

Hampton Roads Road Runner Rankings - Spring 2022 (3/5/2022-5/22/2022)

By Roger Hopper

Some of you may be familiar with James Moreland's "Regional Runner Rankings" for Virginia, Maryland, and Washington, D.C., which can be found at <https://www.potomacriverunning.com/regional-runner-rankings/>.

Moreland's rankings inspired me to come up with a regional ranking of my own, though this will have a much more local flavor. Using my knowledge of area runners, races, and the local running scene in general, I plan to release a seasonal top 25 road runner ranking for residents of Hampton Roads as well as a select few others who, while not currently living here, consistently compete in Hampton Roads and have strong ties within our local running community. I don't claim to be perfect, but I will do my best to provide accurate rankings that hopefully most people will agree with. Like Moreland's rankings, two races per season will be required to qualify, with the higher quality race being primarily used to determine the position in the ranking. The second race will be used to differentiate runners who are very close in the rankings. Head-to-head matchups, course difficulty, and weather conditions will be taken into consideration, though I am not omnipotent. All races in Hampton Roads for which I can find results will be considered, as will any major races in the surrounding area at which many Hampton Roads natives compete and any results I see from locals at races elsewhere. It can be difficult to compare performances across different distances and courses, and I will use various tables to try to evaluate times as accurately as possible. A best 10K equivalent time will be provided as an intermediate for direct comparison across distances ranging from 5K to ultramarathon. I'll be reviewing all aspects of these rankings with local running guru Rick Platt to ensure some quality control beyond just my own efforts, as well as an unbiased perspective for ranking myself. I hope these rankings turn into something fun that will enrich and motivate the local running community while serving as a record of the competitive local running scene from season to season, year to year. Ranked runners will be able to see how their rankings trend from season to season. Top age grades in each category, including all over 80%, will be provided to see how runners match up on a level playing field. Feel free to contact me with any corrections, suggestions, or questions, and especially with any results I may have missed. My email is rogerhopper@gmail.com.

Male Overall

Rick Platt Commentary

As the editor of these well-researched Hampton Roads Runner Rankings, on occasion I find something of interest to comment about, to supplement Roger Hopper's usual in-depth analysis beyond the actual rankings. For this spring 2022 rankings period, that's more appropriate than usual, as Roger has been incredibly busy with many things—his coaching at Salem High School, travel to track meets, spending long days at invitational meets, running up to 140 miles per week, doing all the supplemental stuff to keep himself healthy (stretching, strengthening, cross training), and traveling himself to numerous road races throughout Hampton Roads, often an hour or more each way. So for this rankings period Roger didn't have the time to do the usual in-depth analysis, although much of that can be seen just by carefully perusing the rankings and the individual top two races. Instead, I'll offer my own commentary.

For the men's overall rankings, a major item I noticed is that last year, there was a Big Three of Hopper, Adam Otstot, and William and Mary head men's distance coach Forest Braden. For the spring 2021 period, the fastest times were recorded by Otstot (15:17), Braden (15:21) and Hopper (15:30), and the rankings had an order of Braden-Otstot-Hopper. This year Braden has been busy with his first child (Bowie River Braden), born over the Colonial Relays track meet weekend in Williamsburg, along with some recovery from past injury. But Braden does plan to return, especially in April, 2023, when he becomes a Masters runner. Meanwhile, Otstot himself became a Masters runners this year on April 24th, and he quickly broke the all-time Colonial Road Runners records for men 40+ at 5K (15:44, breaking the long-time record of 15:55 by W&M chemistry professor Rob Hinkle, set in both 2004 and '05) and at 8K (early June, with a time of 25:48; more about that in the summer rankings). And the all-time CRR 10K Masters record is inevitable for Otstot, starting with the Democracy Dash 10K at Jamestown Island the end of August.

This year at CRR races, the 39-year-old Braden has been replaced, remarkably, by a precocious 15-year-old, Isaac Lamprecht of New Kent. The Run the DOG Street 5K was the definitive race of the spring, with Hopper coming within one second of his lifetime PR of 15:14 (from last October at Billsburg) with a winning time of 15:15, Otstot was a close second at 15:22 (an impressive age grade of 87.42%, the highest of all runners for these spring rankings, while he was still age 39), and Lamprecht smashed his previous 5K PR of 16:17 (from the Queens Lake 5K three weeks earlier in March, a race he won) by over a half minute with a time of 15:43. All this by a sophomore at New Kent High School.

Zachary Helm, based on his impressive 1:11:21 at the Shamrock Half was ranked third, ahead of Lamprecht's fourth place. Although it won't show up in the rankings times, an equally impressive high school performance came from 17-year-old Salem High senior Draven Fernandez, who ran a 15:52 for the indoor 5,000 meters at the Virginia Beach Sports Center in mid-March. A few weeks later, Fernandez himself broke an all-time CRR record, for men 15-19 with a time of 33:14, smashing his previous CRR record of 35:11 from last August's Democracy Dash. Draven also put a scare into his coach, Hopper, at Yorktown, who was only 22 seconds ahead of his student for the win.

