

Best of 2015 Rankings

Racing Gains Ground after Last Year's Drop-off

Maryland RRCA State Championship Series

50 Plus Club

Best of 2015

Best of 2016



By [James Moreland](#)

The Regional Runner Rankings is looking for more sponsors and contributors. We want to acknowledge the help, support and financial contributions from the Friends of the Rankings:

[Potomac River Running](#)

[Patricia Kelbaugh Dance Studio](#)

Michael Mason of [Horizon Landscape](#), established in 1969 in Silver Spring, serves Montgomery, Prince George's, and Howard County. Horizon provides specialized gardening, clearing, forest improvement and landscaping services throughout the year. If you need assistance with your property, contact us [online](#)

or at (301) 421-1800 and we will send you a landscape gardening expert to help create or maintain your outdoor paradise.

Alice Franks

Dan Devlin

Coming new for the 2016 Runner Rankings, Mike Mason is sponsoring an extension to the Rankings to include an 85-89 and a 90 and older age groups.

There were 1,193 races that were qualifiers, another 4% drop but with a 13% increase to 734,600 runners. Every season there were scores more races that did not have qualifiers. There were 223 major races, meaning 500 or more runners and surprisingly the average race size was 615. There were 110 races with more than 1,000 finishers.

2015	Major	Total	Percent	Ranked	Runners
Winter	67	257	2.77%	3,786	136,862
Spring	61	334	1.13%	3,448	305,580
Summer	42	272	3.25%	3,217	99,117
Fall	53	330	1.83%	3,528	193,068
Total	223	1,193	1.90%	13,979	734,627

The percent reflects the number of ranked runners compared with the total runners in all the races for that period.

Men and women's ranked times represented 15,142 times, about a 10% drop from 2014 with women representing 56% of the times. 290 different men and 334 women qualified to be ranked.

Per usual, the largest division was the 60-64 with 51 qualifiers. The Open women's division had 59 and Open men's division had 37, but both of them include runners from multiple divisions. The top women's divisions were the 50-54 and 65-69, both with 40.

In the Elite division, 25th place Ryan Carroll commands the south with sixteen overall victories. Richard Morris had eight victories. Four other men, including second place Kevin McNabb had six victories. Sherry Stick leads all women with fourteen wins. Anne Mazur had eleven with runner-up Perry Shoemaker and Michelle Capozzi next with ten. Brenda Schrank and Megan Digregorio had nine. Katie Kieran had eight, while champion Susanna Sullivan had seven. In the age group battles, ninety runners had 10 or more victories and thirty-eight had 15 or more victories. Thirteen had 20 or more, including seven members of the 50 Plus Club* with the top three having 45 or more wins.

PL	Name	Age	AG Win
1	Brown, Karsten*	41	54
2	Poulos, Ted*	54	45
3	Novak, Jeannette*	71	45
4	Gurtler, Robert*	80	31
5	Nelson, Dee*	72	33
6	Mayhugh, Mary Lowe	59	29

7	Moreland, James*	63	25
8	Daugherty, Brian	55	25
9	Graf, Tami*	79	24
10	Franks, Alice	67	23
11	Neumann, Stan	66	21
12	McMahon, Jack	83	20
13	Pointer, Maurice	60	20

Listed below are the top five races in each of the major race distances

There were 62 half marathons with 18 having more than 1,000 finishers. The 5K had 52 times and the 8K had 6 times with more than 1,000 runners. For the marathon, there are 5 and the 10 Mile there are 6. Finally, in the 10K, there is the largest of all races and there are 16 times.

	Race	Runners
1	Jingle All the Way 5K	4834
2	Kelly's Shamrock 5K	4318
3	Baltimore United Way 5K	3917
4	Arlington Police, Fire & Sheriff 9-11 Memorial 5K	3784
5	SOME Thanksgiving Day Trot for Hunger 5K	3519
1	Charlottesville 4 Miler	2677
2	Fairfax Four Mile	1480
3	Virginia 4 Mile	1206
4	Four Courts 4M	1119
5	PRR Twilight Festival 4 Miler	722
1	TowneBank Shamrock Festival 8K	8888
2	Alexandria Turkey Trot 5M	3955
3	Celtic Solstice 5M	3013
4	HCA 8K	3174
5	Navy 5 Mile	2585
1	Ukrops Monument Avenue 10K	26413
2	Across the Bay 10K	20991
3	Marine Corps 10K	7777
4	Anthem Wicked 10K	5736
5	Sole for the City 10K	3474
1	Army 10 Mile	26069
2	George Washington Parkway Classic 10 Mile	4951
3	Baltimore 10 Miler	4145
4	Annapolis 10 Miler	3500
5	Charlottesville 10 Mile	1994
1	Rock 'n' Roll Half Marathon	15216
2	Anthem Shamrock Festival Half Marathon	8842
3	American Family Fitness Half Marathon	8452
4	Rock N Roll Half Marathon	8433
5	Navy-Air Force Half Marathon	7709
1	Marine Corps Marathon	23197
2	Rock 'n' Roll Marathon	2499
3	Anthem Richmond Marathon	2463
4	Baltimore Marathon	2381
5	Yeungling Shamrock Festival Marathon	2185

Races with more than 100 Ranked Runners

Army 10 Mile	359
Credit Union Cherry Blossom 15.1K	348
Across the Bay 10K	235
American Family Fitness Half Marathon	168
Anthem Shamrock Festival Half Marathon	167
Pike's Peek 10K	166
Ukrops Monument Avenue 10K	135
Annapolis 10 Miler	115
Anthem Richmond Marathon	112
Marine Corps Marathon	110
George Washington Parkway Classic 10 Mile	108

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

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

In each period, the champion is listed to the right of the best time run in the period. Open Men

HCA 8K 22:41, 10K = 28:46

Normally the major races dominate the rankings and to be sure only five of the top forty-two times were not major races. Andrew Brodeur won the duel with Kevin McNab at the Holy Child Tiger Trot 5K, 14:17 to 14:22 to take the division. Still, the week before Brodeur had set the stage with the third fastest time, racing the Credit Union Cherry Blossom 15.1K in 47:01. That put him ahead of ninth place Christopher Sloane (47:49) as well as 12-14 Jerry Greenlaw (48:37), Matt Deters (48:47), and Paul Balmer (48:58). Fifth place Kieran O'Connor ran 48:35 but came storming back on the friendly Clarendon 5K course in 14:36.

Third place Will Christian was a beast all spring, pulverizing the fastest 8K at the TowneBank Shamrock Festival in 24:15. He improved at the Ukrops Monument Avenue 10K in 30:35 a week later. Then he waited two weeks for a, anything but dismal, Dismal Swamp Stomp HM in 1:07:08 for second place overall. He may have done a tiny bit too much as he came up just short by five seconds to McNab, who won at the George Washington Parkway Classic 10 Mile in 50:28. Andy Weaver, another minimalist, got started in the summer with a couple overall wins, including the Parks HM in 1:08:17. Then he finished eighth overall at the Army Ten Miler in 50:27 to take fourth place.

Brian Flynn would later settle for second place at the Veterans Day 10K in 31:14 but in April he earned himself the sixth spot ahead of Thomas Adam by one second as he won the Pike's Peek 10K in 30:30. Eighth place Carlos Jamieson nearly always runs away from second place as he did when he ran the Dulles Day 10K on the Runway in 30:51. Piotr Dybas won it all at the Westchester Shamrock 5K in 14:59. Former champ Dave Berdan won it all at the Charles Street 12M in 1:03:22. Berdan would fire off a Frederick Half Marathon in 1:10:37 to exactly match the 32:02 by Dybas at the Ukrops Monument Avenue 10K. Six wins broke the tie for Berdan, taking tenth while moving Dybas back a notch.

The American Family Fitness Half Marathon found Mynor Lopez running a fine 1:09:28 to close on Deters and Balmer. Deters would race ahead of Balmer at the Veterans Day 10K 32:06 to 32:08, while Lopez finished Ukrops Monument Avenue 10K in 32:17.

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

PL	Name	Age	Hometown	10K=
1	Brodeur, Andrew****	25	Bethesda, MD	29:48
2	McNab, Kevin*6	29	Washington, DC	29:58
3	Christian, Will*****	31	Norfolk, VA	30:25
4	Weaver, Andy**	25	Baltimore, MD	30:21
5	O'Connor, Kieran*	28	Arlington, VA	30:27
6	Flynn, Brian*	32	Rockingham, VA	30:30
7	Adam, Thomas*	29	Charlottesville, VA	30:31
8	Jamieson, Carlos*****	28	Washington, DC	30:43
9	Sloane, Christopher**	32	Gaithersburg, MD	30:47
10	Berdan, Dave*6	34	Owings Mills, MD	31:19
11	Dybas, Piotr**	28	Richmond, VA	31:15
12	Greenlaw, Jerry*	27	Arlington, VA	31:18
13	Deters, Matt	30	Arlington, VA	31:25
14	Balmer, Paul	25	Washington, DC	31:32
15	Lopez, Mynor***	31	Falls Church, VA	31:31
16	Wardian, Michael**	40	Arlington, VA	31:36
17	Morris, Richard*8	27	Richmond, VA	31:47
18	Angell, David***	38	Blue Ridge, VA	31:49
19	Stein, Jeffrey	29	Washington, DC	31:49
20	Rolly, Philippe**	42	McLean, VA	31:56
21	Woodford, Patrick*6	23	Roanoke, VA	32:03
22	Ban, Charlie*	33	Washington, DC	32:10
23	O'Leary, Sean	23	Bethesda, MD	32:05
24	Crouzier, Nicholas*	30	Gaithersburg, MD	32:17
25	Carroll, Ryan*16	33	Portsmouth, VA	32:15
26	Kelly, Thomas	25	Washington, DC	32:20
27	Jacoby, Bert**	32	Charlottesville, VA	32:33
28	Otsot, Adam***	33	Williamsburg, VA	32:37

29	Olsen, Joshua***	25	Washington, DC	32:41
30	Whitlow, Dustin*	29	Ashburn, VA	32:43
31	Redfern, Jeffrey	32	Washington, DC	32:45
32	Miller Zak	29	Washington, DC	32:43
33	Harrison, Stephen*6	26	Fredericksburg, VA	32:49
34	Peck, Graham**	26	Baltimore, MD	32:47
35	Lofton, Matthew**	35	Winchester, VA	33:17
36	Swiatocha, Gregory	29	Sterling, VA	33:39
37	Doak, Randy***	30	Phoenix, MD	33:41

19 & Younger Men

Ukrops Monument Avenue 10K 32:18

Division champion Jacob Black warmed up with an overall win at the Jingle Bell Trail 8K in 28:05. Then, while running the minimum of four races, he bolted away from the field with three of the top four times. At the massive Ukrops Monument Avenue 10K, he was masterful in 33:05. Later, he ran the Apple Blossom 10K in 33:22, nearly a minute faster than last year. Billy Kirk is improving as well, running his fastest of three 8Ks at the Jingle Bell Jog 8K in 26:32. That difficult course may be a tad short, but he won it all at the Country Run 5M in 27:20 as well as improving at Rockville Rotary Twilight 8K in 27:39 in a year when most everyone struggled there. He also had an excellent Pike's Peek 10K in 34:01 on a fast course that had a few changes that created the slowest times since the race began.

Quality is better than quantity except where two runners have virtually the same quality. Kyle Pfohl had twelve wins with his best race only a second place at the Credit Union Cherry Blossom 15.1K in 53:32. Trent Herzog had four wins with an identical time in an overall win at the Solomons Jingle Bell 5K in 16:32. The clincher is Herzog's 15.1K race ended in 54:19. Pfohl also added an overall win at the Stafford Hospital 5K in 16:40. Fifth place Andrew Grider was a tape breaker at the Star City Half Marathon in 1:17:51. Then he ran the FAB 5K in 16:45.

