48	Williamsburg	2
Norma Phillips, 57	Williamsburg	1

**Masters Women 40-and-over**

Laura Shannon, 56	Williamsburg	5
Astrid Howell, 42	Williamsburg	4
Karla Havens, 56	Plainview	3
Dena Goble, 48	Williamsburg	2
Norma Phillips, 57	Williamsburg	1

**Women 19-and-under**

Hannah Buttner, 14	Williamsburg	5
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**Women 20-29**

Emily Honeycutt, 27	Newport News	5
Maya Koretzky, 26	Baltimore, MD	4
Taylor Eljaua, 27	Williamsburg	3
Chelsea Cardwell, 29	Williamsburg	2

**Women 30-39**

Dani Springfels, 31	Fort Eustis	5
Megan Schulze, 35	Glen Allen	4
Laurel Henshaw, 37	Williamsburg	3



Cathy Dahl, 39	Williamsburg	2	<b>Women 60-69</b>		
Annmarie Grohs, 39	Richmond	1	Shirley Stephens, 61	Williamsburg	5
<b>Women 40-49</b>			Patricia Travis, 67	Williamsburg	4
Astrid Howell, 42	Williamsburg	5	Roswitha Goosens-Winter, 69	Williamsburg	3
Dena Goble, 48	Williamsburg	4	Cheryl Waldron, 63	Yorktown	2
Adrienne Sines, 44	Williamsburg	3	Wendy Ruffle, 66	Williamsburg	1
Lesli Malone, 43	Williamsburg	2	<b>Women 70-and-over</b>		
Julie Leach, 41	Williamsburg	1	none		
<b>Women 50-59</b>			<b>Women Walk</b>		
Laura Shannon, 56	Williamsburg	5	Laura Liechti, 56	Williamsburg	5
Karla Havens, 56	Plainview	4	Lisa Trichel-Beavers, 56	Williamsburg	4
Norma Phillips, 57	Williamsburg	3	Cathy Kaurich, 62	Williamsburg	3
Deelyn Neilson, 52	Williamsburg	2	Rose Burwell, 55	Williamsburg	2
Betsy Dolan, 56	Williamsburg	1			

*Democracy Dash 10K Run at Jamestown Island*  
*Saturday, August 18, 2018*  
*Finish Times*

<b>Men Overall</b>			Salim Chemlal, 31	Norfolk	47:11
Jason Miller, 41	Williamsburg	38:01	Jose Millan, 30	Richmond	47:40
Jonathan Torres, 28	Newport News	39:54	<b>Men 40-49</b>		
Robert Whitaker, 59	Yorktown	40:32	Jason Miller, 41	Williamsburg	38:01
Greg Dawson, 52	Williamsburg	40:41	Timothy Suhr, 47	Ivor	41:19
Timothy Suhr, 47	Ivor	41:19	Steven Smith, 49	Hampton	41:55
Matthew Franco, 33	Williamsburg	41:35	Greg Lynn, 44	Hayes	42:26
Steven Smith, 49	Hampton	41:55	Kip Smith, 41	Williamsburg	46:57
Cary Caldwell, 14	Williamsburg	41:55	<b>Men 50-59</b>		
Chris Novakoski, 36	Chesapeake	42:11	Robert Whitaker, 59	Yorktown	40:32
Greg Lynn, 44	Hayes	42:26	Greg Dawson, 52	Williamsburg	40:41
<b>Masters Men 40-and-over</b>			Tim Collins, 57	Williamsburg	45:02
Jason Miller, 41	Williamsburg	38:01	Timothy Irish, 51	Attleboro, MA	47:40
Robert Whitaker, 59	Yorktown	40:32	David Trott, 53	Williamsburg	48:01
Greg Dawson, 52	Williamsburg	40:41	<b>Men 60-69</b>		
Timothy Suhr, 47	Ivor	41:19	Chris Abelt, 62	Williamsburg	51:09
Steven Smith, 49	Hampton	41:55	Rick Platt, 68	Williamsburg	52:11
<b>Men 19-and-under</b>			Tom Robinson, 60	Williamsburg	53:11
Cary Caldwell, 14	Williamsburg	41:55	Steve Altman, 63	Williamsburg	54:40
Glenn Glass, 14	Williamsburg	47:13	David Ozolek, 69	Williamsburg	57:40
Braxton Lee, 9	Gloucester	1:08:35	<b>Men 70-and-over</b>		
<b>Men 20-29</b>			Ben Dyer, 75	Toano	50:06
Jonathan Torres, 28	Newport News	39:54	William Moore, 72	Williamsburg	55:03
Patrick Waller, 23	Williamsburg	42:27	Larry Arata, 73	Williamsburg	1:01:17
Brad Ward, 26	Williamsburg	49:42	Dick Schneider, 71	Williamsburg	1:02:15
Tristan Roehrbein, 27	Williamsburg	1:00:52	John Strassberger, 74	Williamsburg	1:17:23
John-Michael Jalonen, 26	Williamsburg	1:12:48	<b>Men Walk</b>		
<b>Men 30-39</b>			John Strassberger, 74	Williamsburg	1:17:23
Matthew Franco, 33	Williamsburg	41:35	Bob Curtin, Jr., 65	Hampton	1:28:43
Chris Novakoski, 36	Chesapeake	42:11	Ulises Sanchez, 48	Williamsburg	1:29:46
Steve Seiler, 33	Williamsburg	44:01			

**Women Overall**

Dani Springfels, 31	Fort Eustis	40:52
Emily Honeycutt, 27	Newport News	43:28
Laura Shannon, 56	Williamsburg	44:37
Megan Schulze, 35	Glen Allen	49:29
Maya Koretzky, 26	Baltimore, MD	49:45
Astrid Howell, 42	Williamsburg	49:51
Karla Havens, 56	Plainview	51:01
Laurel Henshaw, 37	Williamsburg	51:15
Dena Goble, 48	Williamsburg	52:19
Norma Phillips, 57	Williamsburg	52:48

**Masters Women 40-and-over**

Laura Shannon, 56	Williamsburg	44:37
Astrid Howell, 42	Williamsburg	49:51
Karla Havens, 56	Plainview	51:01
Dena Goble, 48	Williamsburg	52:19
Norma Phillips, 57	Williamsburg	52:48

**Women 19-and-under**

Hannah Buttner, 14	Williamsburg	58:12
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**Women 20-29**

Emily Honeycutt, 27	Newport News	43:28
Maya Koretzky, 26	Baltimore, MD	49:45
Taylor Eljaua, 27	Williamsburg	1:14:38
Chelsea Cardwell, 29	Williamsburg	1:29:03

**Women 30-39**

Dani Springfels, 31	Fort Eustis	40:52
Megan Schulze, 35	Glen Allen	49:29
Laurel Henshaw, 37	Williamsburg	51:15

Cathy Dahl, 39	Williamsburg	56:32
Annmarie Grohs, 39	Richmond	58:11

**Women 40-49**

Astrid Howell, 42	Williamsburg	49:51
Dena Goble, 48	Williamsburg	52:19
Adrienne Sines, 44	Williamsburg	56:18
Lesli Malone, 43	Williamsburg	56:32
Julie Leach, 41	Williamsburg	57:08

**Women 50-59**

Laura Shannon, 56	Williamsburg	44:37
Karla Havens, 56	Plainview	51:01
Norma Phillips, 57	Williamsburg	52:48
Deelyn Neilson, 52	Williamsburg	1:00:24
Betsy Dolan, 56	Williamsburg	1:01:02

**Women 60-69**

Shirley Stephens, 61	Williamsburg	1:02:13
Patricia Travis, 67	Williamsburg	1:03:14
Roswitha Goosens-Winter, 69	Williamsburg	1:05:33
Cheryl Waldron, 63	Yorktown	1:12:40
Wendy Ruffle, 66	Williamsburg	1:16:56

**Women 70-and-over**

none

**Women Walk**

Laura Liechti, 56	Williamsburg	1:17:33
Lisa Trichel-Beavers, 56	Williamsburg	1:23:05
Cathy Kaurich, 62	Williamsburg	1:28:32
Rose Burwell, 55	Williamsburg	1:43:01

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York River State Park 5K Run

Saturday, August 25, 2018

Grand Prix Points

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**Men Overall**

William Thompson, 25	Williamsburg	10
Patrick Johnson, 16	Quinton	9
Patrick Murphy, 17	Williamsburg	8
James Kastelein, 16	Richmond	7
Jason Miller, 41	Williamsburg	6
Tyler Brightwell, 20	Quinton	5
Greg Lynn, 44	Hayes	4
Jonathan Torres, 28	Newport News	3
Logan St. John, 24	Newport News	2
Cary Caldwell, 14	Williamsburg	1

**Masters Men 40-and-over**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
Paul Pelletier, 53	Williamsburg	3
Brian O'Flynn, 47	Richmond	2
Chad "Elvis" Simpson, 50	Chesapeake	1

**Men 19-and-under**

Patrick Johnson, 16	Quinton	5
Patrick Murphy, 17	Williamsburg	4
James Kastelein, 16	Richmond	3
Cary Caldwell, 14	Williamsburg	2
Colin Pierce, 16	New Kent	1

**Men 20-29**

William Thompson, 25	Williamsburg	5
Tyler Brightwell, 20	Quinton	4
Jonathan Torres, 28	Newport News	3
Logan St. John, 24	Newport News	2
Michael Pegram, 26	North Chesterfield	1

**Men 30-39**

Matt Franco, 33	Williamsburg	5
John Alley, 31	Henrico	4
Chris Novakoski, 36	Chesapeake	3
Benjamin Kaurich, 30	Newport News	2
Danny O'Neal, 39	Harrisburg, PA	1

**Men 40-49**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
Brian O'Flynn, 47	Richmond	3
Mike Brightwell, 49	Quinton	2
Robert Murphy, 43	Williamsburg	1

**Men 50-59**

Paul Pelletier, 53	Williamsburg	5
Chad "Elvis" Simpson, 50	Chesapeake	4
Robert Jean, 53	Williamsburg	3

Dwight Starks, 57	Virginia Beach	2
John McCauley, Jr., 50	Yorktown	1

**Men 60-69**

Will Murray, 62	Williamsburg	5
Michael Dicken, 60	Richmond	4
Chris Abelt, 62	Williamsburg	3
Steve Altman, 63	Williamsburg	2
Rick Platt, 68	Williamsburg	1

**Men 70-and-over**

Larry Arata, 73	Williamsburg	5
John Strassberger, 74	Williamsburg	4
Richard Schnabel, 77	Portsmouth	3
Fred Haggerty, 73	Grand Blanc, MI	2

**Men Walk**

John Strassberger, 74	Williamsburg	5
Mark Swarrigim, 50	Lanexa	4
Bob Curtin, Jr., 65	Hampton	3
Fred Haggerty, 73	Grand Blanc, MI	2
Owen Crabtree, 13	Carrollton	1

**Women Overall**

Kasandra Aulenbach, 17	Yorktown	10
Emily Honeycutt, 27	Newport News	9
Jessica Riggs, 41	Williamsburg	8
Sorena Jean, 16	Williamsburg	7
Gabryelle Thompson, 23	Williamsburg	6
Lana O'Flynn, 14	Richmond	5
Abby McEntire, 17	Mechanicsville	4
Abby DeRoco, 17	Richmond	3
Natasha Lange, 16	New Kent	2
Emma Lobash, 14	Lanexa	1

**Masters Women 40-and-over**

Jessica Riggs, 41	Williamsburg	5
Dena Goble, 48	Williamsburg	4
Susan Hagel, 45	Norfolk	3
Norma Phillips, 57	Williamsburg	2
Molly Shepherd, 44	Richmond	1

**Women 19-and-under**

Kasandra Aulenbach, 17	Yorktown	5
Sorena Jean, 16	Williamsburg	4
Lana O'Flynn, 14	Richmond	3
Abby McEntire, 17	Mechanicsville	2
Abby DeRoco, 17	Richmond	1

**Women 20-29**

Emily Honeycutt, 27	Newport News	5
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Gabryelle Thompson, 23	Williamsburg	4	Andrea Dorcey, 53	Williamsburg	4
Autumn Lee, 24	Dell Rapids, SD	3	Tara Dress, 50	Yorktown	3
Chandler McKnight, 27	Quinton	2	Criztina Jean, 50	Williamsburg	2
Katherine Finzer, 28	Williamsburg	1	Linda St. John, 58	Williamsburg	1
<b>Women 30-39</b>			<b>Women 60-69</b>		
Elizabeth VonCanon, 36	Sandston	5	Harriet McCoy, 63	Toano	5
Allison Bell, 30	Williamsburg	4	Shirley Stephens, 61	Williamsburg	4
Lauren MacGregor, 32	Williamsburg	3	Christina Lavender, 64	Williamsburg	3
Lindsey Lapnow, 30	Newport News	2	Lillian Hazelton, 61	Henrico	2
Tracie Sims, 37	Lanexa	1	Kay Carl, 60	Portsmouth	1
<b>Women 40-49</b>			<b>Women 70-and-over</b>		
Jessica Riggs, 41	Williamsburg	5	Candice Michalik, 71	Williamsburg	5
Dena Goble, 48	Williamsburg	4	<b>Women Walk</b>		
Susan Hagel, 45	Norfolk	3	Jocelyn Lamprecht, 13	New Kent	5
Molly Shepherd, 44	Richmond	2	Brooke Swarringim, 13	Lanexa	4
Jennifer O'Flynn, 47	Richmond	1	Nancy Kennedy Byrd, 64	Toano	3
<b>Women 50-59</b>			Tiffany Perree, 35	Williamsburg	2
Norma Phillips, 57	Williamsburg	5	Aimee Crabtree, 38	Carrollton	1