Rank	Runner	Age	Hometown	Best Race #1	Best Race #2	Best 10K Equivalent	Trend
1	Roger Hopper	31	Chesapeake	15:15 1st at Run the DOG Street 5K (AG = 84.37%)	15:24 1st at Virginia Regional Ballet 5K (83.55%)	31:48	↔
2	Adam Otstot	40	Williamsburg	15:22 2nd at Run the DOG Street 5K (87.42%)	15:44 2nd at Virginia Regional Ballet 5K (86.02%)	32:02	↔
3	Zachary Helm	26	Norfolk	1:11:21 2nd at Shamrock Half Marathon (81.31%)	16:41 1st at Bunny Hop 5K	32:20	NR
4	Isaac Lamprecht	15	New Kent	15:43 3rd at Run the DOG Street 5K (84.62%)	16:07 3rd at Virginia Regional Ballet 5K (82.52%)	32:45	NR
5	Draven Fernandez	17	Virginia Beach	33:14 2nd at Victory at Yorktown 10K (80.09%)	1:14:30 13th at Shamrock Half Marathon	33:14	↓2
6	Ryan Carroll	39	Chesapeake	1:13:48 9th at Shamrock Half Marathon (80.53%)	27:47 1st at CHKD 8K	33:25	NR
7	David Kidd	33	Virginia Beach	26:19 3rd at Shamrock 8K	2:56:58 2351st at Boston Marathon	33:23	↑1
8	Peter Ramundo	29	Suffolk	16:06 4th at Run the DOG Street 5K	15:56 1st at Coast Guard 5K (3.05 miles)	33:33	NR
9	Chris Free	36	Virginia Beach	1:14:18 1st at Tidewater Striders Half Marathon	2:37:14 2nd at Sugarloaf Marathon (ME)	33:39	↓5
10	Jacob Warner	23	Crozier	16:11 5th at Run the DOG Street 5K	34:37 5th at Victory at Yorktown 10K	33:44	↓1
11	Spencer Conti	23	Toano	1:14:55 16th at Shamrock Half Marathon	56:10 116th at Cherry Blossom 10 Miler	33:53	NR
12	Blaine O'Reilly	33	Williamsburg	16:23 2nd at Queens Lake 5K	34:35 3rd at Victory at Yorktown 10K	34:08	↓7
13	Drew Midland	34	Norfolk	1:15:30 19th at Shamrock Half Marathon	2:58:09 9th at Delaware Running Festival Marathon	34:11	NR
14	Mike Kapetanakis	32	Virginia Beach	1:16:11 21st at Shamrock Half Marathon	5:14:31 1st at Long Creek 60K	34:27	NR
15	Skylar Lattuca	23	Virginia Beach	2:40:26 4th at Shamrock Marathon	29:13 14th at Shamrock 8K	34:27	NR
16	Clark Pederson	31	Yorktown	16:36 8th at Run the DOG Street 5K	2:43:43 4th at One City Marathon	34:35	NR
17	Brian Primeaux	28	Norfolk	34:37 4th at Victory at Yorktown 10K	1:16:17 22nd at Shamrock Half Marathon	34:37	NR
18	Sean Bush	32	Williamsburg	16:39 9th at Run the DOG Street 5K	16:58 4th at Virginia Regional Ballet 5K	34:41	↓7
19	Jacob Peterson	35	Virginia Beach	27:21 5th at Shamrock 8K	2:25:01 62nd at Tidewater Striders Half Marathon	34:41	NR
20	Thomas Geaney	25	Virginia Beach	17:00 2nd at Fire Chiefs 5K	17:05 5th at Virginia Regional Ballet 5K	35:24	↓6
21	Keuly Yemele	32	Fort Eustis	36:02 1st at Fort Eustis 10K	1:19:59 32nd at Shamrock Half Marathon	36:02	NR
22	Thomas Hicks	50	Virginia Beach	36:22 6th at Victory at Yorktown 10K (81.71%)	29:03 2nd at CHKD 8K (81.47%)	36:22	↓7
23	Eric Makovsky	49	Chesapeake	2:50:26 17th at Shamrock Marathon	2:55:08 2052nd at Boston Marathon	36:37	NR
24	Edward Rietscha	43	Williamsburg	17:38 1st at Fox Hill Community 5K	1:21:47 19th at One City Half Marathon	36:42	NR
25	Jonathan Torres	32	Newport News	17:39 3rd at Fire Chiefs 5K	18:04 6th at Virginia Regional Ballet 5K	36:44	↓7

Dropped from rankings:

Forest Braden 3, Rylan Flint 6, Mark Tompkins 10, Sam Stephenson 12, Daniel Shean 13, Andy Riley 16, Robert Cummings 17, Michael Kelley 19, Jason Miller 20, Stephen Kast 21, Randy Shelton 22, Joseph Helton 23, Toby Worm 24, Steve Speirs 25

Notable runners with only one race:

Runner	Age	Hometown	Best Race #1	10K Equivalent
David "Zion" Gregory	26	Virginia Beach	25:21 1st at Shamrock 8K (82.64%)	32:09
Andrew Osborne	28	Yorktown	1:14:12 9th at One City Half Marathon (78.19%)	33:34
Ethan Corrigan	20	Chesapeake	1:15:53 20th at Shamrock Half Marathon	34:21

Male Masters

Rick Platt Commentary – Otstot an overwhelming choice here as a Masters runner, considering he's ranked second as an open runner. His 10K equivalent is over 3 ½ minutes better than second place Masters. But next year will be quite interesting if Forest Braden joins the Masters crowd, not to mention Ryan Carroll, a few steps behind but still impressive as a 39-year-old.