Pl	Name	Age	Hometown	10K=
1	Black, Jacob***	19	Manassas, VA	33:05
2	Kirk, Billy*8	18	Rockville, MD	33:39
3	Pfohl, Kyle*12	19	Fredericksburg, VA	34:28
4	Herzog, Trent****	18	Lusby, MD	34:29
5	Grider, Andrew****	17	Roanoke, VA	34:56
6	Werve, Benjamin*8	14	Virginia Beach, VA	36:07
7	Foley, Donovan*16	15	Vienna, VA	36:14
8	Armstrong, Corbin****	18	Poquoson, VA	37:36

35-39 Men

HCA 8K 25:05, 10K = 31:49

David Angell took matters into his own hand, winning the HCA 8K in 25:05 to start the year and complete it as well. David Wertz was brilliant at the Alexandria Turkey Trot 5M in 25:35. Angell later matched that with his fastest 5K at the FAB in 15:28. Wertz answered back at Pike's Peek where he bested third place Christopher Shaw 32:03 to 32:47 to close but not catch Angell. Shaw would meet Wertz again at the Veterans Day 10K where he would be top master in 33:42, while Wertz stayed hot with 32:43.

Matthew Lofton commanded the southwest region, winning the Berryville Turkey Trot 4 Mile in 20:49 and the Care2 Cure 5K in 16:01. Fifth place David O'Hara was getting his groove back with six major races. He was best at the Credit Union Cherry Blossom 15.1K in 52:23. Travis Boltjes is next running the Holy Child Tiger Trot 5K in 16:28 for sixth place.

Pl	Name	Age	Hometown	10K=
1	Angell, David*****	38	Blue Ridge, VA	31:49
2	Wertz, David*6	39	Arlington, VA	32:03
3	Shaw, Christopher*7	39	Silver Spring, MD	32:47
4	Lofton, Matthew*14	36	Winchester, VA	33:17
5	O'Hara, David*6	39	Alexandria, VA	33:44
6	Boltjes, Travis*7	35	Washington, DC	34:21
7	DeRocco, Vinnie*12	36	Leesburg, VA	34:48
8	Hayashi, Kunihiko****	39	Rockville, MD	35:04
9	Stemberger, Gregory****	38	South Riding, VA	35:15
10	Gabris, Stephen*	36	Burke, VA	35:11
11	Burger, Jeff***	39	Bel Air, MD	35:36

40-44 Men

US National Road Racing Championships 12K 38:24, 10K = 31:36

The first week of the season, Michael Wardian won it all at the US National Road Racing Championships 12K in 38:24, well ahead of second place Philippe Rolly's fine 39:14. In April, Rolly would make toast of fifth place Martin Lanz at the Credit Union Cherry Blossom 15.1K 49:36 to 53:04 but it would not be enough for the 2014 champion to retain his crown. Third place Patrick Kuhlman ran the 12K in a fine 40:22.

For Wardian, it was just would the world traveler stay at home to produce enough qualifiers? He did, winning three of the seasons, including a gluttony of racing in Virginia Beach where he ran the 8K and then the next day raced both the half and the full marathon. Not surprisingly, his 8K in 26:21 and his half in 1:11:12 were top masters and up to his normal standards, while the ensuing marathon was a bit more pedestrian.

Kuhlmann impressed with a masters win at the Pike's Peek 10K in 32:37, ahead of Lanz's 34:25. Fourth place Christopher Shaw ran 32:47 at Pike's Peek, but did not age up

until July where he was schooled by Wardian's epic battle with Kuhlmann, 26:47 to 26:48 at Rockville Rotary Twilight 8K. Shaw came home there in 29:20. After that, he regained form and won it all at the Mathew Henson Trail 5K in 16:20 and culminated his year at the Veterans Day 10K in 33:42, ahead of sixth place Noah Zaring, who ran 34:17. Zaring, who had run the US National Road Racing Championships 12K in 41:41, added a solid Army ten miler in 57:01.

After that, things get a little confusing. Karsten Brown with fifty-four wins is bound to race some courses with mysterious distances. His 16:03 on the notoriously short National Police Week 5K had to be excluded. He mentioned at least two others that appeared to inflate his fall season. His Frederick Half Marathon in 1:15:45 was the real deal and puts him ahead of Jeff Harrington's American Family Fitness Half Marathon in 1:17:21. Harrington would split the year in two divisions. Ninth place Brian Szabos ran an overall win at the Champe's Run for the Music 5K in 16:07 but finished the Frederick Half in 1:19:04. His Army in 59:34 was behind Zaring and his Cherry Blossom in 54:52, his second best race behind Lanz. Kevin Yates ran the MCRRC Jingle Bell Jog 8K in 27:33 but nothing else close to that. In 2015, that course was .2 miles short and the times seem similar to the 2014 times. Todd Bibb had two special 10Ks, including the Run for the Parks 10K in 35:12 to stay right with them.

PI	Name	Age	Hometown	10K=
1	Wardian, Michael*12	41	Arlington, VA	31:36
2	Rolly, Philippe*6	43	McLean, VA	31:56
3	Kuhlmann, Patrick*8	44	Washington, DC	32:37
4	Shaw, Chris*6	40	Silver Spring, MD	33:42
5	Lanz, Martin****	42	Bethesda, MD	34:08
6	Zaring, Noah**	43	Washington, DC	34:17
7	Brown, Karsten*54	41	Front Royal, VA	34:22
8	Harrington, Jeff*****	44	Lynchburg, VA	35:06
9	Szabos, Brian*7	42	South Riding, VA	35:20
10	Yates, Kevin*7	44	Olney, MD	34:57
11	Bibb, Todd*12	44	Centreville, VA	35:12
12	Freeburn, Keith*15	41	Centreville, VA	35:30
13	Hiott, Jeffrey****	42	Washington, DC	36:01
14	Bennett, Danny****	44	Dunkirk, MD	36:07
15	Storper, David**	42	Bethesda, MD	36:21
16	Hicks, Sean**	42	Manassas Park, VA	36:52
17	Inman, Chuck****	43	Chesapeake, VA	36:58
18	Rapine, Richard***	43	Alexandria, VA	36:57
19	Cahill, Dave*	44	Arlington, VA	36:43
20	Shadrick, Brain*6	42	Ellicott City, MD	37:41

45-49 Men

US National Road Racing Championships 12K 41:05, 10K = 33:49

Steve Kartalia again took charge at the US National Road Racing Championships 12K with a superb second overall 41:05. He again took a second overall at the hilly Bachmann Valley Half Marathon in 1:16:43 but by then he was fifty and tormenting another age group. His second qualifier was a stroll in the park at the Capital Challenge 3M in 16:37. Fifth place Antonio Eppolito, who routinely wins top awards with the DCRRC, did so again but not before finishing the big 12K in 43:39.

The ten mile and the half marathon are very popular with the grandmaster crowd. Runner-up Alexander Hetherington would have had eight 10 mile or longer races if Cherry Blossom had not been shortened to 15.1K where he ran 55:07. He added to overall wins at the half marathon and the clincher with 58:30 at the Army 10 Mile. Third place Jeff Harrington showed blazing speed, winning the Lynchburg Track 5K in 17:09 outright. Still he edged fourth place Steve Speirs who ran a fine Tidewater Striders Tune-up 10M in 59:20 for second overall with his masters win at the Virginia 10 Mile in 59:11. That was just two weeks after he finished third overall at the High Bridge HM in 1:18:13. Speirs, who normally scoffs at the short races such as his Blue Moon Harbor Lights HM in 1:19:11, has run many ultras including the Rocky Raccoon 100M in 2014.

Stephen Crago settles into six place with a, you guessed it, Anthem Shamrock Festival Half Marathon in 1:20:20. After that, Steve Mersiowsky edged John Piggott with his FCA 5K in 17:30. Piggott ran the Run for the D. O. G. 5K in downtown Colonial Williamsburg in 17:34. Piggott is known for his penchant for the marathon and the half, turned fifty during the year and ran a combined five halves. Ninth place Craig Chasse won fifteen age groups, including the GW Birthday Classic 10K in 36:42.

Pl	Name	Age	Hometown	10K=
1	Kartalia, Steve***	49	Westminster, MD	33:49
2	Hetherington, Alexander*10	48	Vienna, VA	35:12
3	Harrington, Jeff*7	45	Lynchburg, VA	35:29
4	Speirs, Steve*11	49	Virginia Beach, VA	35:42
5	Eppolito, Antonio*8	47	Alexandria, VA	35:56
6	Crago, Stephen*11	47	Vienna, VA	36:27
7	Mersiowsky, Scott*6	49	Carson, VA	36:30
8	Piggott, John***	49	Williamsburg, VA	36:39
9	Chasse, Craig*15	46	Reston, VA	36:42
10	Powell, Charles****	49	Bel Air, MD	36:51
11	Sanchez-Ruano Miguel***	48	Woodbridge, VA	37:04
12	Lovett, Jack*8	45	Yorktown, VA	37:22
13	Waugh, Ted***	47	Springfield, VA	37:26
14	Breslyn, Wayne***	47	Rockville, MD	37:25
15	Dawson, Greg*9	49	Williamsburg, VA	37:29
16	Munsey, Colin**	49	Pearisburg, VA	37:32
17	Frost, Howard*****	49	Falls Church, VA	37:58
18	Rapp, Perry*	49	Lexington Park, MD	38:02
19	Billings, Dennis****	46	Woodbridge, VA	38:38

20	Pelletier, Paul	49	Williamsburg, VA	38:47
21	Daley, Jad	46	Alexandria, VA	38:52
22	Armitage, Steven*6	46	Norfolk, VA	39:07

50-54 Men

Marine Corps Marathon 2:38:32, 10K = 34:01

The top seven men all seemed to have a real shot at the title. It started at the US National Road Racing Championships 12K where Jean-Christophe Arcaz matched 55-59 winner Pete Gibson's 43:47 exactly. Eighth place Paul Jacobson had a special race in 44:20 to best David Haaga by eight seconds. Then, Hernan Garbini ran the Waynesboro Turkey Trot 5K in 17:29. At the end of the year, Garbini ran a marvelous Bill Steers Men's 4M in 22:30 to catch Arcaz for fourth place.

Nothing much happened till mid-March when Doug Fernandez bolted to the lead, racing the Anthem Shamrock Festival Half Marathon in 1:18:30, announcing his usual *catch me if you can* half. A week later he had a 37:00 win at the Ukrops Monument Avenue 10K for versatility. That was only a second faster than Jacobson's less than stellar Pike's Peek. Runner-up Mark Neff was second there in 35:54 but that was not enough to catch Fernandez. Neff also went out to run the fabled Great Allegany 15K and enough though he was second overall, his 55:55 was even slower than his 10K. Recalling the glory days, in 2001, 56:05 was 19th overall and in the predawn mist of time 1993, 51:42 was 25th place, albeit first master.

Sixth place Edward Dickenson commanded the south with a slew of fast 5Ks, including the FAB 5K in 17:20. Haaga ran a solid Parks HM in 1:20:40, two weeks after besting Neff at the Kentlands/Lakelands 5K 17:34 to 17:41. But it was his dominating win at the Rockville 10K, finishing second overall in 36:05 that tucked him right behind fourth place Arcaz. Martin Goode was floating along at about twentieth place when he suddenly revved up at Army with an excellent 1:00:04 to snatch seventh place. That was nearly three and half minutes faster than his Cherry Pit 10M in April. Ed Wilson was next at Army in 1:01:47 to earn twelfth place as Peter Tango, who ran Cherry Pit in 1:01:44, beat Wilson at the Annapolis 10 miler 1:03:03 to 1:04:34. That overcame Wilson's fine Frederick Half Marathon win in 1:21:43.