*York River State Park 5K Run*

*Saturday, August 25, 2018*

*Finish Times*

<b>Men Overall</b>			Logan St. John, 24	Newport News	19:03
William Thompson, 25	Williamsburg	17:05	Michael Pegram, 26	North Chesterfield	19:27
Patrick Johnson, 16	Quinton	17:38	<b>Men 30-39</b>		
Patrick Murphy, 17	Williamsburg	17:46	Matt Franco, 33	Williamsburg	19:24
James Kastelein, 16	Richmond	17:56	John Alley, 31	Henrico	19:29
Jason Miller, 41	Williamsburg	18:12	Chris Novakoski, 36	Chesapeake	20:02
Tyler Brightwell, 20	Quinton	18:39	Benjamin Kaurich, 30	Newport News	22:49
Greg Lynn, 44	Hayes	18:45	Danny O'Neal, 39	Harrisburg, PA	23:38
Jonathan Torres, 28	Newport News	19:02	<b>Men 40-49</b>		
Logan St. John, 24	Newport News	19:03	Jason Miller, 41	Williamsburg	18:12
Cary Caldwell, 14	Williamsburg	19:07	Greg Lynn, 44	Hayes	18:45
<b>Masters Men 40-and-over</b>			Brian O'Flynn, 47	Richmond	20:45
Jason Miller, 41	Williamsburg	18:12	Mike Brightwell, 49	Quinton	21:35
Greg Lynn, 44	Hayes	18:45	Robert Murphie, 43	Williamsburg	21:48
Paul Pelletier, 53	Williamsburg	19:46	<b>Men 50-59</b>		
Brian O'Flynn, 47	Richmond	20:45	Paul Pelletier, 53	Williamsburg	19:46
Chad "Elvis" Simpson, 50	Chesapeake	20:56	Chad "Elvis" Simpson, 50	Chesapeake	20:56
<b>Men 19-and-under</b>			Robert Jean, 53	Williamsburg	24:59
Patrick Johnson, 16	Quinton	17:38	Dwight Starks, 57	Virginia Beach	25:48
Patrick Murphy, 17	Williamsburg	17:46	John McCauley, Jr., 50	Yorktown	26:30
James Kastelein, 16	Richmond	17:56	<b>Men 60-69</b>		
Cary Caldwell, 14	Williamsburg	19:07	Will Murray, 62	Williamsburg	21:59
Colin Pierce, 16	New Kent	19:13	Michael Dicken, 60	Richmond	23:24
<b>Men 20-29</b>			Chris Abelt, 62	Williamsburg	23:29
William Thompson, 25	Williamsburg	17:05	Steve Altman, 63	Williamsburg	23:46
Tyler Brightwell, 20	Quinton	18:39	Rick Platt, 68	Williamsburg	24:46
Jonathan Torres, 28	Newport News	19:02			

**Men 70-and-over**

Larry Arata, 73	Williamsburg	29:19
John Strassberger, 74	Williamsburg	38:14
Richard Schnabel, 77	Portsmouth	41:47
Fred Haggerty, 73	Grand Blanc, MI	44:13

**Men Walk**

John Strassberger, 74	Williamsburg	38:14
Mark Swarringim, 50	Lanexa	41:16
Bob Curtin, Jr., 65	Hampton	43:34
Fred Haggerty, 73	Grand Blanc, MI	44:13
Owen Crabtree, 13	Carrollton	46:58

**Women Overall**

Kasandra Aulenbach, 17	Yorktown	18:52
Emily Honeycutt, 27	Newport News	21:00
Jessica Riggs, 41	Williamsburg	21:31
Sorena Jean, 16	Williamsburg	22:04
Gabryelle Thompson, 23	Williamsburg	22:59
Lana O'Flynn, 14	Richmond	23:02
Abby McEntire, 17	Mechanicsville	23:16
Abby DeRoco, 17	Richmond	23:20
Natasha Lange, 16	New Kent	23:25
Emma Lobash, 14	Lanexa	23:39

**Masters Women 40-and-over**

Jessica Riggs, 41	Williamsburg	21:31
Dena Goble, 48	Williamsburg	25:16
Susan Hagel, 45	Norfolk	25:25
Norma Phillips, 57	Williamsburg	25:56
Molly Shepherd, 44	Richmond	26:53

**Women 19-and-under**

Kasandra Aulenbach, 17	Yorktown	18:52
Sorena Jean, 16	Williamsburg	22:04
Lana O'Flynn, 14	Richmond	23:02
Abby McEntire, 17	Mechanicsville	23:16
Abby DeRoco, 17	Richmond	23:20

**Women 20-29**

Emily Honeycutt, 27	Newport News	21:00
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Gabryelle Thompson, 23	Williamsburg	22:59
Autumn Lee, 24	Dell Rapids, SD	24:23
Chandler McKnight, 27	Quinton	26:56
Katherine Finzer, 28	Williamsburg	27:39

**Women 30-39**

Elizabeth VonCanon, 36	Sandston	23:56
Allison Bell, 30	Williamsburg	25:10
Lauren MacGregor, 32	Williamsburg	25:30
Lindsey Lapnow, 30	Newport News	28:14
Tracie Sims, 37	Lanexa	29:18

**Women 40-49**

Jessica Riggs, 41	Williamsburg	21:31
Dena Goble, 48	Williamsburg	25:16
Susan Hagel, 45	Norfolk	25:25
Molly Shepherd, 44	Richmond	26:53
Jennifer O'Flynn, 47	Richmond	27:11

**Women 50-59**

Norma Phillips, 57	Williamsburg	25:56
Andrea Dorcey, 53	Williamsburg	29:59
Tara Dress, 50	Yorktown	31:53
Cristina Jean, 50	Williamsburg	32:35
Linda St. John, 58	Williamsburg	33:10

**Women 60-69**

Harriet McCoy, 63	Toano	27:44
Shirley Stephens, 61	Williamsburg	31:30
Christina Lavender, 64	Williamsburg	34:23
Lillian Hazelton, 61	Henrico	35:41
Kay Carl, 60	Portsmouth	38:58

**Women 70-and-over**

Candice Michalik, 71	Williamsburg	33:40
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**Women Walk**

Jocelyn Lamprecht, 13	New Kent	38:06
Brooke Swarringim, 13	Lanexa	41:15
Nancy Kennedy Byrd, 64	Toano	43:40
Tiffany Perree, 35	Williamsburg	46:25
Aimee Crabtree, 38	Carrollton	47:14

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*Crapolfest 5K Run/Walk*  
*Saturday, September 22, 2018*  
*Grand Prix Points*

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**Men Overall**

Jason Miller, 41	Williamsburg	10
Ryan Doupe, 32	Newport News	9
Greg Lynn, 44	Hayes	8
Jonathan Torres, 28	Newport News	7
Robert Whitaker, 59	Yorktown	6
Logan St. John, 24	Newport News	5
Paul Pelletier, 53	Williamsburg	4
Luis Abrigo, 24	Washington, DC	3
Patrick Waller, 24	Williamsburg	2
Quinn Emmett, 35	Studio City, CA	1

**Masters Men 40-and-over**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
Robert Whitaker, 59	Yorktown	3
Paul Pelletier, 53	Williamsburg	2
Greg Chittum, 44	Mechanicsville	1

**Men 19-and-under**

Isaac Lamprecht, 12	New Kent	5
David Scolare, 16	Green Bay, WI	4

**Men 20-29**

Jonathan Torres, 28	Newport News	5
Logan St. John, 24	Newport News	4
Luis Abrigo, 24	Washington, DC	3
Patrick Waller, 24	Williamsburg	2
Brad Ward, 27	Williamsburg	1

**Men 30-39**

Ryan Doupe, 32	Newport News	5
Quinn Emmett, 35	Studio City, CA	4
Casey Emmett, 33	Brooklyn, NY	3
Benjamin Kaurich, 30	Newport News	2
Graham Henshaw, 39	Williamsburg	1

**Men 40-49**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
Greg Chittum, 44	Mechanicsville	3
Chris Robertson, 45	Williamsburg	2
David Anderson, 48	Williamsburg	1

**Men 50-59**

Robert Whitaker, 59	Yorktown	5
Paul Pelletier, 53	Williamsburg	4
Robert Jean, 54	Williamsburg	3
Tim O'Dell, 52	Toano	2
Dean Wewetzer, 59	Newport News	1

**Men 60-69**

Chris Abelt, 62	Williamsburg	5
Steve Altman, 63	Williamsburg	4
Jimmy Blount, 68	Williamsburg	3
Doyle Gage, 63	Williamsburg	2
Ed Irish, 68	Williamsburg	1

**Men 70-and-over**

Ben Dyer, 75	Toano	5
Larry Arata, 74	Williamsburg	4

**Men Walk**

Rick Webb, 60	Yorktown	5
Robert Curtin, 65	Hampton	4
Michael Nicoletti, 68	Hampton	3
Daniel Mroczka, 68	Tonawanda, NY	2
Robert Corbett, 27	Tonawanda, NY	1

**Women Overall**

Emily Honeycutt, 27	Newport News	10
Kimberly Decker, 36	Williamsburg	9
Dena Goble, 48	Williamsburg	8
Laurel Henshaw, 37	Williamsburg	7
Susan Hagel, 45	Norfolk	6
Norma Phillips, 57	Williamsburg	5
Harriet McCoy, 63	Toano	4
Jessica Anderson, 36	Williamsburg	3
Molly Emmett, 29	Denver, CO	2
Teya Silkman, 14	Chesterfield	1

**Masters Women 40-and-over**

Dena Goble, 48	Williamsburg	5
Susan Hagel, 45	Norfolk	4
Norma Phillips, 57	Williamsburg	3
Harriet McCoy, 63	Toano	2
Lynda Ruffino, 47	Bryan, TX	1

**Women 19-and-under**

Teya Silkman, 14	Chesterfield	5
Libbie Chittum, 13	Mechanicsville	4
Hannah Scolare, 19	Green Bay, WI	3
Jocelyn Lamprecht, 13	New Kent	2

**Women 20-29**

Emily Honeycutt, 27	Newport News	5
Molly Emmett, 29	Denver, CO	4
Kristen Smith, 28	Richmond	3
Kasey Pittman, 25	Norfolk	2
Taylor Eljaua, 27	Williamsburg	1

**Women 30-39**

Kimberly Decker, 36	Williamsburg	5			
Laurel Henshaw, 37	Williamsburg	4	<b>Women 60-69</b>		
Jessica Anderson, 36	Williamsburg	3	Harriet McCoy, 63	Toano	5
Akela Silkman, 37	Chesterfield	2	Shirley Stephens, 61	Williamsburg	4
Mary Hall, 36	Gloucester	1	Karen DiNuzzo, 62	Williamsburg	3
			Monica Pastor, 61	Mesa, AZ	2
			Debra Gage, 64	Williamsburg	1
<b>Women 40-49</b>			<b>Women 70-and-over</b>		
Dena Goble, 48	Williamsburg	5	Roswitha Goosens-Winter, 70	Williamsburg	5
Susan Hagel, 45	Norfolk	4	Candice Michalik, 71	Williamsburg	4
Lynda Ruffino, 47	Bryan, TX	3	Nancy Blount, 72	Williamsburg	3
Jeanette Primich, 42	Williamsburg	2			
Allison Grygalonis, 40	Williamsburg	1			
<b>Women 50-59</b>			<b>Women Walk</b>		
Norma Phillips, 57	Williamsburg	5	Jocelyn Lamprecht, 13	New Kent	5
Andrea Dorcy, 53	Williamsburg	4	Cathy Kaurich, 62	Williamsburg	4
Criztina Jean, 50	Williamsburg	3	Kate Chittum, 39	Mechanicsville	3
Tara Dress, 50	Yorktown	2	Karen Nicoletti, 68	Hampton	2
Elizabeth McKenna, 53	Williamsburg	1			

*Crapolfest 5K Run/Walk*  
*Saturday, September 22, 2018*  
*Finish Times*

<b>Men Overall</b>			Quinn Emmett, 35	Studio City, CA	20:17
Jason Miller, 41	Williamsburg	17:49	Casey Emmett, 33	Brooklyn, NY	22:18
Ryan Doupe, 32	Newport News	18:30	Benjamin Kaurich, 30	Newport News	22:26
Greg Lynn, 44	Hayes	18:34	Graham Henshaw, 39	Williamsburg	22:48
Jonathan Torres, 28	Newport News	18:54			
Robert Whitaker, 59	Yorktown	18:57	<b>Men 40-49</b>		
Logan St. John, 24	Newport News	19:00	Jason Miller, 41	Williamsburg	17:49
Paul Pelletier, 53	Williamsburg	19:37	Greg Lynn, 44	Hayes	18:34
Luis Abrigo, 24	Washington, DC	19:54	Greg Chittum, 44	Mechanicsville	20:32
Patrick Waller, 24	Williamsburg	20:00	Chris Robertson, 45	Williamsburg	20:41
Quinn Emmett, 35	Studio City, CA	20:17	David Anderson, 48	Williamsburg	20:57
<b>Masters Men 40-and-over</b>			<b>Men 50-59</b>		
Jason Miller, 41	Williamsburg	17:49	Robert Whitaker, 59	Yorktown	18:57
Greg Lynn, 44	Hayes	18:34	Paul Pelletier, 53	Williamsburg	19:37
Robert Whitaker, 59	Yorktown	18:57	Robert Jean, 54	Williamsburg	24:57
Paul Pelletier, 53	Williamsburg	19:37	Tim O'Dell, 52	Toano	25:55
Greg Chittum, 44	Mechanicsville	20:32	Dean Wewetzer, 59	Newport News	26:01
<b>Men 19-and-under</b>			<b>Men 60-69</b>		
Isaac Lamprecht, 12	New Kent	20:28	Chris Abelt, 62	Williamsburg	22:55
David Scolare, 16	Green Bay, WI	20:29	Steve Altman, 63	Williamsburg	25:09
			Jimmy Blount, 68	Williamsburg	27:46
<b>Men 20-29</b>			Doyle Gage, 63	Williamsburg	28:24
Jonathan Torres, 28	Newport News	18:54	Ed Irish, 68	Williamsburg	28:36
Logan St. John, 24	Newport News	19:00			
Luis Abrigo, 24	Washington, DC	19:54	<b>Men 70-and-over</b>		
Patrick Waller, 24	Williamsburg	20:00	Ben Dyer, 75	Toano	24:10
Brad Ward, 27	Williamsburg	21:33	Larry Arata, 74	Williamsburg	29:03
<b>Men 30-39</b>			<b>Men Walk</b>		
Ryan Doupe, 32	Newport News	18:30	Rick Webb, 60	Yorktown	41:22

