

Hampton Roads Road Runner Rankings - Fall 2020 (9/12/2020-11/21/2020)							
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 local 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 rogerthopper@gmail.com .							
Season Overview							
After the spring was a wash and the summer a shadow of its usual self, it was great to see road racing make a strong comeback this fall, in spite of the ongoing COVID-19 situation. Almost too strong a comeback, as the backlog of races postponed from the spring and summer was finally unleashed, resulting in Grand Prix runners like myself scrambling to compete in as many contests as possible in order to secure those oh so valuable Grand Prix points. With the absence of some of our favorite larger events necessitated by COVID, the smaller club Grand Prix events had free rein of the fall racing schedule, and last time was made up for with Grand Prix events for the Colonial Road Runners, Peninsula Track Club, Tidewater Striders, and the inter-club Hampton Roads Super Grand Prix taking up every Saturday except for two during the fall season. Once again, like the handful of events that went on during the summer, hats off to the race directors and club presidents rolling with the punches to reschedule or maintain these events and pull them off in a safe, compliant, and effective manner. There were some remarkable competitions and performances this fall, thanks to their hard work creating the opportunities. Not too far off the quality of last fall's rankings, this season was certainly much more competitive than the summer. The almost exclusively fantastic race weather played a role in this, but more important was the resilience of the 757 running community to continue to train and race hard in the face of unprecedented uncertainty.							
Male Overall							
To be the best, you have to beat the best. While I didn't get the chance to race rankings-10K-equivalent-high Jeffrey Dover or runner-up David Gregory this fall, I did defend my summer #1 ranking against others in the top 5 on several occasions. I picked up wins at the Powhatan Creek Trail 5K in 16:05, Logy Bear 8K in 27:07, Ice-aholics 8K in 26:52, FURever Homes 8K in 26:17, Queens Lake 5K in 15:45 (age grade = 81.59%), and finally the Riverwatch on the Piankatank 5K in a PR-tying 15:44 (81.67%), all course records save for Ice-aholics and Queens Lake. Dover and Gregory only raced once, and it takes two to qualify, so for the 2nd consecutive season I earned the top spot, matching my season-best time of 15:44 at the DOG Street 5K last season. 2nd-ranked William Thompson was 2nd at all of the races I won except for Piankatank, where in his absence 5th-ranked Andre Gallant, a recent Coast Guard Academy graduate, was my top competition with his 2nd place 16:20 in the perfect fall afternoon weather. In the mix with Thompson, 4th place Gallant, and me at Queens Lake, the most competitive race of the season, also in great racing conditions, was Adam Otstot, whose stellar 15:54 for 3rd there earned him the #3 spot on this list, and the male-rankings-high age grade of 83.86%. Otstot spoiled Thompson's chance for a win at the only Colonial Road Runners race I missed all fall, the Virginia Fire Chiefs 5K, where he prevailed 15:58 (83.51%) to 16:09. Thompson's superior season best time of 15:50 (81.16%) to vanquish Otstot at Queens Lake, as well as his body of work throughout the season, gives him the edge over Otstot in the rankings, replicating his #2 ranking from the summer. Further to his credit, Thompson also handed me my lone defeat of the fall at the Run for the Hills 10K, where he won 34:10 to 34:38 on the hilly course. Completing the top 5, and replicating his #4 ranking from last fall, is David Kidd, whose strong 1:14:12 at the Strider Half Marathon was good for 2nd place in ideal racing conditions that morning.							