Speaking of ten milers, Cherry Blossom got shortened to 15.1K because of a traffic accident and was not as much a factor in the rankings. Neff was fourth there in 56:39. Still, it lit a fire for tenth place Kevin D'Amanda who had by far his best race there with 57:20. Chris Northup quietly assumed ninth place with a couple fine 5Ks, including an overall win at the Apple Capital Jingle Bell 5K in 17:52.

Forty-two men qualified for the division.

Pl	Name	Age	Hometown	10K=
1	Fernandez, Doug**	54	Richmond, VA	35:37

2	Neff, Mark*10	53	Derwood, MD	35:54
3	Garbini, Hernan*11	53	Waynesboro, VA	35:59
4	Arcaz, Jean Christophe*****	54	Rockville, MD	36:02
5	Haaga, David*9	54	Rockville, MD	36:05
6	Dickenson, Edward*7	52	Roanoke, VA	36:09
7	Goode, Martin***	52	Halethorpe, MD	36:08
8	Jacobson, Paul*9	52	Gaithersburg, MD	36:29
9	Northup, Chris*9	51	Winchester, VA	36:37
10	D'Amanda, Kevin*6	53	Bethesda, MD	36:55
11	Tango, Peter****	52	Deale, MD	37:09
12	Wilson, Ed**	53	Ellicott City, MD	37:05
13	Feinberg, Michael*7	52	Bel Air, MD	37:27
14	Phipps, David*9	51	Severna Park, MD	37:30
15	Adams, John*6	52	Norfolk, VA	37:56
16	Poulos, Ted*45	53	McLean, VA	38:06
17	Zuniga, Mario*12	51	Front Royal, VA	38:05
18	Degenhardt, Sheldon***	50	Marriottsville, MD	38:06
19	Campbell, Chris***	51	Louisa, VA	38:12
20	Calos, Stefan*6	52	Richmond, VA	38:17
21	Leiding, Jon*****	53	Virginia Beach, VA	38:29
22	Fishman, Craig**	54	Falls Church, VA	38:31
23	Williamson, Duane*7	52	Warrenton, VA	38:26
24	Bohse, Michael*6	51	Columbia, MD	38:31
25	Pelletier, Paul****	50	Williamsburg, VA	38:45
26	Griffiths, Richard***	50	Columbia, MD	38:46
27	Alberg, Ken*7	54	Suffolk, VA	38:48
28	Daugherty, Brian****	54	Edgewater, MD	38:49
29	Page, H. T.***	54	Wirtz, VA	38:56
30	Pawlak, Robert**	52	King George, VA	38:58
31	Boyle, Kevin*10	52	Alexandria, VA	39:19
32	Greene, Craig*9	50	Manassas, VA	39:34
33	Drosky, Mark****	54	Alexandria, VA	40:00
34	Scott, RJ*6	52	Bassett, VA	40:07
35	Mace, Matthew**	54	Arnold, MD	40:14
36	Vasquez, Francisco*	53	Hyattsville, MD	40:16
37	Wills, Stephen**	54	College Park, MD	40:41
38	Fiscella, George*6	53	Newport News, VA	40:43
39	O'Brien, Dan****	52	Williamsburg, VA	40:43
40	Dobson, Stephan*	54	Thurmont, MD	40:49
41	Harrison, James*	54	Fredericksburg, VA	41:04
42	Collins, Timothy***	54	Williamsburg, VA	41:14

55-59 Men

Patrick Henry Half Marathon 1:17:14, 10K = 35:03

The top three racers scooted into the next division by year's end, and all ran times fast enough to qualify for the 40-44 division that they had entered twenty years ago. Pete Gibson made choosing him a no brainer with the top ten times all faster than a 37:00 10K and five more in the next ten qualifiers. He bolted away from the field the first day with a sparking US National Road Racing Championships 12K in 43:47. He finished in the top three overall eleven times with four overall wins. He had the fastest 5K at the Easter Bunny Hop 5K in 17:21, just two weeks after the Shamrock weekend where he had the fastest 8K at 29:04 and came back the next morning for the fastest half marathon in 1:20:08.

In the 10K, he was golden at the Anthem Wicked 10K in 36:50 while runner-up Maurice Pointer shined silver at the Too Hot to Trot 10K in 37:05. Dan Lawson is next racing the Pike's Peek 10K in 37:51. Pointer had twenty age group wins, none faster after that 10K than his 17:52 at the MCVETs 5K. Prolific racer Brian Daugherty gunned his way into the division with twenty-five victories. His best two races came in March at the John Robbins Organ Donor 8K in 31:01; then a week later an 18:52 at the Run for Haiti 5K.

Sixth place Jack Morrison started the year with a fine American Family Fitness Half Marathon in 1:26:52 but never quite got another race like it.at that level. John Chall was solid all year long and blossomed the final week of the year at the Across the Bay 10K in 39:24. Using the Moreland Racing Factor, Chall breaks the deadlock easily 131 to 84 ahead of with Morrison. Seventh place Elias Tintas had a special race at the MCRRC Jingle Bell Jog 8K in 31:09 that I fear the race may have been a tad short as it was in 2015. David Lovegrove edged Andrew Cutler at the American Family Fitness Half Marathon 1:27:28 to 1:27:33. Right behind them, Tom Neally edged Mark Hanlon at the Credit Union Cherry Blossom 15.1K 1:01:43 to 1:01:51.

PI	Name	Age	Hometown	10K=
1	Gibson, Pete*18	59	Murfreesboro, NC	36:08
2	Pointer, Maurice*20	59	Towson, MD	37:05
3	Lawson, Dan*8	59	Gaithersburg, MD	37:51
4	Daugherty, Brian*25	55	Edgewater, MD	39:21
5	Chall, John*9	58	Crownsville, MD	39:24
6	Morrison, Jack****	55	Fredericksburg, VA	39:25
7	Tinta, Elias***	57	Rockville, MD	39:31
8	Lovegrove, David*7	59	Fredericksburg, VA	39:41
9	Cutler, Andrew***	58	Yorktown, VA	39:43
10	Nealley, Tom***	56	Reston, VA	39:44
11	Hanlon, Mark	55	Fairfax, VA	39:50
12	Horan, Marty*6	56	Gaithersburg, MD	40:15
13	Sweren, Bennett***	59	Lutherville, MD	40:16
14	Mergler, Fran*6	56	Nottingham, MD	40:14
15	Halpin, Bruce****	59	Ashburn, VA	40:31
16	Evans, Preston*****	59	Madison Heights, VA	40:38
17	Carter, R.B.*6	57	Lynchburg, VA	40:51
18	Cover, Karl***	55	Montpelier, VA	40:49

19	Weaver, Ron*9	57	Virginia Beach, VA	41:04
20	Redmon, Stephen***	57	Woodbridge, VA	41:07
21	Washington, Perry**	57	Monrovia, MD	41:01
22	Arnade, Tim*7	58	Arlington, VA	41:40
23	Clem, William	56	Bethesda, MD	42:02
24	Peterson, Jeff****	59	Fredericksburg, VA	42:29
25	Meadows, Mike***	58	Martinsburg, WV	42:35

60-64 Men

Renie Amoss Road Race 5K 17:40, 10K = 36:51

It is just too easy as all fifty-one runners beat the qualifying time by more than two minutes. It is just easy, as Stephen Chantry beat the qualifying time *for the 45-49 division* in his best six races as he dominated the division, peppering it to win the five fastest 5Ks among qualifiers. His Governors Land 5K was in 18:29 and his Mulberry Island 5K in 18:36 won it all. However it may not be so easy after all, as Maurice Pointer aged up in the fall and the best of his three races would have just missed qualifying for the 35 - 39 division. Pete Gibson will be getting on board soon as well.

Alan Pemberton took care of business at the Credit Union Cherry Blossom 15.1K in 1:01:59 to keep Bob Becker (1:02:19) in third place. Pemberton was also Chantry-like at the historically fast Clarendon Day 5K in 19:11. Becker ran another fast course, the Pony Pasture 5K, in 19:41. After that, the competition was as tight as a drum. Fourth place Malcolm Senior ran a 20:08 at the Bel Air Town Run 5K so fifth place Clyde Rollins matched him at the Reston Firecracker 5K. Senior raced the slightly long Kent Island Half Metric Marathon to third overall in 57:42, so again Rollins matched him taking third age group at Army in 1:10:17. Senior ran the Germantown 5M in 33:57. Rollins ran the Dulles Day 10K on the Runway in 42:49 to match to the second. Senior finally got an edge as he ran the hilly Bachman Valley HM in 1:34:09 as one of his twelve age group wins while Rollins slipped back virtually imperceptively at the Leesburg 20K in 1:29:54.

Next, we have sixth place Tom Randolph with a big time Heart of Ghent 10K in 42:36. Earlier in the year the Annapolis Striders hit man Tom Dekornfeld had produced a fine Anniversary 15K in 1:05:37. The tie was broken when Randolph added the Run for the Hills 10K in 43:56 while Dekornfeld was slowed by the hills and heat at the Larry Noel 15K, which will be a half marathon in 2016, in 1:09:15.

The next five runners are glued together. The lean goes to the eldest, Paul Ryan, for his thirteen age group wins and excellent 5Ks with the Cranberry Crawl 5K in 20:35. Geoffrey Chege is next, running the Stratford Hills 10K in an identical 42:56. He added a Stratford Hills 10K in 43:04. Tenth place Gary Presuhn ran the US National Road Racing Championships 12K in 52:09, while the other Gary (Grimsley) was not far behind racing the John Robbins Organ Donor 8K in 33:53. Ken Umbarger ran the MCRRC Jingle Bell Jog 8K in 43:01.

Fifty-one runners were ranked in this huge division.