Robert Curtin, 65	Hampton	44:02	Kimberly Decker, 36	Williamsburg	22:24
Michael Nicoletti, 68	Hampton	47:32	Laurel Henshaw, 37	Williamsburg	23:48
Daniel Mroczka, 68	Tonawanda, NY	54:22	Jessica Anderson, 36	Williamsburg	26:34
Robert Corbett, 27	Tonawanda, NY	54:24	Akela Silkman, 37	Chesterfield	27:26
			Mary Hall, 36	Gloucester	30:04

### Women Overall

Emily Honeycutt, 27	Newport News	21:11
Kimberly Decker, 36	Williamsburg	22:24
Dena Goble, 48	Williamsburg	23:35
Laurel Henshaw, 37	Williamsburg	23:48
Susan Hagel, 45	Norfolk	24:24
Norma Phillips, 57	Williamsburg	25:24
Harriet McCoy, 63	Toano	26:28
Jessica Anderson, 36	Williamsburg	26:34
Molly Emmett, 29	Denver, CO	26:45
Teya Silkman, 14	Chesterfield	26:50

### Masters Women 40-and-over

Dena Goble, 48	Williamsburg	23:35
Susan Hagel, 45	Norfolk	24:24
Norma Phillips, 57	Williamsburg	25:24
Harriet McCoy, 63	Toano	26:28
Lynda Ruffino, 47	Bryan, TX	27:53

### Women 19-and-under

Teya Silkman, 14	Chesterfield	26:50
Libbie Chittum, 13	Mechanicsville	39:22
Hannah Scolare, 19	Green Bay, WI	41:45
Jocelyn Lamprecht, 13	New Kent	42:17

### Women 20-29

Emily Honeycutt, 27	Newport News	21:11
Molly Emmett, 29	Denver, CO	26:45
Kristen Smith, 28	Richmond	30:50
Kasey Pittman, 25	Norfolk	31:56
Taylor Eljaua, 27	Williamsburg	33:24

### Women 30-39

### Women 40-49

Dena Goble, 48	Williamsburg	23:35
Susan Hagel, 45	Norfolk	24:24
Lynda Ruffino, 47	Bryan, TX	27:53
Jeanette Primich, 42	Williamsburg	28:19
Allison Grygalonis, 40	Williamsburg	33:19

### Women 50-59

Norma Phillips, 57	Williamsburg	25:24
Andrea Dorcy, 53	Williamsburg	31:03
Criztina Jean, 50	Williamsburg	32:08
Tara Dress, 50	Yorktown	32:51
Elizabeth McKenna, 53	Williamsburg	33:41

### Women 60-69

Harriet McCoy, 63	Toano	26:28
Shirley Stephens, 61	Williamsburg	30:46
Karen DiNuzzo, 62	Williamsburg	33:51
Monica Pastor, 61	Mesa, AZ	37:05
Debra Gage, 64	Williamsburg	39:01

### Women 70-and-over

Roswitha Goosens-Winter, 70	Williamsburg	32:18
Candice Michalik, 71	Williamsburg	34:24
Nancy Blount, 72	Williamsburg	43:02

### Women Walk

Jocelyn Lamprecht, 13	New Kent	42:17
Cathy Kaurich, 62	Williamsburg	42:37
Kate Chittum, 39	Mechanicsville	45:58
Karen Nicoletti, 68	Hampton	54:41



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*Greensprings Miles for Smiles 8K Run/Walk*

*Saturday, September 29, 2018*

*Grand Prix Points*

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**Men Overall**

Roger Hopper, 27	Norfolk	10
Mark Tompkins, 42	Williamsburg	9
Jason Miller, 41	Williamsburg	8
Ryan Doupe, 32	Newport News	7
Logan St. John, 24	Newport News	6
Greg Lynn, 44	Hayes	5
Robert Whitaker, 59	Yorktown	4
Drew Lair, 16	Alpharetta, GA	3
Patrick Waller, 24	Williamsburg	2
Greg Dawson, 53	Williamsburg	1

**Masters Men 40-and-over**

Mark Tompkins, 42	Williamsburg	5
Jason Miller, 41	Williamsburg	4
Greg Lynn, 44	Hayes	3
Robert Whitaker, 59	Yorktown	2
Greg Dawson, 53	Williamsburg	1

**Men 19-and-under**

Drew Lair, 16	Alpharetta, GA	5
Miles Hawkins, 14	Williamsburg	4
Chase Rhodes, 4	Charles City	3

**Men 20-29**

Roger Hopper, 27	Norfolk	5
Logan St. John, 24	Newport News	4
Patrick Waller, 24	Williamsburg	3
Mark O'Donohue, 20	Oceanside, CA	2

**Men 30-39**

Ryan Doupe, 32	Newport News	5
Benjamin Kaurich, 30	Newport News	4
William Mccallister, 35	Lanexa	3
Michael DeVivero, 30	Yorktown	2
Peter Bennett, 36	Yorktown	1

**Men 40-49**

Mark Tompkins, 42	Williamsburg	5
Jason Miller, 41	Williamsburg	4
Greg Lynn, 44	Hayes	3
Joey Smith, 46	Williamsburg	2
Steven Short, 44	Toano	1

**Men 50-59**

Robert Whitaker, 59	Yorktown	5
Greg Dawson, 53	Williamsburg	4
David Pape, 59	Williamsburg	3
Greg Ferst, 50	Williamsburg	2
Wayne Waller, 56	Williamsburg	1

**Men 60-69**

Will Murray, 62	Williamsburg	5
Chris Abelt, 62	Williamsburg	4
Dale Abrahamson, 69	Yorktown	3
Steve Altman, 63	Williamsburg	2
Jimmy Blount, 68	Williamsburg	1

**Men 70-and-over**

Larry Arata, 74	Williamsburg	5
Mike Daly, 72	Williamsburg	4
John Strassberger, 74	Williamsburg	3

**Men Walk**

Scott Stakes, 55	Portsmouth	5
John Strassberger, 74	Williamsburg	4
Jim Winthrop, 62	Williamsburg	3
Leroy Lundy, 56	Richmond	2

**Women Overall**

Lisa Osterhoudt, 36	Williamsburg	10
Norma Phillips, 57	Williamsburg	9
Pamela Eddy, 58	Williamsburg	8
Amy Colley, 52	Williamsburg	7
Jeanette Primich, 42	Williamsburg	6
Sana Lall-Trail, 21	Virginia Beach	5
Karan Mutter, 14	Williamsburg	4
Lea Ferst, 48	Williamsburg	3
Shelley Corrigan, 53	Port Haywood	2
Daphne Papaefthimiou, 42	Toano	1

**Masters Women 40-and-over**

Norma Phillips, 57	Williamsburg	5
Pamela Eddy, 58	Williamsburg	4
Amy Colley, 52	Williamsburg	3
Jeanette Primich, 42	Williamsburg	2
Lea Ferst, 48	Williamsburg	1

**Women 19-and-under**

Karan Mutter, 14	Williamsburg	5
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**Women 20-29**

Sana Lall-Trail, 21	Virginia Beach	5
Holly Rhodes, 28	Charles City	4

**Women 30-39**

Lisa Osterhoudt, 36	Williamsburg	5
Heather Kane, 36	Lebanon, PA	4
Kathryn Cooper, 31	Hampton	3
Ashley Springer, 31	Williamsburg	2

**Women 40-49**

Jeanette Primich, 42	Williamsburg	5	<b>Women 60-69</b>		
Lea Ferst, 48	Williamsburg	4	Shirley Stephens, 61	Williamsburg	5
Daphne Papaefthimiou, 42	Toano	3			
Alicia Gallant, 44	Williamsburg	2	<b>Women 70-and-over</b>		
Michelle Holdsworth, 46	Williamsburg	1	Roswitha Goossens-Winter, 70	Williamsburg	5
<b>Women 50-59</b>			<b>Women Walk</b>		
Norma Phillips, 57	Williamsburg	5	Dougie Winthrop, 61	Williamsburg	5
Pamela Eddy, 58	Williamsburg	4	Cathy Kaurich, 62	Williamsburg	4
Amy Colley, 52	Williamsburg	3	Veronica Atkins, 57	Henrico	3
Shelley Corrigan, 53	Port Haywood	2	Sharon Jennings, 54	Richmond	2
Tara Dress, 50	Yorktown	1	Cathy Harris, 53	Richmond	1

*Greensprings Miles for Smiles 8K Run/Walk*

*Saturday, September 29, 2018*

*Finish Times*

<b>Men Overall</b>			Jason Miller, 41	Williamsburg	30:05
Roger Hopper, 27	Norfolk	26:46	Greg Lynn, 44	Hayes	30:50
Mark Tompkins, 42	Williamsburg	30:05	Joey Smith, 46	Williamsburg	37:03
Jason Miller, 41	Williamsburg	30:05	Steven Short, 44	Toano	38:54
Ryan Doupe, 32	Newport News	30:43			
Logan St. John, 24	Newport News	30:45	<b>Men 50-59</b>		
Greg Lynn, 44	Hayes	30:50	Robert Whitaker, 59	Yorktown	31:07
Robert Whitaker, 59	Yorktown	31:07	Greg Dawson, 53	Williamsburg	33:08
Drew Lair, 16	Alpharetta, GA	31:17	David Pape, 59	Williamsburg	36:58
Patrick Waller, 24	Williamsburg	32:38	Greg Ferst, 50	Williamsburg	50:48
Greg Dawson, 53	Williamsburg	33:08	Wayne Waller, 56	Williamsburg	52:08
<b>Masters Men 40-and-over</b>			<b>Men 60-69</b>		
Mark Tompkins, 42	Williamsburg	30:05	Will Murray, 62	Williamsburg	35:52
Jason Miller, 41	Williamsburg	30:05	Chris Abelt, 62	Williamsburg	37:32
Greg Lynn, 44	Hayes	30:50	Dale Abrahamson, 69	Yorktown	38:02
Robert Whitaker, 59	Yorktown	31:07	Steve Altman, 63	Williamsburg	41:32
Greg Dawson, 53	Williamsburg	33:08	Jimmy Blount, 68	Williamsburg	46:22
<b>Men 19-and-under</b>			<b>Men 70-and-over</b>		
Drew Lair, 16	Alpharetta, GA	31:17	Larry Arata, 74	Williamsburg	45:49
Miles Hawkins, 14	Williamsburg	41:37	Mike Daly, 72	Williamsburg	46:31
Chase Rhodes, 4	Charles City	2:02:33	John Strassberger, 74	Williamsburg	1:00:54
<b>Men 20-29</b>			<b>Men Walk</b>		
Roger Hopper, 27	Norfolk	26:46	Scott Stakes, 55	Portsmouth	55:09
Logan St. John, 24	Newport News	30:45	John Strassberger, 74	Williamsburg	1:00:54
Patrick Waller, 24	Williamsburg	32:38	Jim Winthrop, 62	Williamsburg	1:06:30
Mark O'Donohue, 20	Oceanside, CA	47:45	Leroy Lundy, 56	Richmond	1:25:34
<b>Men 30-39</b>			<b>Women Overall</b>		
Ryan Doupe, 32	Newport News	30:43	Lisa Osterhoudt, 36	Williamsburg	35:37
Benjamin Kaurich, 30	Newport News	37:37	Norma Phillips, 57	Williamsburg	41:24
William Mccallister, 35	Lanexa	39:33	Pamela Eddy, 58	Williamsburg	42:38
Michael DeVivero, 30	Yorktown	39:44	Amy Colley, 52	Williamsburg	44:44
Peter Bennett, 36	Yorktown	42:12	Jeanette Primich, 42	Williamsburg	45:14
			Sana Lall-Trail, 21	Virginia Beach	47:48
			Karan Mutter, 14	Williamsburg	47:49
<b>Men 40-49</b>			Lea Ferst, 48	Williamsburg	48:36
Mark Tompkins, 42	Williamsburg	30:05			

Shelley Corrigan, 53	Port Haywood	49:11
Daphne Papaefthimiou, 42	Toano	49:42

**Masters Women 40-and-over**

Norma Phillips, 57	Williamsburg	41:24
Pamela Eddy, 58	Williamsburg	42:38
Amy Colley, 52	Williamsburg	44:44
Jeanette Primich, 42	Williamsburg	45:14
Lea Ferst, 48	Williamsburg	48:36

**Women 19-and-under**

Karan Mutter, 14	Williamsburg	47:49
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**Women 20-29**

Sana Lall-Trail, 21	Virginia Beach	47:48
Holly Rhodes, 28	Charles City	2:02:33

**Women 30-39**

Lisa Osterhoudt, 36	Williamsburg	35:37
Heather Kane, 36	Lebanon, PA	51:12
Kathryn Cooper, 31	Hampton	1:08:10
Ashley Springer, 31	Williamsburg	1:08:18