With Virginia's high school cross country season on ice due to the ongoing COVID pandemic, many prep runners took to the roads, and in doing so filled out most of the rest of the top 16. Best among them was Tabb High senior Michael Menapace, whose wins in somewhat sloppy course conditions at the high-school-centric Gummy Bear 5K (16:29) and Strider XC Classic 5K (16:53) earned him #6. Western Branch senior Cooper Hurst was right on Menapace's heels, finishing in 16:30 for 2nd at the Gummy Bear 5K. This was after his 3rd place finish to Thompson and me at Powhatan Creek in 16:43. Right with Hurst at Powhatan Creek were his Western Branch teammates 9th-ranked Michael Jones, 4th place in 16:47, and 11th-ranked Lucas Simmons, 5th place in 16:58. Sandwiched among all of the high schoolers is rankings-regular Emmanuel Gomez, whose swift 27:36 win at the Dismal Swamp 5 Miller nets him #8. Rounding out the top 10 is Warhill High senior Cary Caldwell, who was 4th at the Gummy Bear 5K to Menapace, Hurst, and Jones as well as 6th at Powhatan Creek behind Hurst, Jones, and Simmons. Caldwell outranks Simmons by bouncing back from finishing 10 seconds behind Simmons' 16:58 at Powhatan Creek to finishing 20 seconds ahead of Simmons with his own 16:58, his season best, at the Gummy Bear 5K. Caldwell dropped 4 spots from his 6th overall ranking during the summer. Salem High harriers #12 Draven Fernandez and #14 Robert Cummings round out most of the youth in the top 25 with their respective personal bests of 17:08 at the Gummy Bear 5K and 17:36 at Queens Lake. Fernandez drops 8 spots and Cummings 7 compared to their top 10 rankings this past summer. Top-ranked master Andy Riley splits the Salem teammates at #13 with his 17:31 for 7th at Queens Lake. Warhill High School graduate Evan Clary rounds out the top 15 after finishing one second behind Cummings at Queens Lake, in 17:37, improving on his #16 ranking from the summer.							
As mentioned above, there were a couple of fantastic performances by runners that only raced once this fall. CNU alum Jeffrey Dover owned the Strider XC Classic 5K in 15:30 (82.90%), as he did last year in 15:26. Kellam High grad David Gregory dominated the Strider Half Marathon to win in a fantastic 1:11:48 (80.80%). And I would be remiss to not mention rankings-regular Chris Free's over-6-minute marathon PR 2:44:03 for 3rd at the Strider Marathon. Free would've just snuck into the top 10 with a second race.							
With race directors finding ways to put on more races than during the summer despite the ongoing COVID situation, there were many more opportunities to compete than there were last season. This, combined with great racing weather all fall, resulted in this season's male overall rankings being of much higher quality than the summer, and there was even just a small drop in quality compared to fall 2019, quite the achievement given the absence of many of the usual and fast races necessitated by COVID this year. The 10K equivalent needed to make the top 5, 10, and 25 was only 30-60 seconds slower than last fall, while being over 2 minutes faster than this past summer for each of those same thresholds. I see this as an absolute win for our local running community - despite the pandemic, everyone is still training hard and putting up quality times!							
Rank	Runner	Age	Hometown	Best Race #1	Best Race #2	Best 10K Equivalent	Trend
1	Roger Hopper	29	Chesapeake	15:44 1st at Riverwatch on the Piankatank 5K (81.67% AG)	15:45 1st at Queens Lake 5K (81.59%)	32:48	↔
2	William Thompson	28	Williamsburg	15:50 2nd at Queens Lake 5K (81.16%)	16:09 2nd at Virginia Fire Chiefs 5K (79.57%)	33:00	↔