PI	Name	Age	Hometown	10K=
1	Chantry, Stephen*9	60	Williamsburg, VA	38:33
2	Pemberton, Alan*8	63	Silver Spring, MD	39:55
3	Becker, Bob****	63	Midlothian, VA	40:08
4	Senior, Malcolm*12	64	New Market, MD	42:00
5	Rollins, Clyde*****	60	Herndon, VA	42:00
6	Randolph, Tom*7	60	Virginia Beach, VA	42:36
7	DeKornfeld, Tom*6	62	Annapolis, MD	42:32
8	Ryan, Paul*13	64	Arlington, VA	42:56
9	Chege, Geoffrey*****	61	Henrico, VA	42:56
10	Presuhn, Gary*	61	Burke, VA	42:55
11	Grimsley, Gary*7	61	Springfield, VA	42:59
12	Umbarger, Ken****	64	Gaithersburg, MD	43:01
13	Wills, John*6	63	Virginia Beach, VA	43:14
14	Ferrens, Larry*****	61	Barton, MD	43:17
15	Loomis, Bill*	61	Silver Spring, MD	43:33
16	Krehbiel, Ken*6	61	Washington, DC	43:45
17	Erickson, Kenyon**	61	Vienna, VA	43:44
18	Wyatt, Donnie*9	62	Hampton, VA	43:50
19	Devlin, Dan****	61	Silver Spring, MD	43:53
20	Murphy, Tom**	62	Virginia Beach, VA	43:58
21	Riordan, James*	61	Fredericksburg, VA	44:03
22	Riemenschneider, Neal*11	61	Winchester, VA	44:09
23	Royle, David*****	60	Washington, DC	44:05
24	Hens, Peter*	64	Parkville, MD	44:30
25	Daly, Ned**	63	Midlothian, VA	44:45
26	Morgan, Tim*****	64	Damascus, MD	44:43
27	Spicer, Frank***	63	Clifton, VA	44:53
28	Bousel, Paul*14	62	Alexandria, VA	44:59
29	Moreland, James*25	63	Gaithersburg, MD	45:15
30	Sinderman, Robert*	61	Arlington, VA	45:17
31	Koehler, Roger*****	61	Lexington, VA	45:25
32	Vaughan, Allen*8	64	Stafford, VA	45:36
33	Lopez, Felix*12	62	Lynchburg, VA	45:36
34	Morgans, Gary***	62	Arlington, VA	45:37
35	Landau, David***	60	Potomac, MD	45:39
36	Platt, Rick**	64	Williamsburg, VA	45:41
37	Astrop, Rob**	63	Henrico, VA	45:43
38	Brooks, Maxwell*****	62	Glen Burnie, MD	45:45
39	Burns, Rick**	61	Baltimore, MD	45:45
40	Rogers, Ron*7	63	Riner, VA	45:49
41	Bateman, Fred	62	Olney, MD	45:57
42	Dettmar, Chris****	61	Reston, VA	45:59

43	Wind, Jay***	64	Arlington, VA	46:06
44	Duffy, Jim	63	Virginia Beach, VA	46:39
45	Dreisen, Howard*****	61	Baltimore, MD	46:42
46	Askins, Thomas*	61	Vienna, VA	46:52
47	Day, Joseph***	64	Yorktown, VA	46:55
48	O'Keefe, Tim***	63	Middletown, MD	47:22
49	Kehne, John	60	Potomac, MD	47:21
50	Weber, Ron**	63	Ellicott City, MD	47:28
51	Stern, Robert	60	Virginia Beach, VA	47:32

65-69 Men

Credit Union Cherry Blossom 15.1K 1:02:28, 10K = 40:13

Bill Hart started brilliantly with an excellent Blue Moon Harbor Lights HM in 1:31:52 and everyone else was chasing. He added the Hair of the Dog 5K in 20:56 to overmatch Dale Abrahamson's Riverside Rehab by the Bay 5K in 21:10. And his Tidewater Striders Tune-up 10M in 1:17:47 was good by more than twice as Abrahamson's Yorktown 8K in 34:38. Abrahamson took the runner-up spot but it was very close as Norbert David nailed the Carytown 10K in 45:05 after he had won at the Anthem Richmond Marathon in 3:25:21.

The marathon rarely is a runner's best race. That did not stop Ronnie Wong from racing all around the country putting the finishing touches on his 50 states with fifteen marathons. Wong takes his spot racing the Charles Street 12M in 1:31:16. Prolific racer Jay Wind has been dealing with injuries most of the year...by racing through them. Early in the year he bolted into sixth place with a solid Credit Union Cherry Blossom 15.1K in 1:11:03 and a Pike's Peek 10K in 46:08. Seventh place Bobby Woodfin had a couple of quick 5Ks, including the City Point 5K River Run in 22:05. Eighth place Walter Allen was just a few strides behind him running the Peaks of Otter 5K in 22:15.

Pl	Name	Age	Hometown	10K=
1	Hart, Bill*6	66	Virginia Beach, VA	41:41
2	Abrahamson, Dale*9	66	Yorktown, VA	43:56
3	David, Norbert***	66	Mechanicsville, VA	44:04
4	Wong, Ronnie*17	69	Baltimore, MD	45:07
5	Carrigan, George*	66	Williamsburg, VA	45:00
6	Wind, Jay*11	65	Arlington, VA	45:45
7	Woodfin, Bobby****	68	Hopewell, VA	46:04
8	Allen, Walter*8	67	Lynchburg, VA	46:25
9	Ratzenberger, Jim****	66	Vienna, VA	46:57
10	Trueheart, Wilson*8	66	Baltimore, MD	46:58
11	Archibald, Jim**	66	Cockeysville, MD	47:11
12	Raley, George****	68	Rising Sun, MD	47:07
13	Jones, Larry*8	65	Midlothian, VA	47:29

14	Dominguez, Bert***	67	Gaithersburg, MD	48:17
15	Verdirame, Joseph*6	66	Suffolk, VA	48:34
16	Wolfson, Marc**	65	Olney, MD	48:39
17	Fleming, Mike*9	69	Columbia, MD	48:57
18	Irish, Ed****	65	Williamsburg, VA	51:00
19	Janowitz, Henry**	68	Richmond, VA	52:17

70-74 Men

Credit Union Cherry Blossom 15.1K 1:08:29, 10I = 44:06

The division revived itself, more than doubling in size. Jim Noone was out for much of the summer and fall, but he had already put away the division with a powerful DCRRC Gar Williams HM in 1:38:41 in the winter and his usual win at the Credit Union Cherry Blossom 15.1K in 1:08:29. Still, there is Jason Page somewhere on the horizon. Though he did not race enough this year, he handily bested third place John Brittain 21:21 to 22:44 for easily the fastest 5K of the year. Brittain had already sewed up his spot, racing an excellent Alexandria Turkey Trot 5M in 36:53.

Meanwhile, Ben Dyer is not letting anyone win too easily as he bolstered his credits, racing the HCA 8K in 35:30 to start the year. He also had bragging rights to the fastest 10K, racing the Run for the Hills in 45:07. Fourth place Donald Hensel joined the division with a couple of impressive 10Ks, including Pike's Peek in 48:05. Jim Bullock stayed right in the mix with his Downtown Dash 5K in 23:04.

PI	Name	Age	Hometown	10K=
1	Noone, Jim*14	71	Fairfax, VA	44:06
2	Dyer, Ben*16	72	Hayes, VA	45:02
3	Brittain, John**	71	Alexandria, VA	46:31
4	Hensel, Donald*10	71	Gaithersburg, MD	48:05
5	Bullock, Jim*12	72	Eldersburg, MD	48:07
6	Ingram, Harold*6	72	Henry, VA	49:22
7	Spencer, Bobby*****	72	Daleville, VA	50:02
8	Merrill, Sammy*****	73	Fredericksburg, VA	50:16
9	Gregory, Art*12	71	Ijamsville, MD	50:20
10	Mayhew, Ed*7	70	Winchester, VA	50:58
11	Churchman, John*6	72	Arlington, VA	51:13
12	Brown, Walter*6	71	Montgomery Village, MD	51:33
13	Arata, Larry*15	71	Williamsburg, VA	51:40
14	Hozik, James*	70	Great Falls, VA	51:47
15	Schauer Jr, Francis**	71	Alexandria, VA	52:33

75-79 Men

Credit Union Cherry Blossom 15.1K 1:19:35, 10K = 51:15

This division is plenty healthy with eight runners besting the 10K equivalent of an hour in their best races. Malcolm O'Hagan was an easy pick for the title as he had the three fastest times. He ran first in three of the top four ten milers, Army, GW Parkway, and the shortened to 15.1K at the Cherry Blossom in 1:19:35. Sixth place Chan Robbins was next there in 1:27:50, ahead of fifth place Bill Sollers who ran 1:28:27. Though it was their only head-to-head, Sollers had a faster time at the MCRRC Jingle Bell Jog 8K in 43:48. Using the Moreland Racing factor to score Sollers (22 races) and Robbins (17 races) Sollers prevails, 139 to 117.

Meanwhile the division's runner-up Stan Neumann was tops at the fourth big ten miler, the Annapolis Ten Miler, though it was only his sixteenth best race. He won his spot winning the winter season early with the Restoration 5K in 25:29 and the challenging Celtic Solstice 5M in 42:23. Doug Morris takes third place with the unique Run for the Ribbon 5.9K in 31:26. Later he would race another special event, the Greasy Gooney 10K, in 55:09. That event features a gradual, steeper and steeper incline through the first 5K and a thrill ride to the bottom of the hill for the final half of the race.

Fourth place Maynard Weyers prefers the flat, calm along the Tidal Basin at Hains Point where he ran the PVTC Christmas Caper 5K in 26:13. Seventh place Warren Pitt ran the Kilts & Craic 5K in 27:53. Eighth place Ken Quincy dominated in the Potomac River Running race series, including winning at the Frosty 5K in 29:04.

PI	Name	Age	Hometown	10K=
1	O'Hagan, Malcolm****	75	Chevy Chase, MD	51:15
2	Neumann, Stan*21	76	Lutherville, MD	53:09
3	Morris, Doug****	77	Delaplane, VA	53:54
4	Weyers, Maynard*15	79	Alexandria, VA	54:35
5	Sollers, Bill*19	76	Silver Spring, MD	55:34
6	Robbins, Chan*12	77	Arlington, VA	55:52
7	Pitts, Warren*9	77	Baltimore, MD	58:10
8	Quincy, Ken*13	78	Vienna, VA	59:04
9	Derr, William*****	76	Annapolis, MD	1:00:46
10	Eldridge, Bob	75	Reston, VA	1:01:22
11	Polinski, Joseph**	77	Smithfield, VA	1:03:54
12	Finney, John*7	76	Arlington, VA	1:04:02
13	Brumback, Kenneth****	75	Great Falls, VA	1:04:34
14	Hager, Philip***	78	Falls Church, VA	1:05:26
15	Coates, Chet**	75	Silver Spring, MD	1:05:47
16	Bayrer, Ralph***	76	Washington, DC	1:07:08
17	Borkowski, John****	76	Richmond, VA	1:07:16
18	Terrell, Charles****	76	Newport News, VA	1:07:39
19	Rider, Alan*	79	Reston, VA	1:09:26
20	Chapman, Henry**	76	Keswick, VA	1:09:36
21	Morgan, Dan	77	Chevy Chase, MD	1:10:11
22	Schwartz, William	77	Glen Arm, MD	1:12:43

23	Humphrey, Thomas	79	Midlothian, VA	1:14:14
24	Gurtler, Robert*8	79	The Plains, VA	1:18:11
25	Conn, Harry*****	78	Powhatan, VA	1:23:45

80 & Older Men

Freeze Your Buns 5K 27:10, 10K = 56:40

Not too old to run, the division nearly doubled from last year. Just short of hundred men in this division ran a race, with four of them in their nineties. George Yannakakis led the way again with fourteen age group wins, including the top twelve, all faster than an hour as a 10K equivalent. His best race was the Freeze Your Buns 5K in 27:10 but as is his custom, he ran a race 10K or longer an amazing seven times. He picked and was given some odd distances, including the Run to Remember 11K in 1:03:48 and the race day shortened Credit Union Cherry Blossom 15.1K in 1:28:52.

Next in line, Chris Catoe joins the group with an excellent résumé. His best event the Elizabeth River Run was also shortened (to 5.7M). No slouch either, six of his ten events were 10K or longer, including the Tidewater Striders Tune-up 10M in 1:40:58. Third place Jack McMahan had the third fastest 5K of the year, running the Cranberry Crawl 5K in 29:30. He was top dog in twenty of his twenty-five races. Not far behind him in fourth place is Terry McCarthy who ran the Run for the Rock 5K in 30:00.

After him, the times slow down a bit but the determination is still strong. Gilbert Rosenthal raced the Baltimore United Way 5K in 34:57. Thomas Humphrey finished the Stratford Hills 10K in 1:14:52 to hold off seventh place John Greenhill, who ran the St. Patrick's Day 5K in 36:01. In terms of sheer numbers, nobody touches Robert Gurtler's volume. He *only* won thirty-one times in his sixty one qualifiers. He *only* ran 76 5Ks during the calendar year of 2015, slacking off after racing 100 of them in 2014.