**Women 40-49**

Jeanette Primich, 42	Williamsburg	45:14
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Lea Ferst, 48	Williamsburg	48:36
Daphne Papaefthimiou, 42	Toano	49:42
Alicia Gallant, 44	Williamsburg	49:54
Michelle Holdsworth, 46	Williamsburg	56:24

**Women 50-59**

Norma Phillips, 57	Williamsburg	41:24
Pamela Eddy, 58	Williamsburg	42:38
Amy Colley, 52	Williamsburg	44:44
Shelley Corrigan, 53	Port Haywood	49:11
Tara Dress, 50	Yorktown	52:45

**Women 60-69**

Shirley Stephens, 61	Williamsburg	50:32
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**Women 70-and-over**

Roswitha Goossens-Winter, 70	Williamsburg	53:43
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**Women Walk**

Dougie Winthrop, 61	Williamsburg	1:06:29
Cathy Kaurich, 62	Williamsburg	1:08:52
Veronica Atkins, 57	Henrico	1:24:47
Sharon Jennings, 54	Richmond	1:25:17
Cathy Harris, 53	Richmond	1:25:18

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*Run for the Hills 10K (6.053 miles)*

*Saturday, October 13, 2018*

*Grand Prix Points*

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**Men Overall**

Roger Hopper, 27	Norfolk	10
Patrick Wachter, 21	Williamsburg	9
William Thompson, 26	Williamsburg	8
Ben Hauk, 20	Groton, CT	7
Barrett Ratzlaff, 18	Virginia Beach	6
Jason Miller, 41	Williamsburg	5
Colin Haekman, 42	Wilmington, NC	4
Greg Lynn, 44	Hayes	3
Logan St. John, 24	Newport News	2
Robert Whitaker, 59	Yorktown	1

**Masters Men 40-and-over**

Jason Miller, 41	Williamsburg	5
Colin Haekman, 42	Wilmington, NC	4
Greg Lynn, 44	Hayes	3
Robert Whitaker, 59	Yorktown	2
Paul Pelletier, 53	Williamsburg	1

**Men 19-and-under**

Barrett Ratzlaff, 18	Virginia Beach	5
Isaac Lamprecht, 12	New Kent	4
Braxton Lee, 9	Gloucester	3
Brandon Krall, 13	Williamsburg	2

**Men 20-29**

Roger Hopper, 27	Norfolk	5
Patrick Wachter, 21	Williamsburg	4
William Thompson, 26	Williamsburg	3
Ben Hauk, 20	Groton, CT	2
Logan St. John, 24	Newport News	1

**Men 30-39**

Chris Novakoski, 36	Chesapeake	5
Milagro Brown, 36	Hampton	4
Rick Grams, 38	Baltimore, MD	3
Justin Gebhardt, 36	Hampton	2
Ben Kaurich, 30	Newport News	1

**Men 40-49**

Jason Miller, 41	Williamsburg	5
Colin Haekman, 42	Wilmington, NC	4
Greg Lynn, 44	Hayes	3
Randy Proctor, 42	Toano	2
Mark Marderosian, 41	Hayes	1

**Men 50-59**

Robert Whitaker, 59	Yorktown	5
Paul Pelletier, 53	Williamsburg	4
Ken Alberg, 57	Suffolk	3
Patrick McCaffery, 51	Williamsburg	2

Tinsley Goad, 55	Williamsburg	1
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**Men 60-69**

Chris Abelt, 62	Williamsburg	5
Steve Altman, 63	Williamsburg	4
Frank Scaringello, 64	Norfolk	3
Rick Platt, 68	Williamsburg	2
Will Murray, 62	Williamsburg	1

**Men 70-and-over**

Ben Dyer, 75	Toano	5
William Moore, 72	Williamsburg	4
Larry Arata, 74	Williamsburg	3
Randy Hawthorne, 73	Williamsburg	2
John Strassberger, 74	Williamsburg	1

**Men Walk**

John Strassberger, 74	Williamsburg	5
Robert Curtin, 65	Hampton	4
Ulises Sanchez, 48	Williamsburg	3

**Women Overall**

Rachel Parthasarthy, 18	Madison, CT	10
Svetlana Goncharova, 20	Williamsburg	9
Rachel Reininger, 23	Hampton	8
Carolyn Harrison 62	Virginia Beach	7
Norma Phillips, 58	Williamsburg	6
Tracie Sims, 37	Lanexa	5
Lesa McCaffery, 48	Williamsburg	4
Amanda Collier, 39	Yorktown	3
Harriet McCoy, 63	Toano	2
Lea Ferst, 48	Williamsburg	1

**Masters Women 40-and-over**

Carolyn Harrison 62	Virginia Beach	5
Norma Phillips, 58	Williamsburg	4
Lesa McCaffery, 48	Williamsburg	3
Harriet McCoy, 63	Toano	2
Lea Ferst, 48	Williamsburg	1

**Women 19-and-under**

Rachel Parthasarthy, 18	Madison, CT	5
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**Women 20-29**

Svetlana Goncharova, 20	Williamsburg	5
Rachel Reininger, 23	Hampton	4
Amber Anderson, 25	Chesapeake	3
Brittney Hatley, 27	Chesapeake	2
Erin Fryer, 29	Lanexa	1

**Women 30-39**

Tracie Sims, 37	Lanexa	5	Laura Liechti, 56	Williamsburg	1
Amanda Collier, 39	Yorktown	4			
Lori Walker, 36	Williamsburg	3	<b>Women 60-69</b>		
Maryanne Lee, 36	Gloucester	2	Carolyn Harrison, 62	Virginia Beach	5
Sarai Crosby, 31	Hampton	1	Harriet McCoy, 63	Toano	4
			Patricia Travis, 67	Williamsburg	3
<b>Women 40-49</b>			Shirley Stephens, 62	Williamsburg	2
Lesa McCaffery, 48	Williamsburg	5	Peggy Buckley, 66	Williamsburg	1
Lea Ferst, 48	Williamsburg	4			
Brooke Grams, 40	Baltimore, MD	3	<b>Women 70-and-over</b>		
Kimberly Angles, 46	Williamsburg	2	Roswitha Goosens-Winter, 70	Williamsburg	5
Karen Smith, 41	Yorktown	1			
<b>Women 50-59</b>			<b>Women Walk</b>		
Norma Phillips, 58	Williamsburg	5	Laura Liechti, 56	Williamsburg	5
Paula Pickering, 51	Williamsburg	4	Erin Barry, 34	Toano	4
Jennifer Murphy, 53	Quinton	3	Cathy Kaurich, 62	Williamsburg	3
Cristina Jean, 50	Williamsburg	2	Susan Barry, 56	Toano	2

*Run for the Hills 10K (6.053 miles)*

*Saturday, October 13, 2018*

*Finish Times*

<b>Men Overall</b>			Chris Novakoski, 36	Chesapeake	40:53
Roger Hopper, 27	Norfolk	32:47	Milagro Brown, 36	Hampton	43:23
Patrick Wachter, 21	Williamsburg	33:02	Rick Grams, 38	Baltimore, MD	48:32
William Thompson, 26	Williamsburg	34:23	Justin Gebhardt, 36	Hampton	49:35
Ben Hauk, 20	Groton, CT	35:21	Ben Kaurich, 30	Newport News	50:53
Barrett Ratzlaff, 18	Virginia Beach	37:01			
Jason Miller, 41	Williamsburg	37:21	<b>Men 40-49</b>		
Colin Haekman, 42	Wilmington, NC	37:55	Jason Miller, 41	Williamsburg	37:21
Greg Lynn, 44	Hayes	38:15	Colin Haekman, 42	Wilmington, NC	37:55
Logan St. John, 24	Newport News	38:28	Greg Lynn, 44	Hayes	38:15
Robert Whitaker, 59	Yorktown	39:00	Randy Proctor, 42	Toano	56:28
			Mark Marderosian, 41	Hayes	1:01:13
<b>Masters Men 40-and-over</b>			<b>Men 50-59</b>		
Jason Miller, 41	Williamsburg	37:21	Robert Whitaker, 59	Yorktown	39:00
Colin Haekman, 42	Wilmington, NC	37:55	Paul Pelletier, 53	Williamsburg	39:16
Greg Lynn, 44	Hayes	38:15	Ken Alberg, 57	Suffolk	47:14
Robert Whitaker, 59	Yorktown	39:00	Patrick McCaffery, 51	Williamsburg	48:02
Paul Pelletier, 53	Williamsburg	39:16	Tinsley Goad, 55	Williamsburg	49:53
<b>Men 19-and-under</b>			<b>Men 60-69</b>		
Barrett Ratzlaff, 18	Virginia Beach	37:01	Chris Abelt, 62	Williamsburg	47:26
Isaac Lamprecht, 12	New Kent	42:56	Steve Altman, 63	Williamsburg	50:39
Braxton Lee, 9	Gloucester	59:23	Frank Scaringello, 64	Norfolk	52:29
Brandon Krall, 13	Williamsburg	1:23:23	Rick Platt, 68	Williamsburg	55:15
			Will Murray, 62	Williamsburg	55:19
<b>Men 20-29</b>			<b>Men 70-and-over</b>		
Roger Hopper, 27	Norfolk	32:47	Ben Dyer, 75	Toano	49:37
Patrick Wachter, 21	Williamsburg	33:02	William Moore, 72	Williamsburg	53:14
William Thompson, 26	Williamsburg	34:23	Larry Arata, 74	Williamsburg	57:58
Ben Hauk, 20	Groton, CT	35:21	Randy Hawthorne, 73	Williamsburg	1:02:11
Logan St. John, 24	Newport News	38:28	John Strassberger, 74	Williamsburg	1:14:20
<b>Men 30-39</b>					

**Men Walk**

John Strassberger, 74	Williamsburg	1:14:20
Robert Curtin, 65	Hampton	1:24:47
Ulises Sanchez, 48	Williamsburg	1:25:18

**Women Overall**

Rachel Parthasarthy, 18	Madison, CT	44:24
Svetlana Goncharova, 20	Williamsburg	45:36
Rachel Reininger, 23	Hampton	47:18
Carolyn Harrison 62	Virginia Beach	49:16
Norma Phillips, 58	Williamsburg	50:53
Tracie Sims, 37	Lanexa	55:53
Lesa McCaffery, 48	Williamsburg	56:19
Amanda Collier, 39	Yorktown	56:51
Harriet McCoy, 63	Toano	57:48
Lea Ferst, 48	Williamsburg	58:53

**Masters Women 40-and-over**

Carolyn Harrison 62	Virginia Beach	49:16
Norma Phillips, 58	Williamsburg	50:53
Lesa McCaffery, 48	Williamsburg	56:19
Harriet McCoy, 63	Toano	57:48
Lea Ferst, 48	Williamsburg	58:53

**Women 19-and-under**

Rachel Parthasarthy, 18	Madison, CT	44:24
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**Women 20-29**

Svetlana Goncharova, 20	Williamsburg	45:36
Rachel Reininger, 23	Hampton	47:18
Amber Anderson, 25	Chesapeake	59:47.6
Brittney Hatley, 27	Chesapeake	59:47.7
Erin Fryer, 29	Lanexa	1:01:52

**Women 30-39**

Tracie Sims, 37	Lanexa	55:53
Amanda Collier, 39	Yorktown	56:51
Lori Walker, 36	Williamsburg	59:20
Maryanne Lee, 36	Gloucester	1:05:06
Sarai Crosby, 31	Hampton	1:08:14

**Women 40-49**

Lesa McCaffery, 48	Williamsburg	56:19
Lea Ferst, 48	Williamsburg	58:53
Brooke Grams, 40	Baltimore, MD	59:14
Kimberly Angles, 46	Williamsburg	1:04:15
Karen Smith, 41	Yorktown	1:07:22

**Women 50-59**

Norma Phillips, 58	Williamsburg	50:53
Paula Pickering, 51	Williamsburg	59:31
Jennifer Murphy, 53	Quinton	1:05:53
Criztina Jean, 50	Williamsburg	1:07:40
Laura Liechti, 56	Williamsburg	1:14:17

**Women 60-69**

Carolyn Harrison, 62	Virginia Beach	49:16
Harriet McCoy, 63	Toano	57:48
Patricia Travis, 67	Williamsburg	1:00:13
Shirley Stephens, 62	Williamsburg	1:03:37
Peggy Buckley, 66	Williamsburg	1:21:20

**Women 70-and-over**

Roswitha Goosens-Winter, 70	Williamsburg	1:05:25
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**Women Walk**

Laura Liechti, 56	Williamsburg	1:14:17
Erin Barry, 34	Toano	1:24:17
Cathy Kaurich, 62	Williamsburg	1:24:25
Susan Barry, 56	Toano	1:31:36

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*World Class Freedom Run 8K*

*Saturday, October 20, 2018*

*Grand Prix Points*

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**Men Overall**

Roger Hopper, 27	Norfolk	10
Jason Miller, 41	Williamsburg	9
Logan St. John, 24	Newport News	8
Greg Lynn, 44	Hayes	7
Robert Whitaker, 59	Yorktown	6
Paul Pelletier, 53	Williamsburg	5
Isaac Lamprecht, 12	New Kent	4
Chris Novakoski, 36	Chesapeake	3
Patrick Waller, 24	Williamsburg	2
Greg Dawson, 53	Williamsburg	1

**Masters Men 40-and-over**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
Robert Whitaker, 59	Yorktown	3
Paul Pelletier, 53	Williamsburg	2
Greg Dawson, 53	Williamsburg	1

**Men 19-and-under**

Isaac Lamprecht, 12	New Kent	5
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**Men 20-29**

Roger Hopper, 27	Norfolk	5
Logan St. John, 24	Newport News	4
Patrick Waller, 24	Williamsburg	3