Rank	Runner	Age	Hometown	Best Race #1	Best Race #2	Best 10K Equivalent	Trend
1	Adam Otstot*	40	Williamsburg	15:44 2nd at Virginia Regional Ballet 5K (86.02%)	16:35 2nd at Run for Mental Strength 5K (81.61%)	32:47	NR
2	Thomas Hicks	50	Virginia Beach	36:22 6th at Victory at Yorktown 10K (81.71%)	29:03 2nd at CHKD 8K	36:22	↔
3	Eric Makovsky	49	Chesapeake	2:50:26 17th at Shamrock Marathon	2:55:08 2052nd at Boston Marathon	36:37	NR
4	Edward Rietscha	43	Williamsburg	17:38 1st at Fox Hill Community 5K	1:21:47 19th at One City Half Marathon	36:42	NR

5	Keith Schumann	51	Williamsburg	17:38 4th at Queens Lake 5K (83.55%)	1:28:35 117th at Ironman 70.3 Oceanside Half Marathon	36:42	NR
6	Toby Worm	49	Smithfield	17:50 15th at Run the DOG Street 5K (81.31%)	37:34 66th at Monument Avenue 10K	37:07	↑1
7	Victor Flemming	43	Carrollton	17:50 4th at One City 5K	18:59 1st at I ♥ Mom 5K	37:07	NR
8	Jason Miller	44	Williamsburg	17:55 16th at Run the DOG Street 5K	1:27:44 98th at Shamrock Half Marathon	37:17	↓4
9	Armando Arias	41	Yorktown	37:20 7th at Victory at Yorktown 10K	3:34:08 209th at Shamrock Marathon	37:20	NR
10	Chuck Inman	50	Chesapeake	2:54:24 1950th at Boston Marathon	1:23:48 60th at Shamrock Half Marathon	37:52	↑10
11	Steve Speirs	55	Virginia Beach	2:56:54 17th at One City Marathon (80.59%)	2:57:08 33rd at Shamrock Marathon (80.49%)	38:02	↓3
12	Chris Novakoski	40	Chesapeake	1:24:29 4th at Coast Guard Half Marathon	31:21 5th at Dismal Swamp 5 Miler	38:10	↓2
13	Steven Kast	57	Yorktown	18:21 17th at Run the DOG Street 5K (84.29%)	18:29 6th at Queens Lake 5K (83.68%)	38:11	↓8
14	Randy Shelton	47	Mechanicsville	38:24 80th at Monument Avenue 10K	20:02 2nd at Appomattox River Trail 5K	38:24	↓8
15	Timothy Suhr	50	Williamsburg	18:29 7th at Virginia Regional Ballet 5K	39:02 10th at Victory at Yorktown 10K	38:28	↓2
16	Greg Lynn	47	Hayes	18:49 19th at Run the DOG Street 5K	18:54 7th at Queens Lake 5K	39:09	↓2
17	Andrew Hoffer	48	Chesapeake	1:27:48 100th at Shamrock Half Marathon	32:33 10th at CHKD 8K	39:39	↓2
18	Matthew Michels	40	Virginia Beach	3:05:11 67th at Shamrock Marathon	5:57:29 4th at Long Creek 60K	39:51	NR
19	Peter Pommerenk	56	Virginia Beach	1:28:19 5th at Tidewater Striders Half Marathon	31:45 6th at Dismal Swamp 5 Miler	39:52	↓7
20	Jessie Carter	40	Chesapeake	1:28:40 111th at Shamrock Half Marathon	3:14:13 5390th at Boston Marathon	40:02	NR
21	Robert Claypoole	45	Hampton	40:10 2nd at Fort Eustis 10K	3:26:32 66th at One City Marathon	40:10	NR
22	Andrew Githaiga	49	Chesapeake	1:29:11 115th at Shamrock Half Marathon	3:20:46 37th at Coastal Delaware Running Festival Marathon	40:16	NR
23	Pete Gibson	66	Murfreesboro, NC	19:23 10th at Virginia Regional Ballet 5K (86.33%)	33:04 9th at Dismal Swamp 5 Miler (82.96%)	40:20	↓5
24	Vincent Ortiz	60	Chesapeake	1:29:26 120th at Shamrock Half Marathon	1:30:13 3rd at Andrew Jackson Half Marathon	40:23	NR
25	Joe Calkins	51	Lanexa	19:25 26th at Run the DOG Street 5K	19:33 8th at Queens Lake 5K	40:24	↔

*Ototst was still 39 when he ran 15:22 at the Run the DOG Street 5K this season, but turned 40 prior to his two races included here, hence the exclusion of his DOG Street time in the masters rankings.

Dropped from rankings:

Mark Tompkins 1, Andy Riley 3, Rich Hayes 9, Marcus Holmes 11, Chris Laws 16, Jason Hernandez 17, James Barber 19, James Moore 21, Paul Pelletier 22, Jon Leiding 23, Scott Carlson 24

Notable runners with only one race:

					10K Equivalent
Rich Hayes	50	Chesapeake	1:21:56 43rd at Shamrock Half Marathon (79.37%)	37:03	
Mark Tompkins	46	Williamsburg	2:53:09 14th at One City Marathon (76.08%)	37:12	
Adam Kenyon	40	Suffolk	2:56:54 17th at One City Marathon	38:02	
David Dierstein	46	Virginia Beach	30:31 22nd at Shamrock 8K	38:43	

Male 60+

Rick Platt Commentary – Last year the Big Three for 60+ runners in the spring were Steve Chantry, Rob Whitaker and Rick Samaha, who each won against the others for spring 2021. This year Pete Gibson has impressively joined that group (with Samaha not racing yet this year). Gibson is one of the few runners who can consistently beat multiple national Masters track champion Chantry. And newly-turned 60-year-old Vincent Ortiz has shown he himself can run with that group. The top four 60+ runners this spring all had 10K equivalents between 40 and 41 minutes, with a huge gap to the next group (10K equivalent over 43 minutes). The definitive spring race was the Virginia Regional Ballet 5K at First Colony, with Gibson (19:23) prevailing over Chantry (19:34) and Whitaker (19:37).