Robert White was the top nonagenarian and the eldest at 92, in the prophetic Run for Hope 5K with 41:26. Bob Atkins, 90, of Winchester ran the Winning with Wellness 5K in 45:30 and Dixon Hemphill, 91 on January 10, 2016 ran twenty-two events during the calendar year.

PI	Name	Age	Hometown	10K=
1	Yannakakis, George*14	83	Sparks, MD	56:40
2	Catoe, Chris*7	80	Virginia Beach, VA	1:00:35
3	McMahon, Jack*20	84	Silver Spring, MD	1:01:32
4	McCarthy, Terry*8	80	Leesburg, VA	1:02:35
5	Rosenthal, Gilbert***	81	Arnold, MD	1:12:54
6	Humphrey, Thomas*7	80	Midlothian, VA	1:14:52
7	Greenhill, John***	80	Falls Church, VA	1:15:08
8	Gurtler, Robert*31	80	The Plains, VA	1:16:56
9	White, Robert*	92	Hampton, VA	1:17:42
10	Blinchikoff, Herman**	80	Pikesville, MD	1:18:03

11	Smith, Robert*9	81	Dickerson, MD	1:25:42
12	Sanborn, Richard***	81	Williamsburg, VA	1:27:17
13	Atkins, Bob****	90	Winchester, VA	1:34:55
14	Hemphill, Dixon*****	90	Fairfax Station, VA	1:38:07
15	Roth, Bruce**	84	Woodbridge, VA	1:45:23

Open Women

Credit Union Cherry Blossom 15.1K 50:18, 10K = 32:30

Susanna Sullivan was everywhere, winning seven big races and having the four fastest times, including the Alexandria Turkey Trot 5M in 27:13. She also ran the hot and hilly Rockville Rotary Twilight 8K in 27:24. The closest qualifier to her was eighth ranked Tezata Dengersa in 29:33. Additionally, she crushed the field at the TowneBank Shamrock Festival 8K in 27:14. In March, she settled for her second best race, in second at the Ukrops Monument Avenue 10K in 33:56, ahead of seventh place Renee High who ran 35:43. In April, she returned to the Credit Union Cherry Blossom that was shortened to 15.1K and had her best race in 51:44. Third place Julia Roman-Duval ran 54:53 at Cherry Blossom, but earned her placement with a dominating two minute victory at Pike's Peek in 34:37. High ran the 15.1K in 54:59, ahead of twelfth place Emily Potter's 55:48 and eleventh place Anne McGranahan's 57:20.

The first of her ten overall wins came at the US National Road Racing Championships 12K in 42:54, then Perry Shomaker made history at the Army Ten Miler in 57:31 to earn second place in the rankings. Only one master, Elena Orlova, has ever won it all. Fourth place goes to Stephanie Bryan who edged out Alex Wang at Army, 57:46 to 57:55. They were third and fourth overall in the event. Sixth place Amy Lawkowske was not far behind, racing home in 59:41, ahead of Potter's 1:00:17. Lawkowske earns her spot with a third overall finish at the Veterans Day 10K in 35:38, behind second place Bryan's 35:04. She also had a smashing win ahead of Roman-Duval at the St. Patrick's Day 10K in 35:22 to 35:41.

Now they are coming in fast and furious with former champion Dengersa running the Reston Firecracker 5K in 17:24, ahead of Potter's 18:04. Ninth place Martha Nelson ran the minimum of four races but she won them all, including the Navy-Air Force Half Marathon in 1:19:52. Tenth place Katie Kieran was right there with her, with twice as many wins scattered over two divisions. Her best race was the Baltimore United Way 5K in 17:20. Thirteenth place Shauneen Werlinger was dominating with two wins and eight finishes at third place or better, including a fine 1:00:10 at the George Washington Parkway Classic 10 Mile. Adding to the mix, twelfth place McGranahan ran the American Family Fitness Half Marathon in 1:19:48.

Twenty of the 59 runners came from other divisions.

PI	Name	Age	Hometown	10K=
1	Sullivan, Susanna*7	25	Falls Church, VA	33:25

2	Shoemaker, Perry*10	44	Vienna, VA	34:34
3	Roman-Duval, Julia*****	33	Columbia, MD	34:37
4	Bryan, Stephanie****	23	Frederick, MD	34:43
5	Wang, Alex***	23	Ellicott City, MD	34:48
6	Laskowske, Amy***	28	Arlington, VA	35:22
7	High, Renee***	33	Virginia Beach, VA	35:31
8	Dengersa, Tezata**	35	Washington, DC	36:14
9	Nelson, Martha****	34	Washington, DC	36:05
10	Kieran, Katie*8	35	Alexandria, VA	36:05
11	McGranahan, Anne**	36	Blacksburg, VA	36:04
12	Potter, Emily*6	36	Alexandria, VA	36:03
13	Werlinger, Shauneen***	30	Springfield, VA	36:09
14	Haberle, Megan****	35	Washington, DC	36:19
15	Norton, Sage*****	35	Myersville, MD	36:35
16	Mazur, Ann*11	30	Charlottesville, VA	36:37
17	Lawrence, Kristen**	35	Virginia Beach, VA	36:39
18	Wilson, Nicole***	28	Baltimore, MD	36:49
19	Waters, Kara****	40	Great Falls, VA	36:56
20	Le Moigne, Laurel*	30	Springfield, VA	36:58
21	Carroll, Maura**	26	Washington, DC	36:56
22	Swain-Taylor, Erin*	33	Arlington, VA	36:59
23	Capozzi, Michelle*10	23	Leesburg, VA	37:05
24	Stick, Sherry*14	37	Eldersburg, MD	37:01
25	Gispert, Emily	24	Baltimore, MD	37:02
26	Grove, Alicia**	26	Richmond, VA	37:07
27	Conlon, Elizabeth*	23	Montgomery Village, MD	37:11
28	Rinehardt, Octavia*6	25	Virginia Beach, VA	37:19
29	Schrank, Brenda*9	43	Winchester, VA	37:22
30	DiGregorio, Megan*9	27	White Marsh, MD	37:35
31	Berard, Victoria***	24	Baltimore, MD	37:31
32	Sheptock, Tatiana*	39	South Riding, VA	37:29
33	Bryceland, Michele**	24	Virginia Beach, VA	37:40
34	Allman, Teresa***	36	Virginia Beach, VA	37:38
35	Stone, Trish***	40	Kensington, MD	37:41
36	Pollack, Jilian*	26	Arlington, VA	37:45
37	Lemos, Kristin*6	34	Bethesda, MD	37:51
38	Clattenburg, Rachel	31	Washington, DC	38:00
39	Gruendel, Jackie**	40	Clifton, VA	38:07
40	Maranzano, Jennifer*	42	Washington, DC	38:18
41	Henry, Sika*6	31	Newport News, VA	38:23
42	Masterson, Erin	32	Alexandria, VA	38:23
43	Kollme, Ashley**	32	Washington, DC	38:29
44	Blackstone, Meghan*	21	Bristow, VA	38:29
45	Lubell, Karina*	34	Washington, DC	38:33
46	Conant, Cindy	53	Kensington, MD	38:38

47	Baxter, Carmen***	34	Suffolk, VA	38:48
48	Troisi, Elizabeth	24	Baltimore, MD	38:49
49	Harvey, Alisa***	50	Manassas, VA	38:55
50	Hannon, Elizabeth	33	Columbia, MD	39:19
51	Baage, Silvia**	34	Rockville, MD	39:27
52	Perna, Courtney	37	Bethesda, MD	39:29
53	DiGregorio, Justine***	24	White Marsh, MD	39:27
54	Hevner, Tiffany	34	Columbia, MD	39:45
55	Astudillo, Molly	29	Aldie, VA	39:42
56	Burbach, Cristina	41	Arlington, VA	39:57
57	Crandell, Courtney	24	White Post, VA	39:52
58	Davison, Mary	42	Bristow, VA	40:21
59	Holt, Bridget****	37	Gambrills, MD	40:18

19 & Younger Women

Reston Firecracker 5K 16:42, 10K = 34:46

This division was easily the largest with more than 1230 qualifying times, yet only nine qualified for the year end with two seasons ranked. Rachel Tishler won the division easily with a solid Apple Blossom 10K in 39:18. Her Leesburg 5K was the fastest of the qualifiers in 19:23. The next three were very close and included two daughters of two of the area's top grandmasters, each named Paul. Michaela Peterson (Paul's daughter), last year's champion, led early, racing the Bel Air Town Run 5K in 19:42. She would add four more sub 20:00 5Ks. Lydia Wilson started the first half of the year with two overall wins. In October, she closed but settled for fourth place racing the Smithfield Hog Jog 5K in 41:13. Maya Jacobson (Paul's Daughter), also took a while to get underway. With a very special Kentlands/Lakelands 5K on Labor Day weekend, she took the runner-up spot in 19:37.

PI	Name	Age	Hometown	10K=
1	Tishler, Rachel*****	18	Winchester, VA	39:18
2	Jacobson, Maya***	16	Gaithersburg, MD	40:51
3	Peterson, Michaela*****	16	Bethesda, MD	41:01
4	Wilson, Lydia****	18	Smithfield, VA	41:13
5	Couillard, Olivia*6	14	Stephens City, VA	43:20
6	Hasty, Lauren*7	12	Chesapeake, VA	43:58
7	Laveson, Rachel*****	19	Annandale, VA	45:00
8	Thurneyesen, Ellen***	14	Herndon, VA	45:42
9	Rosas, Brenda	17	Columbia, MD	47:05

35-39 Women

Ukrops Monument Avenue 10K 34:59

This was the toughest division to figure. Anne McGranahan missed the fastest time by a second at the American Family Fitness Half Marathon in 1:19:48. In March, she added the Anthem Shamrock Festival Half Marathon in 1:21:11 to match exactly Tezata Dengersa's third best race, the Baltimore Women's Classic 5K victory in 17:37. Also, at the half marathon she topped eighth place Tatiana Sheptock's 1:22:58. Emily Potter had a slew of age group wins and two overall wins. She had the best race at the Credit Union Cherry Blossom 15.1K in 55:48 ahead of McGranahan's 57:20 as well as fifth place Sage Norton who ran 57:00 and fourth place Megan Haberle's 56:13.

Potter's Run for the Parks 10K matched Dengersa's 5K. Next, Norton was second at the Frederick Half Marathon in 1:20:57. In the fall, Dengersa had her second best race, winning it all at the Parks HM in 1:20:14. Potter's Army Ten Miler in 1:00:17 matched it stride for stride. Now it all comes down to Dengersa's best race against Potter at the Reston Firecracker 5K where she prevailed 17:24 to 18:04, albeit Potter's seventh best race. The crown goes again to Dengersa.

Sixth place Kristen Lawrence won it all at the Peroni Crawlin' Crab HM in 1:21:07, ahead of ninth place Teresa Allman's 1:23:16. In between, Sherry Stick had a massive seventeen age group wins, including the overall win at the Shoebox Shuffle 5K in 17:47.