**Men 30-39**

Chris Novakoski, 36	Chesapeake	5
Benjamin Kaurich, 30	Newport News	4
Mathew Cheruiyot, 39	Williamsburg	3
Ryan Doupe, 32	Newport News	2
Eric Blittle, 39	Oxford, AL	1

**Men 40-49**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
David Glass, 46	Williamsburg	3
Louis Buttner, 49	Williamsburg	2

**Men 50-59**

Robert Whitaker, 59	Yorktown	5
Paul Pelletier, 53	Williamsburg	4
Greg Dawson, 53	Williamsburg	3
Robert Jean, 53	Williamsburg	2
Jennings Handy, 53	Poquoson	1

**Men 60-69**

Steve Altman, 63	Williamsburg	5
Rick Platt, 68	Williamsburg	4
Jimmy Blount, 68	Williamsburg	3

Robert Read, 64	Williamsburg	2
Robert Curtin, 65	Hampton	1

**Men 70-and-over**

Larry Arata, 74	Williamsburg	5
John Strassberger, 74	Williamsburg	4

**Men Walk**

John Strassberger, 74	Williamsburg	5
Robert Curtin, 65	Hampton	4

**Women Overall**

Emily Honeycutt, 27	Newport News	10
Sorena Jean, 16	Williamsburg	9
Cannon Jean, 13	Williamsburg	8
Norma Phillips, 58	Williamsburg	7
Harriet McCoy, 63	Toano	6
Patricia Travis, 67	Williamsburg	5
Kim Loss, 39	Poquoson	4
Sara Harmon, 36	Kernersville, NC	3
Carol Bryan, 56	Fairfax	2
Shirley Stephens, 61	Williamsburg	1

**Masters Women 40-and-over**

Norma Phillips, 58	Williamsburg	5
Harriet McCoy, 63	Toano	4
Patricia Travis, 67	Williamsburg	3
Carol Bryan, 56	Fairfax	2
Shirley Stephens, 61	Williamsburg	1

**Women 19-and-under**

Sorena Jean, 16	Williamsburg	5
Cannon Jean, 13	Williamsburg	4

**Women 20-29**

Emily Honeycutt, 27	Newport News	5
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**Women 30-39**

Kim Loss, 39	Poquoson	5
Sara Harmon, 36	Kernersville, NC	4
Amber Davis, 32	Poquoson	3

**Women 40-49**

Ginny Handy, 44	Poquoson	5
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**Women 50-59**

Norma Phillips, 58	Williamsburg	5
Carol Bryan, 56	Fairfax	4
Tara Dress, 50	Yorktown	3
Criztina Jean, 50	Williamsburg	2
Linda St. John, 58	Williamsburg	1

**Women 60-69**

Harriet McCoy, 63	Toano	5
Patricia Travis, 67	Williamsburg	4
Shirley Stephens, 61	Williamsburg	3
Cathy Kaurich, 62	Williamsburg	2
Karen Schenck, 64	Ark	1

**Women 70-and-over**

Roswitha Goosens-Winter, 70	Williamsburg	5
Nancy Blount, 72	Williamsburg	4

**Women Walk**

Laura Liechti, 56	Williamsburg	5
Cathy Kaurich, 62	Williamsburg	4
Karen Schenck, 64	Ark	3

*World Class Freedom Run 8K**Saturday, October 20, 2018**Finish Times***Men Overall**

Roger Hopper, 27	Norfolk	27:09
Jason Miller, 41	Williamsburg	30:20
Logan St. John, 24	Newport News	30:40
Greg Lynn, 44	Hayes	30:56
Robert Whitaker, 59	Yorktown	31:10
Paul Pelletier, 53	Williamsburg	31:24
Isaac Lamprecht, 12	New Kent	32:49
Chris Novakoski, 36	Chesapeake	32:51
Patrick Waller, 24	Williamsburg	33:28
Greg Dawson, 53	Williamsburg	33:44

Greg Dawson, 53	Williamsburg	33:44
Robert Jean, 53	Williamsburg	41:00
Jennings Handy, 53	Poquoson	46:50

**Men 60-69**

Steve Altman, 63	Williamsburg	39:31
Rick Platt, 68	Williamsburg	44:01
Jimmy Blount, 68	Williamsburg	45:31
Robert Read, 64	Williamsburg	53:51
Robert Curtin, 65	Hampton	1:14:06

**Masters Men 40-and-over**

Jason Miller, 41	Williamsburg	30:20
Greg Lynn, 44	Hayes	30:56
Robert Whitaker, 59	Yorktown	31:10
Paul Pelletier, 53	Williamsburg	31:24
Greg Dawson, 53	Williamsburg	33:44

**Men 70-and-over**

Larry Arata, 74	Williamsburg	46:04
John Strassberger, 74	Williamsburg	1:00:08

**Men Walk**

John Strassberger, 74	Williamsburg	1:00:08
Robert Curtin, 65	Hampton	1:14:06

**Men 19-and-under**

Isaac Lamprecht, 12	New Kent	32:49
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**Women Overall**

Emily Honeycutt, 27	Newport News	34:09
Sorena Jean, 16	Williamsburg	35:16
Cannon Jean, 13	Williamsburg	40:41
Norma Phillips, 58	Williamsburg	41:42
Harriet McCoy, 63	Toano	45:10
Patricia Travis, 67	Williamsburg	47:46
Kim Loss, 39	Poquoson	49:09
Sara Harmon, 36	Kernersville, NC	49:11
Carol Bryan, 56	Fairfax	49:46
Shirley Stephens, 61	Williamsburg	51:12

**Men 20-29**

Roger Hopper, 27	Norfolk	27:09
Logan St. John, 24	Newport News	30:40
Patrick Waller, 24	Williamsburg	33:28

**Men 30-39**

Chris Novakoski, 36	Chesapeake	32:51
Benjamin Kaurich, 30	Newport News	36:10
Mathew Cheruiyot, 39	Williamsburg	36:35
Ryan Doupe, 32	Newport News	38:37
Eric Blittle, 39	Oxford, AL	43:57

**Men 40-49**

Jason Miller, 41	Williamsburg	30:20
Greg Lynn, 44	Hayes	30:56
David Glass, 46	Williamsburg	41:12
Louis Buttner, 49	Williamsburg	45:17

**Men 50-59**

Robert Whitaker, 59	Yorktown	31:10
Paul Pelletier, 53	Williamsburg	31:24

**Masters Women 40-and-over**

Norma Phillips, 58	Williamsburg	41:42
Harriet McCoy, 63	Toano	45:10
Patricia Travis, 67	Williamsburg	47:46
Carol Bryan, 56	Fairfax	49:46
Shirley Stephens, 61	Williamsburg	51:12

**Women 19-and-under**

Sorena Jean, 16	Williamsburg	35:16
Cannon Jean, 13	Williamsburg	40:41

**Women 20-29**



Emily Honeycutt, 27      Newport News      34:09

**Women 30-39**

Kim Loss, 39      Poquoson      49:09  
Sara Harmon, 36      Kernersville, NC      49:11  
Amber Davis, 32      Poquoson      51:56

**Women 40-49**

Ginny Handy, 44      Poquoson      52:43

**Women 50-59**

Norma Phillips, 58      Williamsburg      41:42  
Carol Bryan, 56      Fairfax      49:46  
Tara Dress, 50      Yorktown      52:30  
Cristina Jean, 50      Williamsburg      52:46  
Linda St. John, 58      Williamsburg      55:02

**Women 60-69**

Harriet McCoy, 63      Toano      45:10  
Patricia Travis, 67      Williamsburg      47:46  
Shirley Stephens, 61      Williamsburg      51:12  
Cathy Kaurich, 62      Williamsburg      1:09:26  
Karen Schenck, 64      Ark      1:13:53

**Women 70-and-over**

Roswitha Goosens-Winter, 70      Williamsburg      54:10  
Nancy Blount, 72      Williamsburg      1:08:00

**Women Walk**

Laura Liechti, 56      Williamsburg      59:24  
Cathy Kaurich, 62      Williamsburg      1:09:26  
Karen Schenck, 64      Ark      1:13:53

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*The Governor's Land Ghoulish 5K Run for the Girls Scouts*

*Saturday, October 27, 2018*

*Grand Prix Points*

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**Men Overall**

Roger Hopper, 27	Norfolk	10
Mike Colaiacovo, 49	Richmond	9
Jason Miller, 41	Williamsburg	8
Ryan Doupe, 32	Newport News	7
Logan St. John, 24	Newport News	6
Robert Whitaker, 59	Yorktown	5
Paul Pelletier, 53	Williamsburg	4
Patrick Waller, 24	Williamsburg	3
Greg Lynn, 44	Hayes	2
Tim Stewart, 49	Williamsburg	1

**Masters Men 40-and-over**

Mike Colaiacovo, 49	Richmond	5
Jason Miller, 41	Williamsburg	4
Robert Whitaker, 59	Yorktown	3
Paul Pelletier, 53	Williamsburg	2
Greg Lynn, 44	Hayes	1

**Men 19-and-under**

William Toth, 14	Williamsburg	5
Glenn Glass, 15	Williamsburg	4
Andrew Stewart, 15	Williamsburg	3
Lorenzo Short, 13	Toano	2
Henry McCullough, 12	Williamsburg	1

**Men 20-29**

Roger Hopper, 27	Norfolk	5
Logan St. John, 24	Newport News	4
Patrick Waller, 24	Williamsburg	3

**Men 30-39**

Ryan Doupe, 32	Newport News	5
Chris Novakoski, 37	Chesapeake	4
Darin Stiefvater, 30	Williamsburg	3
Ben Kaurich, 30	Newport News	2
Morgan Linkenauger, 36	Williamsburg	1

**Men 40-49**

Mike Colaiacovo, 49	Richmond	5
Jason Miller, 41	Williamsburg	4
Greg Lynn, 44	Hayes	3
Tim Stewart, 49	Williamsburg	2
Andy Riley, 40	Toano	1

**Men 50-59**

Robert Whitaker, 59	Yorktown	5
Paul Pelletier, 53	Williamsburg	4
Steve Menzies, 54	Williamsburg	3
Mike Schultz, 50	Newport News	2
Robert Jean, 53	Williamsburg	1

**Men 60-69**

Will Murray, 62	Williamsburg	5
Wyatt Cutchins, 62	Yorktown	4
Chris Abelt, 62	Williamsburg	3
Steve Altman, 63	Williamsburg	2
Scott McCurdy, 65	Carmel, IN	1

**Men 70-and-over**

Ben Dyer, 75	Toano	5
George Deamer, 75	Williamsburg	4
James Borowski, 76	Williamsburg	3
Randy Hawthorne, 73	Williamsburg	2
John Strassberger, 74	Williamsburg	1

**Men Walk**

John Strassberger, 74	Williamsburg	5
Robert Curtin, Jr., 65	Hampton	4
Vijay Singh, 74	Williamsburg	3
Michael Nicoletti, 68	Hampton	2
Robert Friedl, 52	Williamsburg	1

**Women Overall**

Emily Honeycutt, 27	Newport News	10
Julie Myers, 28	Norfolk	9
Karla Havens, 56	Plainview	8
Susan Hagel, 45	Norfolk	7
Carolyn Harrison, 62	Virginia Beach	6
Sorena Jean, 16	Williamsburg	5
Nadia Grant, 9	Williamsburg	4
Sadie Teer, 11	Williamsburg	3
Cannon Jean, 13	Williamsburg	2
Amy Colley, 52	Williamsburg	1

**Masters Women 40-and-over**

Karla Havens, 56	Plainview	5
Susan Hagel, 45	Norfolk	4
Carolyn Harrison, 62	Virginia Beach	3
Amy Colley, 52	Williamsburg	2
Jen Merkel, 49	Williamsburg	1

**Women 19-and-under**

Sorena Jean, 16	Williamsburg	5
Nadia Grant, 9	Williamsburg	4
Sadie Teer, 11	Williamsburg	3
Cannon Jean, 13	Williamsburg	2
Laurel Munger, 16	Hampton	1

**Women 20-29**

Emily Honeycutt, 27	Newport News	5
Julie Myers, 28	Norfolk	4
Anastasia Vassiliou, 29	Williamsburg	3

<b>Women 30-39</b>			Linda St. John, 58	Williamsburg	1
Suzanne Fleming, 30	Newport News	5			
Lauren Linkenauger, 35	Williamsburg	4	<b>Women 60-69</b>		
Marcie Caldwell, 39	Williamsburg	3	Carolyn Harrison, 62	Virginia Beach	5
Terri Leonard, 36	Toano	2	Harriet McCoy, 63	Toano	4
Hazel Doupe, 35	Newport News	1	Patricia Travis, 67	Williamsburg	3
			Shirley Stephens, 61	Williamsburg	2
<b>Women 40-49</b>			Martha Gullo, 65	Williamsburg	1
Susan Hagel, 45	Norfolk	5			
Jen Merkel, 49	Williamsburg	4	<b>Women 70-and-over</b>		
Jeanette Primich, 42	Williamsburg	3	Roswitha Goossens-Winter, 70	Williamsburg	5
Tamara Munger, 47	Hampton	2	Candice Michalik, 71	Williamsburg	4
Jessica Gray, 41	Williamsburg	1			
			<b>Women Walk</b>		
<b>Women 50-59</b>			Laura Liechti, 56	Williamsburg	5
Karla Havens, 56	Plainview	5	Cathy Kaurich, 62	Williamsburg	4
Amy Colley, 52	Williamsburg	4	Carrie Elliott, 47	Williamsburg	3
Jean Johns, 52	Corning, NY	3	Rosalia Logan, 48	Newport News	2
Criztina Jean, 50	Williamsburg	2	Virginia Foster, 66	Williamsburg	1

*The Governor's Land Ghoulish 5K Run for the Girls Scouts*  
*Saturday, October 27, 2018*  
*Finish Times*