Rank	Runner	Age	Hometown	Best Race #1	Best Race #2	Best 10K Equivalent	Trend
1	Pete Gibson	66	Murfreesboro, NC	19:23 10th at Virginia Regional Ballet 5K (86.33%)	33:04 9th at Dismal Swamp 5 Miler (82.96%)	40:20	↔
2	Vincent Ortiz	60	Chesapeake	1:29:26 120th at Shamrock Half Marathon (79.65%)	1:30:13 3rd at Andrew Jackson Half Marathon (78.96%)	40:23	↑1
3	Stephen Chantry	67	Williamsburg	19:34 11th at Virginia Regional Ballet 5K (86.37%)	19:53 10th at Queens Lake 5K (85.00%)	40:43	↓1
4	Robert Whitaker	63	Yorktown	19:37 13th at Virginia Regional Ballet 5K (83.09%)	20:09 34th at Run the DOG Street 5K (80.89%)	40:49	NR
5	Michael O'Hara	61	Virginia Beach	1:36:26 219th at Shamrock Half Marathon	3:36:38 12th at Tidewater Striders Marathon	43:31	NR
6	Kelvin Anderson	60	Newport News	21:07 3rd at Fox Hill Community 5K	21:42 4th at Joe and Sue Moore Memorial Scholarship 5K	43:55	NR
7	Richard Grant	68	Suffolk	34:51 14th at Dismal Swamp 5 Miler (80.25%)	21:32 47th at Run the DOG Street 5K	44:03	↓3
8	Orlando Perez	60	Newport News	21:20 43rd at Run the DOG Street 5K	21:49 18th at Queens Lake 5K	44:22	NR
9	Tom Clark	67	Williamsburg	21:30 16th at Virginia Regional Ballet 5K	21:40 13th at Fire Chiefs 5K	44:43	NR
10	Jim Duffy	69	Poquoson	1:40:17 279th at Shamrock Half Marathon	21:54 19th at Queens Lake 5K	45:15	↓5
11	Tom Murphy	69	Virginia Beach	1:43:00 363rd at Shamrock Half Marathon	1:41:11 7th at Run for the Animals Half Marathon (12.9 miles)	46:28	↓3
12	Doug Barnhurst	61	Hampton	1:44:16 399th at Shamrock Half Marathon	37:14 142nd at Shamrock 8K	47:02	↓19
13	Rich Simpson	61	Virginia Beach	1:44:16 400th at Shamrock Half Marathon	38:21 32nd at CHKD 8K	47:02	↓7
14	Will Murray	66	Williamsburg	22:38 18th at Virginia Regional Ballet 5K	22:54 23rd at Queens Lake 5K	47:05	NR
15	Wirt Shinault	63	Chesapeake	22:39 7th at Bee's Knees 5K	2:24:44 16th at Terrapin Mountain Half Marathon	47:07	NR
16	Thomas Barry	64	Williamsburg	22:45 22nd at Queens Lake 5K	38:27 187th at Shamrock 8K	47:19	↓2
17	Steve Olson	61	Virginia Beach	1:45:13 425th at Shamrock Half Marathon	47:50 42nd at Victory at Yorktown 10K	47:28	↓12
18	Dale Abrahamson	72	Yorktown	23:02 74th at Run the DOG Street 5K	49:10 47th at Victory at Yorktown 10K	47:55	NR
19	Ed Elmore	70	Williamsburg	23:06 76th at Run the DOG Street 5K	23:25 27th at Queens Lake 5K	48:03	NR
20	Tom Robinson	63	Williamsburg	47:56 626th at Monument Avenue 10K	23:08 77th at Run the DOG Street 5K	47:56	↓11
21	Wayne Phelps	62	Chesapeake	48:13 43rd at Victory at Yorktown 10K	38:27 34th at CHKD 8K	48:13	↓11
22	Patrick McShea	62	Virginia Beach	23:21 4th at Run, Roll, or Stroll 5K	40:48 308th at Shamrock 8K	48:35	↓15
23	Bill Price	62	Chesapeake	23:22 80th at Run the DOG Street 5K	49:24 48th at Victory at Yorktown 10K	48:37	NR
24	Chris Abelt	65	Williamsburg	23:23 81st at Run the DOG Street 5K	23:44 21st at Virginia Regional Ballet 5K	48:39	↓7
25	Keith Alston	62	Chesapeake	3:45:45 97th at One City Marathon	4:41:43 12944th at Boston Marathon	48:53	↓11

Dropped from rankings:

Chris Holcomb 11, Mike Dannenburg 12, Tony Kowalski 13, Timothy Hodge 15, Jim Gullo 16, Christopher Cobb 20, Ray Baumgardner 22, Arthur Walker 23, Peter Mueller 24, Fesshaye Haile 25

Notable runners with only one race:

					10K Equivalent
Aaron Baranowski	60	Virginia Beach	1:38:02 243rd at Shamrock Half Marathon (72.66%)	44:14	
Jim Thornton	68	Toano	22:15 17th at Virginia Regional Ballet 5K (76.63%)	46:16	
Terry Imbery	64	Williamsburg	22:19 60th at Run the DOG Street 5K (73.64%)	46:25	
Richard Schuff	63	Williamsburg	3:35:40 8638th at Boston Marathon	46:34	
Mark Negele	60	Virginia Beach	36:57 131st at Shamrock 8K	46:56	

Female Overall

Rick Platt Commentary – The big news here is that Maria Spady has supplanted Bethany Spector as the number one runner in Hampton Roads, but Spector has a good reason for her demotion. She and husband Jordan Spector are expecting their first child later this year. Bethany has still shown up for a number of CRR races, cheering on her husband, but also still running the races at a slower pace, all with a significant "baby bump". Look for her to return just as strong, as many women become stronger runners after having their first child. Spady has earned her rankings, running high mileage, as many as 90 miles per week. No one trains harder than she does. Although #2 ranked Jo Reihner had a significantly better 10K equivalent (36:04 to 37:13), she lost by five minutes to Spady at the Boston Marathon (2:53:14 to 2:58:13), giving Spady the #1 ranking.