Twenty-four women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Dengersa, Tezata*6	35	Washington, DC	36:14
2	Potter, Emily*15	36	Alexandria, VA	36:03
3	McGranahan, Anne****	35	Blacksburg, VA	36:04
4	Haberle, Megan*12	35	Washington, DC	36:19
5	Norton, Sage*6	35	Myersville, MD	36:35
6	Lawrence, Kristen*6	35	Virginia Beach, VA	36:39
7	Stick, Sherry*17	37	Eldersburg, MD	36:45
8	Sheptock, Tatiana*12	39	South Riding, VA	37:29
9	Allman, Teresa*8	39	Virginia Beach, VA	37:38
10	Perna, Courtney*6	37	Bethesda, MD	39:29
11	Chen, Judy*	39	Washington, DC	39:26
12	Flynn, Sarah*6	36	Rockville, MD	39:37
13	Smith, Margaret**	35	Baltimore, MD	39:42
14	Holt, Bridget*6	37	Gambrills, MD	40:18
15	Ramos, Laura*****	36	Silver Spring, MD	40:20
16	Khatcheressian, Anne*7	36	Fredericksburg, VA	40:46
17	Riggs, Jessica*15	38	Surry, VA	41:00
18	Hofheimer, Jessica***	39	Reston, VA	41:06
19	Diegoli, Toni*7	36	Potomac, MD	41:32
20	Spears, Jessica**	37	Richmond, VA	41:41
21	Matthews, Shannon*****	37	Boonsboro, MD	41:47
22	Huerta, Amy*6	39	Fredericksburg, VA	41:47
23	Dzibela, Tracy*7	38	Fredericksburg, VA	41:56

40-44 Women

Army 10 Miler 57:31, 10K = 34:34

Perry Shoemaker is getting faster. She dropped eighty seconds off her US National Road Racing Championships 12K and was victorious again in 42:54. She had eight of the top nine times in the division. Her worse placement was her best race, the Army Ten miler for second overall in 57:31. In her fifteen races, she finished second four times and third once. Her ten overall wins earned her the runner-up spot in the elite division and the division crown.

Runner-up Kara Waters had four overall wins and an excellent Marine Corps Marathon in 2:55:54 and made it to the elite division as well. However, it was her head-to-head win over third place Brenda Schrank at the Credit Union Cherry Blossom 15.1K 57:10 to 57:51 that got her that spot. Shrank added an Apple Blossom 10K in 38:47. Even when a pre-race accident shortened the Cherry Blossom course, it is a powerful rankings race. Sixth place Jennifer Maranzano was there besting fourth place Trish Stone 59:22 to 1:00:11. Stone recouped her loss with a fourth overall at the Pike's Peek 10K in 37:41 and a total of 13 age group wins.

Maranzano had her best race the month before at the Rock 'n' Roll Half Marathon in 1:24:46, but fifth place Jackie Gruendel bettered that at the Navy-Air Force Half Marathon with 1:24:21. Eighth place Colleen Alexander won a photo finish with seventh place Meg Crook at the Charlottesville 4M. Still, it was not enough to overcome Crook's Charlottesville 10M for third overall in 1:05:09. Cristina Burbach the ninth woman faster than 40:00, cannot be forgotten, running the Veterans Day 10K in 39:57.

Twenty-four women qualified for the division.

Pl	Name	Age	Hometown	10K=
1	Shoemaker, Perry*15	44	Vienna, VA	34:34
2	Waters, Kara*7	40	Great Falls, VA	36:56
3	Schrank, Brenda*10	44	Winchester, VA	37:22
4	Stone, Trish*13	40	Kensington, MD	37:41
5	Gruendel, Jackie*****	40	Clifton, VA	38:07
6	Maranzano, Jennifer***	42	Washington, DC	38:18
7	Crook, Meg*****	40	Charlottesville, VA	39:09
8	Alexander, Colleen*6	41	Crozet, VA	39:50
9	Burbach, Cristina*6	41	Arlington, VA	39:57
10	Davison, Mary****	42	Bristow, VA	40:21
11	Ross, Cathy*19	44	Burke, VA	40:38
12	Reichmann, Lisa****	41	Gaithersburg, MD	40:39
13	Messing, Angela***	44	Washington, DC	41:05
14	Blanchard, Christie*	42	Chevy Chase, MD	41:08

15	Huerta, Amy*****	40	Fredericksburg, VA	41:32
16	Hochrein, Jennifer**	44	Charlottesville, VA	41:43
17	Newkirk, Nancy	41	Centreville, VA	41:59
18	Cosner, Cathy***	42	North Chesterfield, VA	42:11
19	Bibb, Wendy*7	44	Centreville, VA	42:14
20	Jasparro, Vicky*****	41	Fredericksburg, VA	42:39
21	Taylor, Julia*	44	Arlington, VA	42:47
22	Howes, Heather*****	44	Port Royal, VA	43:33
23	Whitstone, Yuko**	43	Springfield, VA	44:33
24	Carroll, Colleen***	42	Davidsonville, MD	44:39

45-49 Women

Army 10 Mile 58:28, 10K = 35:05

Just before parting ways with the division Alisa Harvey took the crown again with a brilliant US National Road Racing Championships 12K 47:47 to start the year. That was enough though she would race her last time in the division in September at the Dulles Day 10K on the Runway for third overall in 40:28. Third place Kellie Redmond upset Denise Knickman at the Pike's Peek 10K in April, 40:32 to 40:34. They both had a string of excellent 10Ks and 5Ks. Redmond took the Veterans Day 10K in 40:32 and Knickman was everywhere, winning three races outright, with 14 age group wins. In October, she latched onto the runner-up spot with the second best race of the year, finishing second overall at the Baltimore Marathon in 3:06:55.

Fourth place Samantha Cole started strong with the fastest half marathon of the division at the American Family Fitness Half Marathon in 1:32:42 capping her year at the Army Ten Miler in 1:08:23. Fifth place Linda-Lou O'Connor had an identical 1:32:43 at the B&A Trail Half Marathon and, just one week after, she raced the BRRC White Hall 15K to a second overall 1:04:40. Miriam Mintzer ran Pike's Peek in 42:02. She also ran a brilliant second overall at the deceptively difficult Capital for a Day 5K in 20:25 for one of her ten age group wins to secure sixth place.

Seventh place Debbie McLaughlin ran the Run for the D. O. G. 5K in 20:22. Ninth place Monique Rico had a big overall win at the Freedom 5K in 20:25 with eighth place Shannon Smith a tad behind, running the Capital Challenge 3M in 19:46. Both runners had their best race in May. Back in March, Smith earned her placement beating Rico at the Rock 'n' Roll Half Marathon 1:34:43 to 1:35:03. Paula Pels is tenth racing the YMCA Turkey Chase 10K on Thanksgiving in 42:57.

Thirty-three women qualified for the division.

Pl	Name	Age	Hometown	10K=
1	Harvey, Alisa*****	49	Manassas, VA	39:20
2	Knickman, Denise*14	48	Baltimore, MD	39:57
3	Redmond, Kellie**	46	Bethesda, MD	40:32

4	Cole, Samantha*****	47	Arlington, VA	41:06
5	O'Connor, Linda Lou*10	47	Severna Park, MD	41:39
6	Mintzer, Miriam*10	47	Silver Spring, MD	42:02
7	McLaughlin, Debbie*11	49	Williamsburg, VA	42:12
8	Smith, Shannon**	49	Washington, DC	42:37
9	Rico, Monique*9	47	Chantilly, VA	42:30
10	Pels, Paula****	48	Bethesda, MD	42:57
11	Liu, Tammy*10	48	Ellicott City, MD	43:06
12	Greeson, Laura*	45	Fairfax, VA	43:37
13	Haas, Jeanette**	46	Arlington, VA	43:50
14	Waterman, Paige***	48	Silver Spring, MD	44:30
15	Beard, Shelli**	46	North Potomac, MD	44:31
16	Taylor, Ruth*15	47	Frederick, MD	44:46
17	Taylor, Kimberly**	46	Virginia Beach, VA	44:48
18	Goodpasture, Debbie*6	46	Midlothian, VA	45:02
19	McClintick, Karen**	48	Richmond, VA	45:02
20	Jockin, Deborah*7	49	Fredericksburg, VA	44:57
21	Blakney, Luz*****	48	Oak Hill, VA	45:09
22	Thurneyesen, Shirley*	49	Herndon, VA	45:20
23	Ratcliffe, Kim*9	48	Yorktown, VA	45:41
24	Borkman, Kelly****	49	Virginia Beach, VA	45:51
25	Stotler, Tonya*	48	Leesburg, VA	45:48
26	Keane-Myers, Andrea*****	46	Bethesda, MD	45:50
27	Hall, Maureen****	49	Baltimore. MD	46:03
28	Stephens, Yoko**	49	Fairfax. VA	46:11
29	Kammel, Carole**	46	Rockville, MD	46:09
30	Geernaert, Pamela****	47	Frederick. MD	46:23
31	Young, Karen*****	46	Boyds. MD	47:01
32	Strauch, Debi*6	48	Ashburn. VA	47:11
33	Bozarth, Helena****	49	Fredericksburg, VA	47:24

50-54 Women

Credit Union Cherry Blossom 15.1K 59:49, 10K = 38:38

Cindy Conant ran just a dozen races, five times in the top three. She took the crown the first week at the American Family Fitness Half Marathon in 1:26:38. Her last race was the Credit Union Cherry Blossom 15.1K that she won in 59:49, ahead of fifth place Anita Freres who ran 1:04:04. As usual it was her best race. She ran the St. Patrick's Day double with the fastest 5K of the year in 19:28 and followed with a 40:41 in the 10K. Only runner-up Kendall Tata had a faster 10K. Tata was second overall at the Pepsi 10K in 40:06 just two weeks after her best race, the Charlottesville 4M in 25:00.

Mandana Mortazavi had finished behind Freres at Cherry Blossom with 1:05:02. Then she took on the Army Ten Miler in 1:08:11 that was still two seconds slower than

Conant's hilly Turkey Burnoff from November but well ahead of the 15.1K race and Freres who ran Army in 1:10:57. On the last week of the year, Mortazavi ran the third fastest 5K at the Veteran's Day 5K in 19:53. In August, she added the Leesburg 20K in 1:27:04 to her six age group wins. Fourth place Pamela Lovett had twelve races. Nine times she was in the top three. Four times she was the winner, including the Ashcreek 5K in 19:55.

Sixth place Andrea Leber stayed close as top master at the Anthem Wicked 10K in 41:37. Former division champion Linda Foley had a very nice Reston 10 Miler in 1:11:38 and was again fast in Charlottesville with 1:11:57. Closing fast in eighth place Karla Havens was top master at the Yorktown Freedom 8K in 34:04. Ninth place Monica Grillo was tops at the Alexandria Turkey Trot 5M in 35:07. Connie Glueck used her overall win at the Joe & Sue Moore Memorial Scholarship 5K in 21:18 to crack the top ten.