<b>Men Overall</b>			Ryan Doupe, 32	Newport News	18:12
Roger Hopper, 27	Norfolk	16:50	Chris Novakoski, 37	Chesapeake	20:08
Mike Colaiacovo, 49	Richmond	17:30	Darin Stiefvater, 30	Williamsburg	20:50
Jason Miller, 41	Williamsburg	18:07	Ben Kaurich, 30	Newport News	21:04
Ryan Doupe, 32	Newport News	18:12	Morgan Linkenauger, 36	Williamsburg	23:16
Logan St. John, 24	Newport News	18:33			
Robert Whitaker, 59	Yorktown	18:47	<b>Men 40-49</b>		
Paul Pelletier, 53	Williamsburg	18:51	Mike Colaiacovo, 49	Richmond	17:30
Patrick Waller, 24	Williamsburg	18:58	Jason Miller, 41	Williamsburg	18:07
Greg Lynn, 44	Hayes	19:07	Greg Lynn, 44	Hayes	19:07
Tim Stewart, 49	Williamsburg	19:35	Tim Stewart, 49	Williamsburg	19:35
			Andy Riley, 40	Toano	20:03
<b>Masters Men 40-and-over</b>			<b>Men 50-59</b>		
Mike Colaiacovo, 49	Richmond	17:30	Robert Whitaker, 59	Yorktown	18:47
Jason Miller, 41	Williamsburg	18:07	Paul Pelletier, 53	Williamsburg	18:51
Robert Whitaker, 59	Yorktown	18:47	Steve Menzies, 54	Williamsburg	20:23
Paul Pelletier, 53	Williamsburg	18:51	Mike Schultz, 50	Newport News	23:19
Greg Lynn, 44	Hayes	19:07	Robert Jean, 53	Williamsburg	24:04
<b>Men 19-and-under</b>			<b>Men 60-69</b>		
William Toth, 14	Williamsburg	19:44	Will Murray, 62	Williamsburg	21:06
Glenn Glass, 15	Williamsburg	19:45	Wyatt Cutchins, 62	Yorktown	22:20
Andrew Stewart, 15	Williamsburg	19:47	Chris Abelt, 62	Williamsburg	22:27
Lorenzo Short, 13	Toano	21:59	Steve Altman, 63	Williamsburg	23:16
Henry McCullough, 12	Williamsburg	23:11	Scott McCurdy, 65	Carmel, IN	23:35
<b>Men 20-29</b>			<b>Men 70-and-over</b>		
Roger Hopper, 27	Norfolk	16:50	Ben Dyer, 75	Toano	24:03
Logan St. John, 24	Newport News	18:33	George Deamer, 75	Williamsburg	28:22
Patrick Waller, 24	Williamsburg	18:58	James Borowski, 76	Williamsburg	29:00
<b>Men 30-39</b>			Randy Hawthorne, 73	Williamsburg	31:39

John Strassberger, 74 Williamsburg 37:42

### Men Walk

John Strassberger, 74 Williamsburg 37:42  
Robert Curtin, Jr., 65 Hampton 43:13  
Vijay Singh, 74 Williamsburg 45:08  
Michael Nicoletti, 68 Hampton 48:04  
Robert Friedl, 52 Williamsburg 50:51

### Women Overall

Emily Honeycutt, 27 Newport News 21:03  
Julie Myers, 28 Norfolk 22:25  
Karla Havens, 56 Plainview 22:47  
Susan Hagel, 45 Norfolk 23:30  
Carolyn Harrison, 62 Virginia Beach 24:14  
Sorena Jean, 16 Williamsburg 25:00  
Nadia Grant, 9 Williamsburg 25:08  
Sadie Teer, 11 Williamsburg 25:13  
Cannon Jean, 13 Williamsburg 25:14  
Amy Colley, 52 Williamsburg 25:57

### Masters Women 40-and-over

Karla Havens, 56 Plainview 22:47  
Susan Hagel, 45 Norfolk 23:30  
Carolyn Harrison, 62 Virginia Beach 24:14  
Amy Colley, 52 Williamsburg 25:57  
Jen Merkel, 49 Williamsburg 26:06

### Women 19-and-under

Sorena Jean, 16 Williamsburg 25:00  
Nadia Grant, 9 Williamsburg 25:08  
Sadie Teer, 11 Williamsburg 25:13  
Cannon Jean, 13 Williamsburg 25:14  
Laurel Munger, 16 Hampton 29:03

### Women 20-29

Emily Honeycutt, 27 Newport News 21:03  
Julie Myers, 28 Norfolk 22:25  
Anastasia Vassiliou, 29 Williamsburg 37:05

### Women 30-39

Suzanne Fleming, 30 Newport News 28:06  
Lauren Linkenauger, 35 Williamsburg 28:20  
Marcie Caldwell, 39 Williamsburg 29:12  
Terri Leonard, 36 Toano 29:26  
Hazel Doupe, 35 Newport News 33:17

### Women 40-49

Susan Hagel, 45 Norfolk 23:30  
Jen Merkel, 49 Williamsburg 26:06  
Jeanette Primich, 42 Williamsburg 26:43  
Tamara Munger, 47 Hampton 32:42  
Jessica Gray, 41 Williamsburg 33:51

### Women 50-59

Karla Havens, 56 Plainview 22:47  
Amy Colley, 52 Williamsburg 25:57  
Jean Johns, 52 Corning, NY 29:52  
Cristina Jean, 50 Williamsburg 30:54  
Linda St. John, 58 Williamsburg 32:33

### Women 60-69

Carolyn Harrison, 62 Virginia Beach 24:14  
Harriet McCoy, 63 Toano 26:38  
Patricia Travis, 67 Williamsburg 28:29  
Shirley Stephens, 61 Williamsburg 29:07  
Martha Gullo, 65 Williamsburg 30:29

### Women 70-and-over

Roswitha Goossens-Winter, 70 Williamsburg 31:15  
Candice Michalik, 71 Williamsburg 34:04

### Women Walk

Laura Liechti, 56 Williamsburg 36:29  
Cathy Kaurich, 62 Williamsburg 41:36  
Carrie Elliott, 47 Williamsburg 41:45  
Rosalia Logan, 48 Newport News 48:03  
Virginia Foster, 66 Williamsburg 50:53

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*Knights Quest Warhill 8K Run**Saturday, November 17, 2018**Grand Prix Points*

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**Men Overall**

Victor Flemming, 39	Carrollton	10
Andrew Osborne, 24	Yorktown	9
Logan St. John, 24	Newport News	8
John Piggott, 53	Williamsburg	7
Jason Miller, 41	Williamsburg	6
Greg Lynn, 44	Hayes	5
Paul Pelletier, 53	Williamsburg	4
Chris Novakoski, 37	Chesapeake	3
Ryan Houlihan, 16	Carrollton	2
Greg Dawson, 53	Williamsburg	1

**Masters Men 40-and-over**

John Piggott, 53	Williamsburg	5
Jason Miller, 41	Williamsburg	4
Greg Lynn, 44	Hayes	3
Paul Pelletier, 53	Williamsburg	2
Greg Dawson, 53	Williamsburg	1

**Men 19-and-under**

Ryan Houlihan, 16	Carrollton	5
Johnathan Mummert, 13	Yorktown	4
Cameron Sprott, 16	Hampton	3
Michael Cheney, 18	Newport News	2

**Men 20-29**

Andrew Osborne, 24	Yorktown	5
Logan St. John, 24	Newport News	4

**Men 30-39**

Victor Flemming, 39	Carrollton	5
Chris Novakoski, 37	Chesapeake	4
Timothy Decker, 37	Williamsburg	3
Benjamin Kaurich, 30	Newport News	2
Mike Pilola, 37	Yorktown	1

**Men 40-49**

Jason Miller, 41	Williamsburg	5
Greg Lynn, 44	Hayes	4
David Anderson, 49	Williamsburg	3
Brian Monbeck, 40	Fort Eustis	2
John Gragg, 46	Portsmouth	1

**Men 50-59**

John Piggott, 53	Williamsburg	5
Paul Pelletier, 53	Williamsburg	4
Greg Dawson, 53	Williamsburg	3
Robert Jean, 54	Williamsburg	2
Tim O'Dell, 52	Toano	1

**Men 60-69**

Chris Abelt, 62	Williamsburg	5
Steve Altman, 63	Williamsburg	4
Jim Gullo, 64	Williamsburg	3
Ed Irish, 68	Williamsburg	2
Thomas Daley, 67	Virginia Beach	1

**Men 70-and-over**

Larry Arata, 74	Williamsburg	5
John Lunsford, 73	Newport News	4
Randy Hawthorne, 73	Williamsburg	3
John Strassberger, 74	Williamsburg	2
Ernest Schillinger, 87	Williamsburg	1

**Men Walk**

John Strassberger, 74	Williamsburg	5
Bob Curtin, 65	Hampton	4

**Women Overall**

Sorena Jean, 16	Williamsburg	10
Emily Honeycutt, 27	Newport News	9
Kim Decker, 37	Williamsburg	8
Karla Havens, 56	Plainview	7
Candace Pomozzi, 30	Lompoc, CA	6
Suzann Kiese, 33	Colonial Heights	5
Cannon Jean, 13	Williamsburg	4
Jessica Anderson, 37	Williamsburg	3
Sharon Hyland, 40	Newport News	2
Carol Grantz, 52	Portsmouth	1

**Masters Women 40-and-over**

Karla Havens, 56	Plainview	5
Sharon Hyland, 40	Newport News	4
Carol Grantz, 52	Portsmouth	3
Shirley Stephens, 62	Williamsburg	2
Harriet McCoy, 63	Toano	1

**Women 19-and-under**

Sorena Jean, 16	Williamsburg	5
Cannon Jean, 13	Williamsburg	4

**Women 20-29**

Emily Honeycutt, 27	Newport News	5
Emma Shingledecker, 24	Yorktown	4

**Women 30-39**

Kim Decker, 37	Williamsburg	5
Candace Pomozzi, 30	Lompoc, CA	4
Suzann Kiese, 33	Colonial Heights	3
Jessica Anderson, 37	Williamsburg	2
Maura Rust, 39	Poquoson	1

**Women 40-49**

Sharon Hyland, 40	Newport News	5
Holly Cunningham, 42	Newport News	4
Melissa Tucker, 40	Newport News	3
Shaylyn Baker, 40	Suffolk	2

**Women 50-59**

Karla Havens, 56	Plainview	5
Carol Grantz, 52	Portsmouth	4
Linda St. John, 58	Williamsburg	3
Cristina Jean, 50	Williamsburg	2

**Women 60-69**

Shirley Stephens, 62	Williamsburg	5
Harriet McCoy, 63	Toano	4
Martha Gullo, 65	Williamsburg	3
Cathy Kaurich, 62	Williamsburg	2

**Women 70-and-over**

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

Cathy Kaurich, 62	Williamsburg	5
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*Knights Quest Warhill 8K Run**Saturday, November 17, 2018**Finish Times***Men Overall**

Victor Flemming, 39	Carrollton	27:46
Andrew Osborne, 24	Yorktown	28:15
Logan St. John, 24	Newport News	30:46
John Piggott, 53	Williamsburg	30:58
Jason Miller, 41	Williamsburg	31:15
Greg Lynn, 44	Hayes	31:45
Paul Pelletier, 53	Williamsburg	32:15
Chris Novakoski, 37	Chesapeake	33:13
Ryan Houlihan, 16	Carrollton	33:41
Greg Dawson, 53	Williamsburg	34:51

**Masters Men 40-and-over**

John Piggott, 53	Williamsburg	30:58
Jason Miller, 41	Williamsburg	31:15
Greg Lynn, 44	Hayes	31:45
Paul Pelletier, 53	Williamsburg	32:15
Greg Dawson, 53	Williamsburg	34:51

**Men 19-and-under**

Ryan Houlihan, 16	Carrollton	33:41
Johnathan Mummert, 13	Yorktown	34:58
Cameron Sprott, 16	Hampton	39:20
Michael Cheney, 18	Newport News	41:06

**Men 20-29**

Andrew Osborne, 24	Yorktown	28:15
Logan St. John, 24	Newport News	30:46

**Men 30-39**

Victor Flemming, 39	Carrollton	27:46
Chris Novakoski, 37	Chesapeake	33:13
Timothy Decker, 37	Williamsburg	35:14
Benjamin Kaurich, 30	Newport News	37:20
Mike Pilola, 37	Yorktown	37:33

**Men 40-49**

Jason Miller, 41	Williamsburg	31:15
Greg Lynn, 44	Hayes	31:45
David Anderson, 49	Williamsburg	35:04

Brian Monbeck, 40	Fort Eustis	38:18
John Gragg, 46	Portsmouth	43:46

**Men 50-59**

John Piggott, 53	Williamsburg	30:58
Paul Pelletier, 53	Williamsburg	32:15
Greg Dawson, 53	Williamsburg	34:51
Robert Jean, 54	Williamsburg	41:05
Tim O'Dell, 52	Toano	43:12

**Men 60-69**

Chris Abelt, 62	Williamsburg	39:06
Steve Altman, 63	Williamsburg	41:36
Jim Gullo, 64	Williamsburg	42:50
Ed Irish, 68	Williamsburg	47:15
Thomas Daley, 67	Virginia Beach	55:03

**Men 70-and-over**

Larry Arata, 74	Williamsburg	47:47
John Lunsford, 73	Newport News	49:23
Randy Hawthorne, 73	Williamsburg	51:48
John Strassberger, 74	Williamsburg	1:02:02
Ernest Schillinger, 87	Williamsburg	1:06:25