Rank	Runner	Age	Hometown	Best Race #1	Best Race #2	Best 10K Equivalent	Trend
1	Maria Spady	31	Hampton	2:53:14 94th at Boston Marathon (AG = 77.39%)	37:44 2nd at Victory at Yorktown 10K (79.02%)	37:13	↔
2	Jo Reihner	29	Virginia Beach	1:19:47 8th at Shamrock Half Marathon (80.86%)	2:58:13 182nd at Boston Marathon (75.23%)	36:04	NR
3	Paige Mita	29	Norfolk	1:24:24 20th at Shamrock Half Marathon (76.44%)	3:12:45 705th at Boston Marathon	38:08	NR
4	Ida Oesteraas	28	Virginia Beach	1:24:43 22th at Shamrock Half Marathon (76.16%)	18:52 1st at Anchor Fast Cruise 5K (78.09%)	38:16	NR
5	Kasandra Aulenbach	20	Yorktown	18:28 2nd at Run the DOG Street 5K (79.78%)	38:43 7th at Carytown 10K	38:26	NR
6	Sika Henry	38	Newport News	1:27:41 5th at One City Half Marathon	1:31:07 4th at White Lake Pro-Am Half Ironman Half Marathon	39:36	NR
7	Tiffany Sloan	37	Virginia Beach	1:28:09 37th at Shamrock Half Marathon	19:10 3rd at Run the DOG Street 5K	39:49	NR
8	Jenny Moran	44	Virginia Beach	1:28:18 38th at Shamrock Half Marathon (77.71%)	32:35 1st at Dismal Swamp 5 Miler (77.85%)	39:53	↓3
9	Clarice Chastang	28	Virginia Beach	1:28:36 39th at Shamrock Half Marathon	1:37:58 9th at White Lake Pro-Am Half Ironman Half Marathon	40:00	NR
10	Renee Merchant	40	Norfolk	19:27 5th at Run the DOG Street 5K (77.81%)	32:25 1st at CHKD 8K	40:28	↓2
11	Rachel Tischler	25	Richmond	19:37 6th at Run the DOG Street 5K	19:55 2nd at Fire Chiefs 5K	40:49	NR
12	Emily Honeycutt	31	Newport News	19:38 1st at Virginia Regional Ballet 5K	19:43 7th at Run the DOG Street 5K	40:51	↓5
13	Megan Kolbe	22	Williamsburg	19:40 2nd at Virginia Regional Ballet 5K	19:48 1st at Fire Chiefs 5K	40:55	NR
14	Jane Humphrey	28	Suffolk	41:00 3rd at Victory at Yorktown 10K	1:32:27 56th at Shamrock Half Marathon	41:00	NR
15	Christina Blankenship	27	Virginia Beach	1:32:23 9th at One City Half Marathon	3:21:38 25th at Shamrock Marathon	41:42	NR
16	Amber Kuszak	37	Yorktown	3:13:14 7th at One City Marathon	3:34:08 55th at Shamrock Marathon	41:37	NR
17	Kristin Herring	43	Newport News	1:32:17 52nd at Shamrock Half Marathon	1:33:08 3rd at Coast Guard Half Marathon	41:39	NR
18	Megan Schulze	39	Newport News	20:11 3rd at One City 5K	20:26 1st at Queens Lake 5K	41:59	↓4
19	Avery Briggs	36	Portsmouth	1:33:23 62nd at Shamrock Half Marathon	42:25 3rd at Fiesta of Five Flags 10K	42:09	NR
20	Kara DeMarco	36	Virginia Beach	1:33:58 66th at Shamrock Half Marathon	34:29 13th at Shamrock 8K	42:24	↓11
21	Catherine Sellers	30	Norfolk	1:35:31 12th at One City Half Marathon	3:55:38 130th at Shamrock Marathon	43:06	NR
22	Tamara Pelletier	47	Yorktown	20:45 3rd at Uncorked 5K	20:30 2nd at Coast Guard 5K (3.05 miles)	43:10	NR
23	Deelyn Robinson	56	Williamsburg	1:36:14 84th at Shamrock Half Marathon (81.64%)	21:40 6th at Virginia Regional Ballet 5K (81.38%)	43:27	NR
24	Christine Fernandez	46	Virginia Beach	34:18 11th at Shamrock 8K	44:14 7th at Victory at Yorktown 10K	43:34	NR
25	S. Konnar Ansell	29	Chesapeake	1:36:42 14th at One City Half Marathon	1:38:49 101st at Shamrock Half Marathon	43:38	NR
Dropped from rankings:							
Ekaterina Aaron 2, Bethany Spector 3, Thorin Jean 4, Katryna Aulenbach 6, Hallie McMurdie 10, Crystal Witte 11, Laura Byington 12, Emily Kearney 13, Sorena Jean 15, Kelsey Rodriguez 16, Cannon Jean 17, Svetlana Goncharova 18, Dolores Ware 19, Sarah Doyle 20, Jeanel Franklin 21, Carley Hill 22, Caitlin Kirchoff 23, Jenny Schuster 24, Karen Grabowski 25							
Notable runners with only one race:							
	Ekaterina Aaron	24	Norfolk	1:22:28 14th at Shamrock Half Marathon (78.23%)	37:17		
	Kacie Voeller	25	Virginia Beach	1:26:42 29th at Shamrock Half Marathon (74.41%)	39:10		
	Madeleine McCarthy	26	Virginia Beach	1:26:56 32nd at Shamrock Half Marathon	39:16		
	Marissa Coombs	25	Virginia Beach	1:27:15 34th at Shamrock Half Marathon	39:24		
	Mollie Sweet	36	Virginia Beach	3:03:59 8th at Shamrock Marathon	39:35		
	Jenn Valentine	43	Chesapeake	1:29:10 41st at Shamrock Half Marathon (76.32%)	40:16		