Forty women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Conant, Cindy*12	54	Kensington, MD	38:38
2	Tata, Kendall*13	53	Stanardsville, VA	40:02
3	Mortazavi, Mandana*6	51	Leesburg, VA	40:59
4	Lovett, Pamela*12	53	Yorktown, VA	41:28
5	Freres, Anita*12	50	Vienna, VA	41:23
6	Leber, Andrea*****	51	Suffolk, VA	41:37
7	Foley, Linda****	53	Oak Hill, VA	43:03
8	Havens, Karla*9	53	Plainview, VA	43:15
9	Grillo, Monica*7	51	Arlington, VA	44:17
10	Glueck, Connie*8	51	Williamsburg, VA	44:21
11	David, Carol*11	53	Stafford, VA	44:27
12	Hall, Maureen*9	50	Parkville, MD	44:33
13	Stephens, Yoko*6	50	Fairfax, VA	44:44
14	Snyder, Jill*9	54	Annapolis, MD	44:53
15	Lussi, Jeannette*14	52	Lutherville, MD	45:15
16	Scott, Janeth*****	53	Columbia, MD	45:11
17	Furr, Suzanne**	54	Harwood, MD	45:55
18	Bailey, Mary Jo****	54	Williamsburg, VA	46:11
19	Gibson, Wendy**	54	Sparks, MD	46:17
20	Nielsen, Lisa*****	52	Roanoke, VA	46:17
21	Willingham, Lise***	51	Charlottesville, VA	46:40
22	Laing, Kathryn	51	Severna Park, MD	46:37
23	Donovan, Julie**	51	Bethesda, MD	46:42
24	Smith-Harden, Michele*6	51	Norfolk, VA	46:59
25	Kuhn, Margaret*	53	Riverdale, MD	47:06
26	Grillo, Jeanne*	54	Potomac, MD	47:43
27	Demaree, Marsha*7	50	Marriottsville, MD	47:32
28	Collard, Elizabeth***	54	Darlington, MD	47:51

29	Meyer, Jane*	54	Annapolis, MD	48:09
30	Kopacz, Margaret****	50	Chesapeake, VA	48:29
31	Friberg, Jeanne**	53	Ashburn, VA	48:38
32	Sullivan, Lorraine****	53	New Market, MD	48:43
33	Shea, Stacey***	52	Eldersburg, MD	48:54
34	Cox, Heidi****	50	Stafford, VA	48:51
35	Barrick, Michelle*****	51	Middle River, MD	49:12
36	Robinson, Barbara**	54	Aldie, VA	49:58
37	Miller, Stacey	51	Leesburg, VA	50:01
38	Schexneider, Katherine*	53	Rockville, MD	49:59
39	Schaffner, Christine*****	52	Yorktown, VA	50:36
40	Clarke, Tammi*	54	Norfolk, VA	50:48

55-59 Women

Anthem Shamrock Festival Half Marathon 1:27:53, 10K = 39:43

The top forty times were all run by just four runners. The ageless one who gets faster every year, Deedee Loughran, owned all the top twelve times. She almost seems to get faster as she runs longer. Her best 5K race was the Lucky Leprechaun 5K in 20:05. A week later she ran the Anthem Shamrock Festival Half Marathon in 1:27:53, only about thirty seconds per mile slower than her 5K. A week after that, she nailed an overall win at the Runners Half Marathon of Reston in 1:30:13. All three races are open class times.

Hosni Haghghian dropped a minute from last year's best race and rode the elevator from seventh to second place with a splendid Charlottesville 10M in 1:13:28. She had already trotted at a solid HCA 8K in 35:12 to start the year. Third place Dorothy Beckett ran well at the Credit Union Cherry Blossom 15.1K in 1:09:28, but that strange distance seemed to confuse runners. Two weeks later, she bolted forward at the Pike's Peek 10K in 44:24, ahead of fourth place Mary Lowe Mayhugh's 45:03. That course now starts with a quarter mile hill which probably costs runners a few seconds. Haghghian ran the Pepsi 10K in 44:20.

The next three were glued together. Nina Fisher raced a fine AS Anniversary 15K in 1:12:01, to go with her Cold Turkey 10K in 46:57, to take fifth. Amber Rader ran all three RRRC Cul De Sac Series 5K, winning two of them, although she lost to seventh place Sandra Gray in the fastest one 22:29 to 22:39. That would have been enough for Gray, but Rader had also beat her handily at the Carytown 10K earlier in the year, 46:48 to 48:49. Nancy Hill rode the Santa's Sleigh 5K to eighth place in 22:36. Six months later she would finish second overall at the Pirate Fest 5K in 22:39. Ninth place had a five mile Carole Rosasco run a fine race through Down's Park in 37:29.

Thirty-five women qualified for the division.

Pl	Name	Age	Hometown	10K=
1	Loughran, Deedee*12	57	Oak Hill, VA	39:43

2	Haghighian, Hosni*9	57	Charlottesville, VA	44:09
3	Beckett, Dorothy*9	57	Columbia, MD	44:24
4	Mayhugh, Mary Lowe*29	59	Washington, DC	44:33
5	Fisher, Nina****	58	Annapolis, MD	46:49
6	Rader, Amber*7	56	Moseley, VA	46:48
7	Gray, Sandra*6	56	Glen Allen, VA	46:55
8	Hill, Nancy*7	57	Havre de Grace, MD	47:03
9	Rosasco, Carole*6	56	Severna Park , MD	47:16
10	Amini, Ellahe*7	57	Frederick, MD	47:32
11	Hackett, Maura**	55	Springfield, VA	47:51
12	Norman, Brenda*	58	Annapolis, MD	48:11
13	Galliani, Paula****	55	Gaithersburg, MD	48:12
14	Waldman, Gail*7	57	Vienna, VA	48:18
15	Asao-Ragosta, Kiyoko**	57	Charlottesville, VA	48:22
16	Harrison, Carolyn*15	59	Virginia Beach, VA	48:20
17	Rigby Kash, Leslie*12	58	Fredericksburg, VA	48:33
18	Griffing, Sharon****	56	Springfield, VA	48:44
19	Spatz, Debra***	56	Saint Leonard, MD	48:43
20	McCardle, Beverly***	57	Frederick, MD	48:56
21	Recto, Liza***	59	Lexington Park, MD	49:03
22	Bean, Becky***	57	Norfolk, VA	49:12
23	Peck, Leigh****	58	Lutherville, MD	49:24
24	Touissant, Kat***	56	Reston, VA	50:13
25	Philpot, Connie*****	59	Arlington, VA	50:31
26	Crist, Rose**	59	Lanexa, VA	50:48
27	Cason, Angela*	59	Damascus, MD	50:55
28	Laird, Helen	57	Annapolis, MD	50:53
29	Overturf, Kristen**	55	Vienna, VA	51:15
30	Evans, Cynthia	59	Randallstown, MD	51:26
31	Dirks, Debbie	56	Edgewater, MD	51:40
32	Schulman, Lori	56	Frederick, MD	51:53
33	Snead, Susan**	59	Virginia Beach, VA	52:07
34	Ganoe, Thea*6	57	Hampton, VA	52:22
35	Cea, Kathy**	55	Gaithersburg, MD	52:38

60-64 Women

Clarendon Day 5K 22:06, 10K = 46:01

Betty Blank is nearly always the defending champ though often the defense is not that hard. She ran well all year long starting with a US National Road Racing Championships 12K in 56:48 that helped her win the winter. In the spring, she struggled a little at the two big title makers. The Credit Union Cherry Blossom became a 15.1K and made her 1:13:12 there harder to read but definitely much slower than last year. At Pike's Peek, she was nearly two minutes off her game at 48:05. Donna Lewis picked up the slack at the

Chestertown Tea Party 10 Mile in 1:17:43 to take the spring. In the summer, Blank ran a very good Larry Noel 15K on a traditionally hot and hilly course in 1:14:22 but Lewis had matched her spring title maker with an excellent Bel Air Town Run 5K in 22:26. Never afraid of competition, Blank ran the Army 10 Miler in 1:17:35 to take the fall and the 2015 title. Earlier she added a blazing 22:06 at the Clarendon “ski slope” 5K that was more than a minute faster than her next best 5K at the PVTC Christmas Caper 5K with 23:17.

It all came together for third place Marcy Foster who by far ran her best race at the Anthem Shamrock Festival Half Marathon in 1:47:18. Linda Gulick had four races at better than a 50:00 10K pace, including a marvelous HCS 8K in 38:49 to start the year. Fifth place Connie Philpot was right with her, racing the Apple Blossom 10K in 49:20. Next in line, sixth place Lydia Johnson won her age at the Women’s 5K by The Bay in 23:50, when Lewis was awarded top grandmaster for her 23:02. After that, the next six runners were close enough to fit in the same photo. Ninth place Merrilee Seidman kept getting better, racing thirty times and nailing an excellent Run for the Parks 10K in 50:09 on her next to last race of the year. Just ahead of her, Ginny Hughes had twenty races with her best being the Credit Union Cherry Blossom 15.1K in 1:17:41. It was the only race where they ran against each other and Seidman ran 1:20:18. Harriet McCoy was a whisper behind, running the Run for the Hills 10K in 50:14.

With identical 50:20 10K equivalent bests, Peggy Vail gets the lean with six age groups wins to two for Pat McNabb who raced the Anthem Shamrock Festival Half Marathon in 1:51:24. Vail added a fine Downs Park 5 Mile in 40:07 to her Cold Turkey 10K in 50:20 to clinch the deal. Taking her spot in thirteenth place, Carol Talley, who had nine age group wins, ran a fine Toano Icy 8K in 39:47 and a Sentara Colonial 5K 24:14 for a very special February.

Thirty-eight women made the rankings.

Pl	Name	Age	Hometown	10K=
1	Blank, Betty*19	62	Falls Church, VA	46:01
2	Lewis, Donna****	60	Bel Air, MD	46:42
3	Foster, Marcy*8	61	Reston, VA	48:29
4	Gulick, Linda*10	64	Richmond, VA	49:14
5	Philpot, Connie***	60	Arlington, VA	49:20
6	Wolfe, Claudia***	63	Alexandria, VA	49:28
7	Johnson, Lydia*****	61	Street, MD	49:37
8	Hughes, Ginny*16	64	Warrenton, VA	50:11
9	Seidman, Merrilee*19	61	Alexandria, VA	50:09
10	McCoy, Harriet**	60	Toano, VA	50:14
11	Vail, Peggy*6	63	Annapolis, MD	50:20
12	MacNabb, Pat**	62	Glenwood , MD	50:20
13	Talley, Carol*9	61	Toano, VA	50:27
14	Shields, Maria*8	64	Davidsonville, MD	50:40
15	Weeks, Sharon*7	61	Virginia Beach, VA	50:48

16	Hansen-Vessa, Carol*11	61	Herndon, VA	51:11
17	O'Reilly, Mairead	60	Annapolis, MD	51:19
18	Worthington, Helen*11	61	Bena, VA	51:34
19	Forsha, Anne****	64	Derwood, MD	51:55
20	Snead, Susan***	60	Virginia Beach, VA	51:55
21	Golden, Wendy**	62	Earlysville, VA	51:49
22	Nusbaum, Maria*	63	Reston, VA	52:55
23	Cowan, Marianne*	61	North Chesterfield, VA	52:58
24	Palluch, Linda*	61	Virginia Beach, VA	52:52
25	Lauzon, Jean*13	62	Spotsylvania, VA	53:33
26	Ross, Saleema****	62	Fort Washington, MD	54:44
27	Travis, Patricia*6	63	Williamsburg, VA	55:15
28	Nicholson, Trina*6	61	Blue Ridge, VA	55:17
29	Sutey, Pamela***	60	Burke, VA	55:23
30	Humphreys, Dottie*6	63	Newport News, VA	56:02
31	Cepeda, Anne-Marie*8	62	Fincastle, VA	56:23
32	Truppi, Carol*	62	Bethesda, MD	56:28
33	English, Carol***	60	Germantown, MD	57:26
34	Wilson, Cristi**	60	Henrico, VA	57:36
35	Eberhard, Dawn*	61	Richmond, VA	58:14
36	Hobart, Kathryn***	63	Columbia, MD	58:12
37	Hennes, Kathy*6	63	Annapolis, MD	58:26
38	Fredlake, Mary	64	Washington, DC	58:38

65-69 Women

US National Road Racing Championships 12K 57:04, 10K = 46:58

All in all, Alice Franks had another fine year. She had some injuries in the middle of the year and tried to race through them, producing middle of the pack times. However, her year started brilliantly at the US National Road Racing Championships 12K in 57:04 for another title. March began with a very nice St. Patrick's Day 10K in 47:52. She would need those two races as Barbara Mathewson was nipping at her heels, racing the CKHD Love Run 5K in 23:08 to best Frank's 23:11 at the Jingle All the Way 5K. The spring and summer belonged to Mathewson who ran the Anthem Shamrock Festival Half Marathon in 1:47:53, while Franks drifted down to sixth. Third place Marge Rosasco moved up winning at the Thao's Run to the Light 5K in 24:06 in May. That got her past fourth place Betty Brothers who had run the VAB Turkey Trot 10K in 50:33 to match Rosasco's Women's 5K by The Bay in 24:17. In the summer, Franks edged up to third before regaining her title in the fall. Still, fifth place Larue Lennon running the Iron Girl HM in 1:53:48 was faster than Franks would run at the Parks HM by ten seconds.