**Men Walk**

John Strassberger, 74	Williamsburg	1:02:02
Bob Curtin, 65	Hampton	1:15:21

**Women Overall**

Sorena Jean, 16	Williamsburg	35:34
Emily Honeycutt, 27	Newport News	36:10
Kim Decker, 37	Williamsburg	37:33
Karla Havens, 56	Plainview	38:44
Candace Pomozzi, 30	Lompoc, CA	40:01
Suzann Kiese, 33	Colonial Heights	40:08
Cannon Jean, 13	Williamsburg	40:29
Jessica Anderson, 37	Williamsburg	41:52
Sharon Hyland, 40	Newport News	45:55
Carol Grantz, 52	Portsmouth	47:32

**Masters Women 40-and-over**

Karla Havens, 56	Plainview	38:44
Sharon Hyland, 40	Newport News	45:55
Carol Grantz, 52	Portsmouth	47:32
Shirley Stephens, 62	Williamsburg	49:24
Harriet McCoy, 63	Toano	50:23

**Women 19-and-under**

Sorena Jean, 16	Williamsburg	35:34
Cannon Jean, 13	Williamsburg	40:29

**Women 20-29**

Emily Honeycutt, 27	Newport News	36:10
Emma Shingledecker, 24	Yorktown	49:39

**Women 30-39**

Kim Decker, 37	Williamsburg	37:33
Candace Pomozzi, 30	Lompoc, CA	40:01
Suzann Kiese, 33	Colonial Heights	40:08
Jessica Anderson, 37	Williamsburg	41:52
Maura Rust, 39	Poquoson	48:42

**Women 40-49**

Sharon Hyland, 40	Newport News	45:55
Holly Cunningham, 42	Newport News	53:15
Melissa Tucker, 40	Newport News	1:02:32
Shaylyn Baker, 40	Suffolk	1:07:04

**Women 50-59**

Karla Havens, 56	Plainview	38:44
Carol Grantz, 52	Portsmouth	47:32
Linda St. John, 58	Williamsburg	56:06
Critzina Jean, 50	Williamsburg	58:41

**Women 60-69**

Shirley Stephens, 62	Williamsburg	49:24
Harriet McCoy, 63	Toano	50:23
Martha Gullo, 65	Williamsburg	52:00
Cathy Kaurich, 62	Williamsburg	1:09:20

**Women 70-and-over**

Roswitha Goossens-Winter, 70	Williamsburg	54:07
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**Women Walk**

Cathy Kaurich, 62	Williamsburg	1:09:20
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*Christmas Town Dash 8K Run*

*Sunday, December 2, 2018*

*Grand Prix Points*

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**Men Overall**

Roger Hopper, 27	Norfolk	10
Victor Flemming, 39	Carrollton	9
Andrew Osborne, 24	Yorktown	8
Jason Bridges, 35	Williamsburg	7
Zachary Sturm, 16	Yorktown	6
Matt Joosse, 38	Williamsburg	5
Paul Glass, 17	Williamsburg	4
Logan St. John, 24	Newport News	3
Jacob Lohr, 16	Williamsburg	2
Jason Miller, 41	Williamsburg	1

**Masters Men 40-and-over**

Jason Miller, 41	Williamsburg	5
John Piggott, 53	Williamsburg	4
Toby Worm, 45	Smithfield	3
Paul Pelletier, 53	Williamsburg	2
Greg Lynn, 44	Hayes	1

**Men 19-and-under**

Zachary Sturm, 16	Yorktown	5
Paul Glass, 17	Williamsburg	4
Jacob Lohr, 16	Williamsburg	3
Gabriel Bollhorst, 17	West Point	2
Cameron Stearns, 15	Hudgins	1

**Men 20-29**

Roger Hopper, 27	Norfolk	5
Andrew Osborne, 24	Yorktown	4
Logan St. John, 24	Newport News	3
Jordan Freking, 28	Newport News	2
Sean Flanagan, 29	Greer, SC	1

**Men 30-39**

Victor Flemming, 39	Carrollton	5
Jason Bridges, 35	Williamsburg	4
Matt Joosse, 38	Williamsburg	3
Jonathan Hilzinger, 30	Norfolk	2
Scott Reznick, 37	Boston, MA	1

**Men 40-49**

Jason Miller, 41	Williamsburg	5
Toby Worm, 45	Smithfield	4
Greg Lynn, 44	Hayes	3
Howie Hodapp, 41	Virginia Beach	2
Michael Leech, 41	Newport News	1

**Men 50-59**

John Piggott, 53	Williamsburg	5
Paul Pelletier, 53	Williamsburg	4
Gregory Dawson, 53	Williamsburg	3

Timothy Collins, 57	Williamsburg	2
Rodney Ragin, 53	Richmond	1

**Men 60-69**

Michael Brown, 61	Gales Ferry, CT	5
Ricky Davis, 60	Greenville, NC	4
Timothy Westfall, 60	Norfolk	3
Chris Abelt, 62	Williamsburg	2
Cecil Salyer, 62	Portsmouth	1

**Men 70-and-over**

Steve Tyndall, 71	Yorktown	5
Ben Dyer, 75	Toano	4
Randy Hawthorne, 73	Williamsburg	3
Raymond Stallings, 70	Yorktown	2
Stephen Scudder, 70	Virginia Beach	1

**Men Walk**

Dwight Kane, 65	Chesapeake	5
Gregory Eby, 61	Newport News	4
Jim Goggin, 65	Williamsburg	3
Bob Curtin, 66	Hampton	2
Dennis Keyes, 38	Newport News	1

**Women Overall**

Kasandra Aulenbach, 17	Yorktown	10
Sorena Jean, 16	Williamsburg	9
Alison Valrey, 37	Hampton	8
Rachael Bandy, 26	Falls Church	7
Kari Tallent, 36	Portsmouth	6
Holly Bugin, 39	New Kent	5
Kellie Dowling, 27	Fort Monroe	4
Emily Honeycutt, 27	Newport News	3
Erin Wreski, 41	Virginia Beach	2
Amanda Ward, 34	Hardyville	1

**Masters Women 40-and-over**

Erin Wreski, 41	Virginia Beach	5
Debbie Goodpasture, 49	Midlothian	4
Tamara Pelletier, 44	Yorktown	3
Maura Marcella, 48	Yorktown	2
Mary Jo Bailey, 57	Williamsburg	1

**Women 19-and-under**

Kasandra Aulenbach, 17	Yorktown	5
Sorena Jean, 16	Williamsburg	4
Cannon Jean, 14	Williamsburg	3
Faith Lohr, 14	Williamsburg	2
Taylor Stutt, 17	Williamsburg	1

**Women 20-29**



Rachael Bandy, 26	Falls Church	5	Paula Henry, 58	Yorktown	2
Kellie Dowling, 27	Fort Monroe	4	Pamela Chevrier, 53	Windemere, FL	1
Emily Honeycutt, 27	Newport News	3			
Svetlana Goncharova, 20	Williamsburg	2	<b>Women 60-69</b>		
Liz Huggin, 27	Poquoson	1	Patricia Thurman, 61	Virginia Beach	5
			Amanda Moody, 65	Chester	4
<b>Women 30-39</b>			Jackie Ahlsted, 65	Suffolk	3
Alison Valrey, 37	Hampton	5	Patricia Travis, 67	Williamsburg	2
Kari Tallent, 36	Portsmouth	4	Shannon Martin, 66	Williamsburg	1
Holly Bugin, 39	New Kent	3			
Amanda Ward, 34	Hardyville	2	<b>Women 70-and-over</b>		
Kirsten Burwell, 31	Virginia Beach	1	Roswitha Goossens-Winter, 70	Williamsburg	5
			Bunny Majcher, 71	Newport News	4
<b>Women 40-49</b>			Barbara Gay, 74	Williamsburg	3
Erin Wreski, 41	Virginia Beach	5	Joann Zacharchuk, 71	Yorktown	2
Debbie Goodpasture, 49	Midlothian	4	Linda Phillips, 81	Midlothian	1
Tamara Pelletier, 44	Yorktown	3			
Maura Marcella, 48	Yorktown	2	<b>Women Walk</b>		
Laura Nunziata, 43	Suffolk	1	Laura Scott, 53	Poquoson	5
			Maureen Ventrice, 53	Virginia Beach	4
<b>Women 50-59</b>			Lori Sherwood, 54	Portsmouth	3
Mary Jo Bailey, 57	Williamsburg	5	Cathy Kaurich, 62	Williamsburg	2
Janina Lewis, 53	Glen Allen	4	Kathleen McDonald, 58	Poquoson	1
Rose Brogan, 53	Palmyra	3			

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*Christmas Town Dash 8K Run*

*Sunday, December 2, 2018*

*Finish Times*

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<b>Men Overall</b>			Roger Hopper, 27	Norfolk	27:37
Roger Hopper, 27	Norfolk	27:37	Andrew Osborne, 24	Yorktown	28:16
Victor Flemming, 39	Carrollton	28:00	Logan St. John, 24	Newport News	30:49
Andrew Osborne, 24	Yorktown	28:16	Jordan Freking, 28	Newport News	31:35
Jason Bridges, 35	Williamsburg	28:44	Sean Flanagan, 29	Greer, SC	33:32
Zachary Sturm, 16	Yorktown	29:49			
Matt Joosse, 38	Williamsburg	30:17	<b>Men 30-39</b>		
Paul Glass, 17	Williamsburg	30:25	Victor Flemming, 39	Carrollton	28:00
Logan St. John, 24	Newport News	30:49	Jason Bridges, 35	Williamsburg	28:44
Jacob Lohr, 16	Williamsburg	30:56	Matt Joosse, 38	Williamsburg	30:17
Jason Miller, 41	Williamsburg	31:10	Jonathan Hilzinger, 30	Norfolk	32:43
			Scott Reznick, 37	Boston, MA	33:38
<b>Masters Men 40-and-over</b>					
Jason Miller, 41	Williamsburg	31:10	<b>Men 40-49</b>		
John Piggott, 53	Williamsburg	31:18	Jason Miller, 41	Williamsburg	31:10
Toby Worm, 45	Smithfield	31:30	Toby Worm, 45	Smithfield	31:30
Paul Pelletier, 53	Williamsburg	31:37	Greg Lynn, 44	Hayes	31:40
Greg Lynn, 44	Hayes	31:40	Howie Hodapp, 41	Virginia Beach	31:55
			Michael Leech, 41	Newport News	32:19
<b>Men 19-and-under</b>					
Zachary Sturm, 16	Yorktown	29:49	<b>Men 50-59</b>		
Paul Glass, 17	Williamsburg	30:25	John Piggott, 53	Williamsburg	31:18
Jacob Lohr, 16	Williamsburg	30:56	Paul Pelletier, 53	Williamsburg	31:37
Gabriel Bollhorst, 17	West Point	31:48	Gregory Dawson, 53	Williamsburg	33:03
Cameron Stearns, 15	Hudgins	31:57	Timothy Collins, 57	Williamsburg	34:17
			Rodney Ragin, 53	Richmond	36:48
<b>Men 20-29</b>					

**Men 60-69**

Michael Brown, 61	Gales Ferry, CT	35:30
Ricky Davis, 60	Greenville, NC	36:48
Timothy Westfall, 60	Norfolk	37:12
Chris Abelt, 62	Williamsburg	39:12
Cecil Salyer, 62	Portsmouth	40:13

**Men 70-and-over**

Steve Tyndall, 71	Yorktown	40:21
Ben Dyer, 75	Toano	41:17
Randy Hawthorne, 73	Williamsburg	52:15
Raymond Stallings, 70	Yorktown	1:06:44
Stephen Scudder, 70	Virginia Beach	1:07:34

**Men Walk**

Dwight Kane, 65	Chesapeake	1:05:12
Gregory Eby, 61	Newport News	1:05:35
Jim Goggin, 65	Williamsburg	1:14:14
Bob Curtin, 66	Hampton	1:17:10
Dennis Keyes, 38	Newport News	1:31:33

**Women Overall**

Kasandra Aulenbach, 17	Yorktown	32:45
Sorena Jean, 16	Williamsburg	33:46
Alison Valrey, 37	Hampton	34:09
Rachael Bandy, 26	Falls Church	34:44
Kari Tallent, 36	Portsmouth	34:57
Holly Bugin, 39	New Kent	35:03
Kellie Dowling, 27	Fort Monroe	36:04
Emily Honeycutt, 27	Newport News	36:09
Erin Wreski, 41	Virginia Beach	36:11
Amanda Ward, 34	Hardyville	36:19

**Masters Women 40-and-over**

Erin Wreski, 41	Virginia Beach	36:11
Debbie Goodpasture, 49	Midlothian	36:53
Tamara Pelletier, 44	Yorktown	37:22
Maura Marcella, 48	Yorktown	39:33
Mary Jo Bailey, 57	Williamsburg	39:52

**Women 19-and-under**

Kasandra Aulenbach, 17	Yorktown	32:45
Sorena Jean, 16	Williamsburg	33:46
Cannon Jean, 14	Williamsburg	37:24
Faith Lohr, 14	Williamsburg	38:19
Taylor Stutt, 17	Williamsburg	39:44

**Women 20-29**

Rachael Bandy, 26	Falls Church	34:44
Kellie Dowling, 27	Fort Monroe	36:04
Emily Honeycutt, 27	Newport News	36:09
Svetlana Goncharova, 20	Williamsburg	37:46
Liz Huggin, 27	Poquoson	38:37

**Women 30-39**

Alison Valrey, 37	Hampton	34:09
Kari Tallent, 36	Portsmouth	34:57
Holly Bugin, 39	New Kent	35:03
Amanda Ward, 34	Hardyville	36:19
Kirsten Burwell, 31	Virginia Beach	36:36