	Emily Capps	39	Suffolk	1:29:43 45th at Shamrock Half Marathon	40:31		
	Kristen Lawrence	42	Virginia Beach	1:29:58 47th at Shamrock Half Marathon (75.08%)	40:38		
Female Masters							
Rank	Runner	Age	Hometown	Best Race #1	Best Race #2	Best 10K Equivalent	Trend
1	Jenny Moran	44	Virginia Beach	1:28:18 38th at Shamrock Half Marathon (77.71%)	32:35 1st at Dismal Swamp 5 Miler (77.85%)	39:53	↔
2	Renee Merchant	40	Norfolk	19:27 5th at Run the DOG Street 5K (77.81%)	32:25 1st at CHKD 8K (75.68%)	40:28	↔
3	Kristin Herring	43	Newport News	1:32:17 52nd at Shamrock Half Marathon	1:33:08 3rd at Coast Guard Half Marathon	41:39	NR
4	Tamara Pelletier	47	Yorktown	20:45 3rd at Uncorked 5K	20:30 2nd at Coast Guard 5K (3.05 miles)	43:10	NR
5	Deelyn Robinson	56	Williamsburg	1:36:14 84th at Shamrock Half Marathon (81.64%)	21:40 6th at Virginia Regional Ballet 5K (81.38%)	43:27	↔
6	Christine Fernandez	46	Virginia Beach	34:18 11th at Shamrock 8K	44:14 7th at Victory at Yorktown 10K	43:34	NR
7	Erin Sims	44	Chesapeake	1:38:54 103rd at Shamrock Half Marathon	1:43:19 133rd at Pittsburgh Half Marathon	44:37	NR
8	Aimee Gianoukos	46	Williamsburg	1:39:24 16th at One City Half Marathon	22:03 14th at Run the DOG Street 5K	44:51	NR
9	Sarah Doyle	41	Suffolk	1:39:41 112th at Shamrock Half Marathon	1:43:08 3rd at Tidewater Striders Half Marathon	44:58	↓5
10	Patricia "Trish" Rice	57	Williamsburg	3:33:27 4th at Coast Guard Marathon	3:40:22 4000th at Boston Marathon	46:08	NR
11	Kelly Borkman	55	Virginia Beach	1:42:57 3rd at Run for the Animals Half Marathon (12.9 miles)	3:47:44 93rd at Shamrock Marathon	47:15	↔
12	Jennifer Ford	42	Chesapeake	37:24 44th at Shamrock 8K	1:45:50 169th at Shamrock Half Marathon	47:30	NR
13	Karen Sanzo	45	Hampton	22:54 1st at Joe and Sue Moore Memorial Scholarship 5K	23:14 2nd at Offramps 5K	47:38	NR
14	Janet Dierstein	42	Virginia Beach	22:57 1st at Run, Roll, or Stroll 5K	1:48:18 209th at Shamrock Half Marathon	47:44	↓8
15	Wendy Ireland	40	Chesapeake	23:02 3rd at Anchor Fast Cruise 5K	1:21:17 946th at Cherry Blossom 10 Miler	47:55	NR
16	Coreen Miranda	41	Virginia Beach	1:47:04 183rd at Shamrock Half Marathon	1:47:49 4th at Tidewater Striders Half Marathon	48:18	NR
17	Cathleen Brown	47	Norfolk	1:47:20 188th at Shamrock Half Marathon	24:27 2nd at I ♥ Mom 5K	48:25	NR
18	Kirsten Kelly	52	Virginia Beach	38:27 9th at Dismal Swamp 5 Miler	3:53:31 5769th at Boston Marathon	48:40	↓5
19	Heather Mains	40	Virginia Beach	38:23 12th at CHKD 8K	1:48:34 54th at Maine Coast Half Marathon	48:47	NR
20	Ericka Neville	41	Chesapeake	38:36 11th at Dismal Swamp 5 Miler	1:51:51 296th at Shamrock Half Marathon	48:50	↓2
21	Jessica Anderson	40	Williamsburg	23:35 7th at Virginia Regional Ballet 5K	23:44 32nd at Run the DOG Street 5K	49:05	NR
22	Joey Hallock	69	Virginia Beach	39:02 63rd at Shamrock 8K (86.93%)	39:05 17th at CHKD 8K (86.82%)	49:36	↓3
23	Vanessa Bond	43	Virginia Beach	39:04 64th at Shamrock 8K	25:14 7th at Crush N' Run 5K	49:39	NR
24	Megan Buckley	47	Williamsburg	23:53 8th at Virginia Regional Ballet 5K	23:55 11th at Fire Chiefs 5K	49:42	NR
25	Daphne Papaethimiou	45	Toano	24:05 38th at Run the DOG Street 5K	26:02 11th at Run for Mental Strength 5K	50:07	NR
Dropped from rankings:							
Dolores Ware 3, Kari Tallent 7, Kimberly Speed 8, May Carlson 9, Charlotte Bjuve 10, Debbie McLaughlin 12, Astrid Howell 14, Somer Dimaya 15, Stephanie Ramsey 16, Kerry Johnson 17, Julie Vaughn 18, Carolyn Harrison 20, Julie Hicks 21, Karen Lindauer 23, Denise Littman 24, Margaret Kopacz 25							
Notable runners with only one race:							
	Jenn Valentine	43	Chesapeake	1:29:10 41st at Shamrock Half Marathon (76.32%)	40:16		
	Kristen Lawrence	42	Virginia Beach	1:29:58 47th at Shamrock Half Marathon (75.08%)	40:38		
	Jennifer Anderson	41	Williamsburg	3:14:08 804th at Boston Marathon	41:49		
	Morgane Pettitjean	45	Virginia Beach	3:14:27 14th at Shamrock Marathon	41:53		
	Dolores Ware	52	Virginia Beach	1:33:50 64th at Shamrock Half Marathon (79.70%)	42:21		
	Kari Tallent	40	Portsmouth	34:10 5th at CHKD 8K	43:24		