3	Adam Otstot	38	Williamsburg	15:54 3rd at Queens Lake 5K (83.86%)	15:58 1st at Virginia Fire Chiefs 5K (83.51%)	33:08	NR
4	David Kidd	32	Virginia Beach	1:14:12 2nd at Strider Half Marathon	17:42 3rd at Strider XC Classic 5K (open race)	33:35	NR
5	Andre Gallant	22	Suffolk	16:20 2nd at Riverwatch on the Piankatank 5K	16:39 4th at Queens Lake 5K	34:01	NR
6	Michael Menapace	17	Yorktown	16:29 1st at Gummy Bear 5K	16:53 1st at Strider XC Classic (high school race)	34:19	NR
7	Cooper Hurst	17	Chesapeake	16:30 2nd at Gummy Bear 5K	16:43 3rd at Powhatan Creek Trail 5K	34:22	NR
8	Emmanuel Gomez	34	Suffolk	27:36 1st at Dismal Swamp 5 Miller	2:43:54 2nd at Strider Marathon	34:47	NR
9	Michael Jones	17	Chesapeake	16:47 4th at Powhatan Creek Trail 5K	16:57 3rd at Gummy Bear 5K	34:58	NR
10	Cary Caldwell	16	Williamsburg	16:58 4th at Gummy Bear 5K	17:08 6th at Powhatan Creek Trail 5K	35:20	↓4
11	Lucas Simmons	16	Chesapeake	16:58 5th at Powhatan Creek Trail 5K	17:18 8th at Gummy Bear 5K	35:20	NR
12	Draven Fernandez	16	Virginia Beach	17:08 7th at Gummy Bear 5K	17:12 6th at Queens Lake 5K	35:40	↓8
13	Andy Riley	42	Toano	17:31 7th at Queens Lake 5K	17:44 3rd at Riverwatch on the Piankatank 5K	36:28	NR
14	Robert Cummings	17	Virginia Beach	17:36 8th at Queens Lake 5K	17:50 8th at Powhatan Creek Trail 5K	36:38	↓7
15	Evan Clary	19	Williamsburg	17:37 9th at Queens Lake 5K	17:54 4th at Virginia Fire Chiefs 5K	36:41	↑1
16	Franklin Reid	18	Virginia Beach	17:47 11th at Queens Lake 5K	18:52 14th at Strider XC Classic (high school race)	37:01	NR
17	Jonathan Torres	30	Newport News	17:48 12th at Queens Lake 5K	18:03 9th at Powhatan Creek Trail 5K	37:03	↓6
18	Spencer Norman	31	Richmond	17:48 3rd at Virginia Fire Chiefs 5K	18:25 16th at Queens Lake 5K	37:03	NR
19	Dillon Britt	24	Pendleton, NC	17:57 13th at Queens Lake 5K	18:10 5th at Virginia Fire Chiefs 5K	37:21	NR
20	Jason Miller	43	Williamsburg	29:56 6th at Dismal Swamp 5 Miller	18:12 11th at Powhatan Creek Trail 5K	37:45	↓7
21	Isaac Lamprecht	14	New Kent	18:18 14th at Queens Lake 5K	31:29 6th at FURever Homes 8K	38:04	↓1
22	Logan St. John	26	Newport News	18:21 12th at Powhatan Creek Trail 5K	30:55 6th at Ice-aholics Freedom Run 8K	38:12	NR
23	Jarrett Sindt	19	Virginia Beach	18:19 15th at Queens Lake 5K	18:24 13th at Powhatan Creek Trail 5K	38:06	↓15
24	Steven Kast	55	Yorktown	18:21 5th at Riverwatch on the Piankatank 5K (82.92%)	18:29 17th at Queens Lake 5K (82.33%)	38:12	NR
25	Greg Lynn	46	Hayes	18:24 6th at Riverwatch on the Piankatank 5K	18:35 14th at Powhatan Creek Trail 5K	38:17	↓10
Dropped from rankings:							
Sam Stephenson 3, Joel Bell 5, Tommy Neeson 9, Patrick Quirk 10, Glenn Glass 12, Lorenzo Short 14, Justin Berry 17, Robert Powell 18, Robert Whitaker 19, Randy Shleton 21, Stephen Chantry 22, Chris Novakoski 23, Paul Pelletier 24, Rick Samaha 25							
Notable runners with only one race:							
	Jeffrey Dover	24	Moyock, NC	15:30 1st at Strider XC Classic 5K (open race) (82.90%)	32:18		
	David Gregory	25	Virginia Beach	1:11:48 1st at Strider Half Marathon (80.80%)	32:32		
	Christopher Free	35	Virginia Beach	2:44:03 3rd at Strider Marathon	35:14		

	Luke Tompkins	16	Williamsburg	17:01 5th at Gummy Bear 5K	35:26		
	Mark Tompkins	44	Williamsburg	17:02 6th at Gummy Bear 5K (81.90%)	35:28		
	Skyler Lattuca	21	Virginia Beach	28:00 3rd at Logy Bear 8K	35:31		
	Sam Stephenson	23	Norfolk	28:10 2nd at Dismal Swamp 5 Miler	35:31		

Male Masters