**Women 40-49**

Erin Wreski, 41	Virginia Beach	36:11
Debbie Goodpasture, 49	Midlothian	36:53
Tamara Pelletier, 44	Yorktown	37:22
Maura Marcella, 48	Yorktown	39:33
Laura Nunziata, 43	Suffolk	40:52

**Women 50-59**

Mary Jo Bailey, 57	Williamsburg	39:52
Janina Lewis, 53	Glen Allen	40:08
Rose Brogan, 53	Palmyra	40:15
Paula Henry, 58	Yorktown	40:45
Pamela Chevrier, 53	Windemere, FL	41:01

**Women 60-69**

Patricia Thurman, 61	Virginia Beach	48:07
Amanda Moody, 65	Chester	49:19
Jackie Ahlsted, 65	Suffolk	50:05
Patricia Travis, 67	Williamsburg	50:12
Shannon Martin, 66	Williamsburg	50:22

**Women 70-and-over**

Roswitha Goossens-Winter, 70	Williamsburg	56:08
Bunny Majcher, 71	Newport News	1:22:36
Barbara Gay, 74	Williamsburg	1:24:22
Joann Zacharchuk, 71	Yorktown	1:29:16
Linda Phillips, 81	Midlothian	1:35:50

**Women Walk**

Laura Scott, 53	Poquoson	1:00:28
Maureen Ventrice, 53	Virginia Beach	1:06:59
Lori Sherwood, 54	Portsmouth	1:07:00
Cathy Kaurich, 62	Williamsburg	1:08:26
Kathleen McDonald, 58	Poquoson	1:13:31

*Sentara Sleighbell 5K Run*  
*Saturday, December 8, 2018*  
*Grand Prix Points*

**Men Overall**

Logan St. John, 24	Newport News	10
Jonathan Torres, 28	Newport News	9
Greg Lynn, 44	Hayes	8
Jake Falcone, 13	Williamsburg	7
Paul Pelletier, 53	Williamsburg	6
William Toth, 14	Williamsburg	5
Greg Dawson, 53	Williamsburg	4
Glenn Glass, 15	Williamsburg	3
Brian McManus, 23	Williamsburg	2
Peter Grabowski, 36	Toano	1

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

Greg Lynn, 44	Hayes	5
Paul Pelletier, 53	Williamsburg	4
Greg Dawson, 53	Williamsburg	3
Jim Thornton, 64	Toano	2
Daniel Ballin, 47	Williamsburg	1

**Men 19-and-under**

Jake Falcone, 13	Williamsburg	5
William Toth, 14	Williamsburg	4
Glenn Glass, 15	Williamsburg	3
Lennon Newson, 15	Williamsburg	2
Carter Thrash, 14	Williamsburg	1

**Men 20-29**

Logan St. John, 24	Newport News	5
Jonathan Torres, 28	Newport News	4
Brian McManus, 23	Williamsburg	3
Derek Cook, 27	Williamsburg	2
Taytem Riley, 26	Williamsburg	1

**Men 30-39**

Peter Grabowski, 36	Toano	5
Benjamin Kaurich, 30	Newport News	4
Adam Matheson, 39	Williamsburg	3
Anthony Farah, 37	Williamsburg	2
Blake Toepke, 39	Williamsburg	1

**Men 40-49**

Greg Lynn, 44	Hayes	5
Daniel Ballin, 47	Williamsburg	4
Bryan Dollyhigh, 43	Toano	3
Brian Monbeck, 41	Fort Eustis	2
Steven Short, 44	Toano	1

**Men 50-59**

Paul Pelletier, 53	Williamsburg	5
Greg Dawson, 53	Williamsburg	4
Steven Mulroy, 56	Midlothian	3
Larry Golub, 57	Williamsburg	2
Steve Sheffler, 57	Williamsburg	1

**Men 60-69**

Jim Thornton, 64	Toano	5
Bob Becker, 67	Midlothian	4
Chris Abelt, 62	Williamsburg	3
Steve Altman, 63	Williamsburg	2
Tom Robinson, 60	Williamsburg	1

**Men 70-and-over**

Ben Dyer, 75	Toano	5
William Moore, 72	Williamsburg	4
Larry Arata, 74	Williamsburg	3
Hector Olaya, 73	Newport News	2
Jack Espinal, 74	Williamsburg	1

**Men Walk**

Jim Winthrop, 62	Williamsburg	5
John Strassberger, 74	Williamsburg	4
George Fenigsohn, 71	Poquoson	3
Joe Cecelic, 55	Williamsburg	2
Jim Goggin, 65	Williamsburg	1

**Women Overall**

Sorena Jean, 16	Williamsburg	10
Meghan Mulroy, 24	Midlothian	9
Emily Honeycutt, 27	Newport News	8
Michelle Ballin, 36	Williamsburg	7
Annie Gilbride, 51	Providence Forge	6
Svetlana Goncharova, 20	Williamsburg	5
Cannon Jean, 14	Williamsburg	4
Karla Havens, 56	Plainview	3
Astrid Howell, 42	Williamsburg	2
Jessica Gilligan, 37	Williamsburg	1

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

Annie Gilbride, 51	Providence Forge	5
Karla Havens, 56	Plainview	4
Astrid Howell, 42	Williamsburg	3
Pamela Chevrier, 53	Windemere, FL	2
Beth Berry, 48	Toano	1

**Women 19-and-under**

Sorena Jean, 16	Williamsburg	5
Cannon Jean, 14	Williamsburg	4
Rosie Gilbride, 14	Providence Forge	3
Jole Cooke, 10	Williamsburg	2
Madison Johnson, 11	Quinton	1

**Women 20-29**

Meghan Mulroy, 24	Midlothian	5
Emily Honeycutt, 27	Newport News	4
Svetlana Goncharova, 20	Williamsburg	3
Carly Crockett, 25	Hampton	2
Olivia Keck, 22	Williamsburg	1

**Women 30-39**

Michelle Ballin, 36	Williamsburg	5
Jessica Gilligan, 37	Williamsburg	4
Lindsay Newell, 38	Mathews	3
Ashley Milks, 32	Providence Forge	2
Elizabeth Orlando, 30	Keysville	1

**Women 40-49**

Astrid Howell, 42	Williamsburg	5
Beth Berry, 48	Toano	4
Erin Darcy, 49	Williamsburg	3
Robin Gemerek, 42	Williamsburg	2
Daphne Papaefthimiou, 42	Toano	1

**Women 50-59**

Annie Gilbride, 51	Providence Forge	5
Karla Havens, 56	Plainview	4
Pamela Chevrier, 53	Windemere, FL	3
Norma Phillips, 58	Williamsburg	2
Deelyn Robinson, 53	Williamsburg	1

**Women 60-69**

Mary Lou O'Halloran, 60	Williamsburg	5
Patricia Travis, 67	Williamsburg	4
Shirley Stephens, 62	Williamsburg	3
Martha Gullo, 65	Williamsburg	2
Donna Dowling, 68	Weems	1

**Women 70-and-over**

Candice Michalik, 71	Williamsburg	5
Robin Jorlett, 75	Newport News	4
Nancy Blount, 72	Williamsburg	3
Sandra Holshouser, 78	Williamsburg	2
Tricia Byrne, 72	Williamsburg	1

**Women Walk**

Laura Liechti, 57	Williamsburg	5
Cathy Kaurich, 62	Williamsburg	4
Jocelyn Lamprecht, 13	New Kent	3
Nancy Byrd, 64	Toano	2
Laura Urban, 39	Williamsburg	1

*Sentara Sleighbell 5K Run*  
*Saturday, December 8, 2018*  
*Finish Times*

**Men Overall**

Logan St. John, 24	Newport News	17:41
Jonathan Torres, 28	Newport News	18:23
Greg Lynn, 44	Hayes	18:23
Jake Falcone, 13	Williamsburg	18:32
Paul Pelletier, 53	Williamsburg	18:43
William Toth, 14	Williamsburg	18:53
Greg Dawson, 53	Williamsburg	19:02
Glenn Glass, 15	Williamsburg	19:11
Brian McManus, 23	Williamsburg	19:25
Peter Grabowski, 36	Toano	19:56

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

Greg Lynn, 44	Hayes	18:23
Paul Pelletier, 53	Williamsburg	18:43
Greg Dawson, 53	Williamsburg	19:02
Jim Thornton, 64	Toano	20:20
Daniel Ballin, 47	Williamsburg	20:30

**Men 19-and-under**

Jake Falcone, 13	Williamsburg	18:32
William Toth, 14	Williamsburg	18:53
Glenn Glass, 15	Williamsburg	19:11

Lennon Newson, 15	Williamsburg	20:11
Carter Thrash, 14	Williamsburg	20:26

**Men 20-29**

Logan St. John, 24	Newport News	17:41
Jonathan Torres, 28	Newport News	18:23
Brian McManus, 23	Williamsburg	19:25
Derek Cook, 27	Williamsburg	21:56
Taytem Riley, 26	Williamsburg	23:26

**Men 30-39**

Peter Grabowski, 36	Toano	19:56
Benjamin Kaurich, 30	Newport News	20:57
Adam Matheson, 39	Williamsburg	21:30
Anthony Farah, 37	Williamsburg	23:38
Blake Toepke, 39	Williamsburg	23:51

**Men 40-49**

Greg Lynn, 44	Hayes	18:23
Daniel Ballin, 47	Williamsburg	20:30
Bryan Dollyhigh, 43	Toano	20:35
Brian Monbeck, 41	Fort Eustis	21:09
Steven Short, 44	Toano	21:30

**Men 50-59**

Paul Pelletier, 53	Williamsburg	18:43
Greg Dawson, 53	Williamsburg	19:02
Steven Mulroy, 56	Midlothian	21:30
Larry Golub, 57	Williamsburg	22:25
Steve Sheffler, 57	Williamsburg	22:59

**Men 60-69**

Jim Thornton, 64	Toano	20:20
Bob Becker, 67	Midlothian	21:11
Chris Abelt, 62	Williamsburg	22:30
Steve Altman, 63	Williamsburg	23:00
Tom Robinson, 60	Williamsburg	23:22

**Men 70-and-over**

Ben Dyer, 75	Toano	23:19
William Moore, 72	Williamsburg	25:10
Larry Arata, 74	Williamsburg	26:28
Hector Olaya, 73	Newport News	28:03
Jack Espinal, 74	Williamsburg	28:55

**Men Walk**

Jim Winthrop, 62	Williamsburg	36:55
John Strassberger, 74	Williamsburg	37:40
George Fenigsohn, 71	Poquoson	40:51
Joe Cecelic, 55	Williamsburg	44:16
Jim Goggin, 65	Williamsburg	44:44

**Women Overall**

Sorena Jean, 16	Williamsburg	19:45
Meghan Mulroy, 24	Midlothian	20:01
Emily Honeycutt, 27	Newport News	20:39
Michelle Ballin, 36	Williamsburg	21:12
Annie Gilbride, 51	Providence Forge	21:48
Svetlana Goncharova, 20	Williamsburg	22:01
Cannon Jean, 14	Williamsburg	22:17
Karla Havens, 56	Plainview	22:29
Astrid Howell, 42	Williamsburg	22:48
Jessica Gilligan, 37	Williamsburg	22:57

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

Annie Gilbride, 51	Providence Forge	21:48
Karla Havens, 56	Plainview	22:29
Astrid Howell, 42	Williamsburg	22:48
Pamela Chevrier, 53	Windemere, FL	23:49
Beth Berry, 48	Toano	24:40

**Women 19-and-under**

Sorena Jean, 16	Williamsburg	19:45
Cannon Jean, 14	Williamsburg	22:17
Rosie Gilbride, 14	Providence Forge	23:29
Jole Cooke, 10	Williamsburg	24:34
Madison Johnson, 11	Quinton	24:40

**Women 20-29**

Meghan Mulroy, 24	Midlothian	20:01
Emily Honeycutt, 27	Newport News	20:39
Svetlana Goncharova, 20	Williamsburg	22:01
Carly Crockett, 25	Hampton	24:05
Olivia Keck, 22	Williamsburg	24:20

**Women 30-39**

Michelle Ballin, 36	Williamsburg	21:12
Jessica Gilligan, 37	Williamsburg	22:57
Lindsay Newell, 38	Mathews	23:35
Ashley Milks, 32	Providence Forge	25:42
Elizabeth Orlando, 30	Keysville	26:01

**Women 40-49**

Astrid Howell, 42	Williamsburg	22:48
Beth Berry, 48	Toano	24:40
Erin Darcy, 49	Williamsburg	25:23
Robin Gemerek, 42	Williamsburg	26:06
Daphne Papaefthimiou, 42	Toano	26:20

**Women 50-59**

Annie Gilbride, 51	Providence Forge	21:48
Karla Havens, 56	Plainview	22:29
Pamela Chevrier, 53	Windemere, FL	23:49
Norma Phillips, 58	Williamsburg	24:42
Deelyn Robinson, 53	Williamsburg	25:52

**Women 60-69**

Mary Lou O'Halloran, 60	Williamsburg	26:38
Patricia Travis, 67	Williamsburg	28:09
Shirley Stephens, 62	Williamsburg	28:46
Martha Gullo, 65	Williamsburg	30:12
Donna Dowling, 68	Weems	30:47

**Women 70-and-over**

Candice Michalik, 71	Williamsburg	36:08
Robin Jorlett, 75	Newport News	36:32
Nancy Blount, 72	Williamsburg	40:38
Sandra Holshouser, 78	Williamsburg	46:00
Tricia Byrne, 72	Williamsburg	47:41

**Women Walk**

1. Laura Liechti, 57	Williamsburg	35:27
2. Cathy Kaurich, 62	Williamsburg	41:17
3. Jocelyn Lamprecht, 13	New Kent	41:28
4. Nancy Byrd, 64	Toano	41:53
5. Laura Urban, 39	Williamsburg	42:10