Sixth place Ellen Rabe had six wins, including the Across the Bay 10K in 52:06, Seventh place Linda Mills made up for her head to head loss at Cherry Blossom, 1:23:13 to 1:24:29 against ninth place Elizabeth Sadoff with a very nice Charles Street 12M in

1:47:49. She then added an Army Ten Miler in 1:28:45 to stay ahead of eighth place Anne Passin's Run for the Parks 10K in 53:28. Barbara Biasi caps the top ten racing the Surf 'n' Santa 5M in 43:08.

Forty women qualified for the division.

PI	Name	Age	Hometown	10K=
1	Franks, Alice*23	67	Rockville, MD	46:58
2	Mathewson, Barbara*10	65	Virginia Beach, VA	48:06
3	Rosasco, Marge*****	67	Joppa, MD	50:11
4	Brothers, Betty*8	68	Virginia Beach, VA	50:33
5	Lennon, Larue****	67	Westminster, MD	51:25
6	Rabe, Ellen*6	67	Columbia, MD	52:06
7	Mills, Linda**	65	Salisbury, MD	53:17
8	Passin, Anne*7	67	Falls Church, VA	53:28
9	Sadoff, Elizabeth*9	66	Washington, DC	53:45
10	Biasi, Barbara*10	68	Yorktown, VA	54:23
11	Buchser, Esther*****	67	Abingdon, MD	54:39
12	Rosenthal, Ann*	66	Bethesda, MD	55:10
13	Clement, Laurel*****	66	Warrenton, VA	55:23
14	Bolton, Gretchen***	69	Bethesda, MD	55:16
15	Stanfield, Leslie**	66	Reston, VA	57:12
16	Tice, Linda*****	69	Timonium, MD	57:43
17	Davis, Virginia**	66	Norfolk, VA	58:01
18	St. Clair, Christy*	66	Glen Arm, MD	58:25
19	Fredlake, Mary***	65	Washington, DC	58:57
20	Marano, Janet**	67	Reston, VA	59:10
21	Coffin, Carol	65	Severna Park, MD	59:27
22	Allen, Deborah*	65	Lynchburg, VA	1:00:01
23	Sielen, Virginia*11	67	Oakton, VA	1:01:16
24	Jones, Priscilla****	67	Lynchburg, VA	1:01:23
25	Norton, Lou*9	68	Richmond, VA	1:01:44
26	Bainbridge, Cassandra*****	68	Bristol, TN	1:01:52
27	Brennan, Melanie*	65	Alexandria, VA	1:02:05
28	Jefferson, Kathleen**	69	Williamsburg, VA	1:03:49
29	O'Connell, Diane*	65	Westminster, MD	1:03:49
30	Delaney, Marie***	67	Severn, MD	1:03:49
31	Fahy, Loretta*****	66	Frederick, MD	1:04:17
32	Dodson, Christina*****	69	Henrico, VA	1:05:14
33	Imholtz, Clare*	69	Beltsville, MD	1:05:14
34	Snowman, Adele**	67	Upperco, MD	1:05:25
35	Berger, Nancy*	69	Hunt Valley, MD	1:05:20
36	Sitkin-Porzell, Judith	68	Silver Spring, MD	1:07:23
37	Smith, Margo*	65	Frederick, MD	1:07:59
38	Simmons, Patricia***	67	Chesapeake, VA	1:09:03

39	Akers, Donna***	66	Narrows, VA	1:08:38
40	McClure, Doris*	67	Baltimore, MD	1:11:21

70-74 Women

Pike's Peek 10K 53:34

Save for five cross country races and a low-key 5K run at zero degrees, Dee Nelson raced times that no one else could touch. She won all thirty-four of her races versus 70 – 74 women and had the top twenty-eight races. Her best race was at the Pike's Peek 10K in 53:34, ahead of third place Pat Welch, who succumbed to fourth place Karen Kautz, 1:00:55 to 100:59. Two weeks earlier Nelson had her best race at the shortened Credit Union Cherry Blossom 15.1K, 1:24:10 ahead of Welch's 1:32:47. Nelson had the fastest full 5K at the FSC WDF in 26:08. Runner-up Mary Kate Berglund had two fast 5Ks, including the SPCA 5K in 28:36. Nelson ran the MCRRC Jingle Bell Jog 8K in 43:07 to top Berglund's HCA 8K in 47:47.

Fifth place Nancy Berger joins the division with a solid Baltimore Women's Classic 5K in 30:36. Sixth place Linda Yarr ran the Veterans Day 10K in 1:05:47. Seventh place Jeanette Novak, with 45 wins, was tops in nearly two-thirds of her 72 races.

Pl	Name	Age	Hometown	10K=
1	Nelson, Dee*33	72	Gaithersburg, MD	53:34
2	Berglund, Mary Kate*11	74	Henrico, VA	59:33
3	Welch, Pat****	71	Vienna, VA	59:56
4	Kautz, Karen**	71	Silver Spring, MD	1:00:55
5	Berger, Nancy*****	70	Hunt Valley, MD	1:03:43
6	Yarr, Linda**	71	Bethesda, MD	1:05:47
7	Novak, Jeanette*45	71	Damascus, MD	1:07:36
8	Jorlett, Robin*6	72	Newport News, VA	1:09:30
9	Whalen, Mandy*16	74	Falls Church, VA	1:09:35
10	Hanna, Judy*18	71	Williamsburg, VA	1:11:06
11	Thomas, Susan****	72	Charlottesville, VA	1:13:55
12	Trapp, Julie**	71	Silver Spring, MD	1:16:56
13	Smith, Betty***	74	Rockville, MD	1:20:03
14	Dinneen, Arleen*****	71	Ellicott City, MD	1:20:36
15	Hall, Marcia****	72	King George, VA	1:21:20
16	Matricciani, Roberta****	71	Freeland, MD	1:24:00

75-79 Women

Run with Santa 5K 31:14, 10K = 1:05:02

Ecris Williams continues to dominate the division with the top ten times raced. She started the year with a Turkey Day 5K in 31:30 and improved a week later at the Run

with Santa 5K in 31:14. Then she capped the year at the Run for the Parks 10K in 1:06:10. Runner-up Janet Hughes is good at the 10K as well. She ran three, including the Across the Bay and her best, the Apple Blossom 10K, in 1:09:47. Third place Tami Graf will be eighty in July but still had the fastest 10M in the division, racing the Lower Potomac River 10 Mile in 1:57:13. She did lose to fourth place Laura Pitts at the really long, racing the Bachmann Valley HM. Those hills were unforgiving. Pitts had her best race at the Charles Street 12M in 2:27:09. Graf had two 10Ks faster and nearly as fast as her 10 miler. Fifth place Mandy Whalen prolifically won 40% of her twenty races.

PI	Name	Age	Hometown	10K=
1	Williams, Ecris*17	76	Reston, VA	1:05:02
2	Hughes, Janet*12	78	Winchester, VA	1:09:47
3	Graf, Tami*24	79	Lusby, MD	1:10:27
4	Pitts, Laura*	77	Baltimore, MD	1:12:44
5	Whalen, Mandy*8	75	Falls Church, VA	1:14:04
6	Stewart, Judy****	76	Williamsburg, VA	1:47:57
7	Yannakakis, Zoena****	79	Sparks, MD	1:25:03
8	Ely, Pauline****	77	Hampton, VA	1:28:46
9	Tody, Carolyn*****	75	Norfolk, VA	1:31:01
10	Wollard, Jamie**	77	Rockville, MD	1:31:27
11	Manciagli, Ann*	79	Williamsburg, VA	1:35:07

80 & Older Women

HCA 8K 1:00:52, 10K = 1:17:13

Yvonne Aasen led the way with 16 wins in 20 tries and the fastest qualifier at the McDaniel 5K in 38:53. She is the youngest of the four who came out to play in 2015. Ruth Ketron had the next three best races, including the Mountain States Rehab 5K in 38:59. Note that Aasen's race was really a Pi (3.14) run so it was a few meters deliberately longer. Pat Eden was next at the Crapolfest 5K. Martha Trimmer, at 86, was our oldest qualifier. There were 46 other women eighty and older who ran at least one event.

PI	Name	Age	Hometown	10K=
1	Aasen, Yvonne*16	84	Westminster, MD	1:19:57
2	Ketron, Ruth***	85	Kingsport, TN	1:21:10
3	Eden, Pat**	84	Williamsburg, VA	1:41:57
4	Trimmer, Martha	86	Mount Airy, MD	1:55:39

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

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

To be rated, a race must meet the following criteria:

- * Take place in Washington, DC, Maryland, or Virginia
- * Must list age (and preferably also city and state of residence) of all runners
- * Standard distance 3M, 5K, 4M, 8K, 5M, 10K, 12K, 15K, 10M, 20K, 1/2 Marathon, 25K, 30K, 20M, or Marathon
- * Road race or cross-country

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

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

The rankings are established using a nearly completely objective rating procedure. A preliminary sort, followed by an intensive analysis of competitive results, forms the rankings. The preliminary sort is based on number of qualifying marks and best times. The final ranking is based on head-to-head competitive results against the other top placers (50%), with time playing a major but secondary role (40%). Our general philosophy is that competition is about beating other runners and we intend to place an increased emphasis on competitive results.

To qualify for the end-of-year rankings, top priority will go to runners who qualify in two ranking periods. A preliminary sort, followed by a more involved analysis of competitive results, also forms these rankings. The preliminary sort is based on seasonal rankings and best times. The final ranking is again based on head-to-head competitive results, with time playing a secondary role, though at times a deciding role. One special race can at times put a runner over the top, though consistency is a valued asset.

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

The current qualifying standards for the 10K are:

Age Group	Men	Women
Open	34:20	41:15
19 & Younger	38:20	48:45

35-39	36:40	44:10
40-44	38:20	46:05
45-49	39:45	48:45
50-54	42:00	51:45
55-59	43:55	54:30
60-64	49:45	62:05
65-69	52:50	75:00
70-74	56:20	89:40
75-79	1:32:30	1:39:00
80 & Older	1:45:00	1:50:00

The ranking periods for the 2015 ranking year:

- * Winter 2015 - November 11, 2014 – March 8, 2015
- * Spring 2015 - March 9, 2015– May 25, 2015
- * Summer 2015 - May 26, 2015 – August 31, 2015
- * Fall 2015 – September 1, 2015 – November 9, 2015

The ranking periods for the 2016 ranking year:

- * Winter 2016 - November 11, 2015 – March 4, 2016
- * Spring 2016 - March 5, 2016– May 30, 2016
- * Summer 2016 – May 31, 2016 – September 5, 2016
- * Fall 2016 – September 6, 2016 – November 11, 2016