Anne Spillane	55	Virginia Beach	3:28:16 39th at Shamrock Marathon (77.38%)	44:59		
Female 60+						

Rick Platt Commentary – Betty Brothers earns \$100 prize money for breaking Virginia state 10K record for women 75-79 (55:55) at the Victory at Yorktown10K. The other 60+ superstar, Joey Hallock, age grades 86.93% and 86.82% this ranking period (second and third best age grades for the spring).

Rank	Runner	Age	Hometown	Best Race #1	Best Race #2	Best 10K	
						Equivalent	Trend
1	Joey Hallock	69	Virginia Beach	39:02 63rd at Shamrock 8K (86.93%)	39:05 17th at CHKD 8K (86.82%)	49:36	↔
2	Marie Shay	65	Williamsburg	24:42 14th at Fire Chiefs 5K (79.76%)	24:43 45th at Run the DOG Street 5K (79.70%)	51:24	NR
3	Mary Jo Blackmore	60	Virginia Beach	1:55:40 393rd at Shamrock Half Marathon	41:40 137th at Shamrock 8K	52:10	↔
4	Tammi Clarke	61	Portsmouth	1:58:03 481st at Shamrock Half Marathon	43:55 32nd at CHKD 8K	53:14	↑1
5	Jean Phelan	66	Virginia Beach	52:59 4th at Run for the Animals 10K (6.1 miles)	26:02 61st at Run the DOG Street 5K	54:07	15
6	Betty Brothers	75	Virginia Beach	2:00:36 8th at Run ... Animals Half Mara (12.9 miles) (84.54%)	55:55 33rd at Victory at Yorktown 10K (83.87%)	55:24	↔
7	Jackie Ahlsted	69	Suffolk	2:04:09 721st at Shamrock Half Marathon	47:31 507th at Shamrock 8K	56:02	↑11
8	Sharon Rodier	64	Norfolk	57:24 1280th at Cooper River Bridge 10K	4:27:10 297th at Shamrock Marathon	57:24	17
9	Carol Hansen-Vessa	67	Williamsburg	27:58 14th at Virginia Regional Ballet 5K	28:00 21st at Fire Chiefs 5K	58:13	17
10	Jan Barry	69	Williamsburg	28:05 13th at Queens Lake 5K	47:43 525th at Shamrock 8K	58:29	↑12
11	Lydia Sorensen	60	Virginia Beach	46:18 391st at Shamrock 8K	2:39:49 242nd at Run Sunset Beach Half Marathon	58:48	NR
12	Patricia Travis	70	Williamsburg	28:30 17th at Virginia Regional Ballet 5K	28:41 104th at Run the DOG Street 5K	59:20	17
13	Christine Williams	60	Poquoson	28:54 18th at Virginia Regional Ballet 5K	29:05 113th at Run the DOG Street 5K	1:00:12	NR
14	Laurie Brunk	63	Newport News	2:14:26 52nd at Cookie Crusher Half Marathon	2:19:01 1379th at Shamrock Half Marathon	1:00:44	NR
15	Shirley Stephens	65	Williamsburg	29:53 125th at Run the DOG Street 5K	30:25 21st at Virginia Regional Ballet 5K	1:02:16	18
16	Pat King	66	Virginia Beach	49:42 705th at Shamrock 8K	1:45:57 5247th at Cherry Blossom 10 Miler	1:03:06	NR
17	Gail Biermann	63	Virginia Beach	49:57 39th at Dismal Swamp 5 Miler	57:05 1480th at Shamrock 8K	1:03:11	13
18	Thea Gano	64	Hampton	1:05:15 73rd at Victory at Yorktown 10K	31:23 14th at Joe and Sue Moore Memorial Scholarship 5K	1:05:15	NR
19	Ann Ashe	62	Norfolk	31:40 20th at Bunny Hop 5K	52:41 1019th at Shamrock 8K	1:06:00	NR
20	Gloria Nuss	60	Chesapeake	31:46 29th at Bee's Knees 5K	3:44:22 54th at Terrapin Mountain Half Marathon	1:06:12	NR
21	Betsy Dolan	60	Williamsburg	2:26:28 130th at Uncorked Half Marathon	2:27:29 161st at One City Half Marathon	1:06:15	NR
22	Agnes Degen	63	Virginia Beach	52:41 1018th at Shamrock 8K	1:06:15 24th at Run for the Animals 10K (6.1 miles)	1:06:50	12
23	Karen Corl	67	Williamsburg	32:36 30th at Fire Chiefs 5K	32:55 173rd at Run the DOG Street 5K	1:07:57	NR
24	Virginia Davis	72	Norfolk	32:36 311th at Myrtle Beach 5K	34:17 36th at Petersburg 5K	1:07:57	NR
25	Roswitha Goossens-Winter	73	Williamsburg	32:43 31st at Fire Chiefs 5K	32:49 169th at Run the DOG Street 5K	1:08:12	NR

Dropped from rankings:

Carolyn Harrison 2, Norma Phillips 4, Pamela Eddy 7, Mary Lynch 8, Susan Lindemann 9, Carol Talley 11, Janice Kailos 12, Helen Worthington 13, Maria Jacob 14, Kathy Donovan 17, Sharon Dajon 21, Nancy Reeves 25

Notable runners with only one race:

Runner	Age	Hometown	Best Race	10K Equivalent
Norma Phillips	61	Williamsburg	2:00:21 586th at Shamrock Half Marathon (69.70%)	54:18
Susan Lindemann	64	Yorktown	54:42 26th at Victory at Yorktown 10K (73.10%)	54:42
Robin Stolz	60	Chesapeake	2:01:46 646th at Shamrock Half Marathon	54:56
Karen Leavis	60	Virginia Beach	43:53 220th at Shamrock 8K	55:47
Maria Jacob	62	Virginia Beach	2:08:31 22nd at Tidewater Striders Half Marathon	58:01
Pamela Kersh	63	Virginia Beach	45:54 348th at Shamrock 8K	58:19
Eula Beasley	63	Yorktown	28:15 13th at Victory at Yorktown 5K	58:49

Races

In order to be considered for these rankings, a race must have open entry to all, have full results listed on a website, and preferably list age, gender, and city of residence of all runners. Road and cross country/trail races from 5K to ultramarathons will be considered. Virtual races will not be considered. Any race that is known to have an actual distance significantly different from its advertised distance will have its actual, or best-guess, distance displayed in parentheses. Races will fall into the following seasons based on the following boundaries: spring is the first full weekend of March up to but not including Memorial Day weekend, summer includes Memorial Day weekend through Labor Day, fall is from after Labor Day to before Thanksgiving, and winter includes Thanksgiving races up to but not including the first full weekend of March.

Local Races Considered:

Race	City - Location	Club/Race Company	Date
One City 5K	Newport News - Town Center	Flat-Out Events	3/5/22
One City Half Marathon	Newport News - Warwick Boulevard/Mariners' Museum	Flat-Out Events	3/6/22
One City Marathon	Newport News - Warwick Boulevard/Mariners' Museum	Flat-Out Events	3/6/22
Fort Eustis 10K	Fort Eustis - Fort Eustis	Peninsula Track Club	3/12/22
Shamrock 8K	Virginia Beach - Oceanfront	J&A Racing	3/19/22
Shamrock Half Marathon	Virginia Beach - Oceanfront	J&A Racing	3/20/22
Shamrock Marathon	Virginia Beach - Oceanfront	J&A Racing	3/20/22
Queens Lake 5K	Williamsburg - New Quarter Park	Colonial Road Runners	3/26/22
Gloucester 8K	Gloucester - Gloucester High School	Peninsula Track Club	3/26/22
PCS Patriot Perseverance 5K	Williamsburg - Greensprings Trail	Providence Classical School	3/26/22
Victory at Yorktown 10K	Yorktown - Waterfront/Yorktown Battlefield Tour Roads	Colonial Road Runners	4/2/22
Victory at Yorktown 5K	Yorktown - Yorktown Waterfront	Colonial Road Runners	4/2/22
Long Creek 60K	Virginia Beach - First Landing State Park	Long Creek 60K	4/3/22
Cray Cray 10K	Williamsburg - Freedom Park	Happy Cat Events	4/9/22
Singletrack Maniac 50K	Williamsburg - Freedom Park	Happy Cat Events	4/9/22
Bunny Hop 5K	Portsmouth - Olde Town	Portsmouth Museums Foundation	4/9/22
Run the DOG Street 5K	Williamsburg - Colonial Williamsburg	Colonial Road Runners/Colonial Sports	4/16/22
Bee's Knees 5K	Chesapeake - Bells Mill Park	Mettle Events	4/16/22
Monument Avenue 10K	Richmond - Monument Avenue	Sports Backers	4/16/22
Dismal Swamp 5 Miler	Chesapeake - Dismal Swamp Canal Trail	Tidewater Striders	4/23/22
Crush N' Run 5K	Virginia Beach - Oceanfront	Crush N' Run Club/Enmotive	4/23/22
Cougar Dash 5K	Yorktown - Coventry Elementary	Coventry Elementary PTA	4/23/22
Tidewater Striders Half Marathon	Chesapeake - Dismal Swamp Canal Trail	Tidewater Striders	4/24/22
Tidewater Striders Marathon	Chesapeake - Dismal Swamp Canal Trail	Tidewater Striders	4/24/22
Pinecone Run 4.7 Miler	Virginia Beach - Military Aviation Museum	Eliza Hope Foundation	4/24/22
Fire Chiefs 5K	Williamsburg - Colonial Williamsburg	Colonial Road Runners	4/30/22
Offramps 5K	Newport News - Mariners' Museum	Freekind VA	4/30/22
Run for the Animals 5K	Wachapreague - Wachapreague	Run for the Animals	5/1/22

Run for the Animals 10K (6.1 miles)		Wachapreague - Wachapreague	Run for the Animals	5/1/22	
Run for the Animals Half Marathon (12.9 miles)		Wachapreague - Wachapreague	Run for the Animals	5/1/22	
Run, Roll, or Stroll 5K		Virginia Beach - Oceanfront	Jewish Family Service	5/1/22	
Virginia Regional Ballet 5K		Williamsburg - First Colony	Colonial Road Runners	5/7/22	
Joe and Sue Moore Memorial Scholarship 5K		Hampton - Sandy Bottom Nature Park	Peninsula Track Club	5/7/22	
I ♥ Mom 5K		Smithfield - Windsor Castle Park	J&A Racing	5/7/22	
Uncorked 5K		New Kent - New Kent Winery	Sports Backers	5/7/22	
Uncorked Half Marathon		New Kent - New Kent Winery	Sports Backers	5/7/22	
CHKD 8K		Norfolk - Downtown	Enmotive	5/14/22	
Run for Mental Strength 5K		Williamsburg - Warhill Trail	Colonial Road Runners	5/14/22	
Fox Hill Community 5K		Hampton - Gosnold's Hope Park	Peninsula Track Club	5/14/22	
Run for Nicaragua 5K		Yorktown - Yorkville	Crossroads Community Church	5/14/22	
Anchor Fast Cruise 5K		Chesapeake - Dismal Swamp Canal Trail	Mettle Events	5/15/22	
Sarfan Center 5K		Newport News - Mariners' Museum	United Jewish Community of the Virginia Peninsula	5/15/22	