Andy Riley tops the male masters category in dominating fashion, by over a minute in terms of 10K equivalent, on the strength of his 17:31 (age grade = 78.40%) for 7th in great weather for fast times at the Queens Lake 5K. As was the case for the summer rankings, masters-10K-equivalent-high Mark Tompkins would've been first by a minute with a second race, but he only ran one. Jason Miller improves one spot from the summer with his great 29:56 for 6th at the flat and fast Dismal Swamp 5 Miler. Steven Kast continued to show improvement with a fantastic pair of 82% age grades, 82.92% for his 18:21 for 5th at the Riverwatch on the Piankatank 5K and 82.33% for his 18:29 at Queens Lake. The 55-year-old former CHU standout runner Kast has been on a great trajectory over the past couple years, consistently improving from 5K times in the 21s in early 2019 to the 20s in mid-2019 and early 2020 to the 19s earlier this year and now deeper and deeper into the 18s. Greg Lynn replicated his #4 master ranking from the summer, finishing just 3 seconds behind Kast at Piankatank in 18:24. Lynn topped 5th-ranked Randy Shelton at Powhatan Creek 18:35-19:02, but Shelton's best race was his 30:28 for 8th at the Dismal Swamp 5 Miler, where he did beat Lynn by just 14 seconds. Shelton picked up a win at the Boys Home Harvest Hustle 10K in Covington in 41:32, and was the top male finisher at the Indian Fields 20 Miler in 2:22:29, where the top overall finisher was female one-racer Kristin Herring in 2:20:03. Shelton moves up one spot from his ranking last season.

Moving out of the top 5, #6 Peter Pommerenk took advantage of great marathon weather to notch a BQ 3:00:58 for 6th at the Strider Marathon, a race in which he beat 8th-ranked Carter Ficklen by just over 8 minutes after Ficklen beat Pommerenk by a narrow 4 seconds, 31:20-31:24, at the Dismal Swamp 5 Miler. Ficklen's strong Swamp 5 Mile run propels him 6 spots higher from where he was ranked over the summer. Andrew Crookston is #7 after his 18:46 for 21st at the Queens Lake 5K. Crookston's 39:38 for 4th at the Run for the Hills 10K must've surprised 4th-ranked Lynn, who only ran 40:08 for the hilly course, but Lynn did bounce back to top Crookston by 2 seconds at Queens Lake, and he ran far superior times on fast days at Piankatank and the Powhatan Creek 5K. #9 Andrea Buoso ran a great 1:27:42 for 4th overall at the Strider Half Marathon, and rounding out the top 10 is Chris Laws with his great 19:13 at Queens Lake that was surprisingly only good for 24th place on that very competitive day. The next 2 finishers at Queens Lake are also the next 2 runners ranked, with #11 Tim Stewart running 19:16 for 25th and #12 Rick Samaha running 19:29 for 26th and an outstanding age grade of 82.89% to go with his 80.88% grade for his 19:58 at the Virginia Fire Chiefs 5K. Samaha dropped 3 spots from his summer #9 ranking. 13th-ranked Robert Whitaker was off of his game at Queens Lake in 20:04, but he rebounded well to run 19:36 for 10th and an age grade of 81.93% at Piankatank. Queens Lake race director Paul Pelletier is #14 despite missing out on running that fast race, instead offering a strong 19:36 to finish just 3 seconds behind Whitaker at Piankatank. Whitaker and Pelletier dropped 8 and 6 spots, respectively, compared to the summer rankings. Rounding out the top 15 is Joe Calkins, whose 19:41 was good for the win at the Lighthouse 5K down in the Outer Banks, but also saw him drop 5 spots from the summer.

There were a few great male masters with only one race, to go with the already-mentioned Mark Tompkins. John Lomogda doesn't race much, but when he does it is always spectacular. The 51-year-old struck again with his 17:57 for 4th overall and an age grade of 82.08% at the Strider XC Classic 5K. A second race and Lomogda would've been ranked 2nd, as would have Tidewater Striders president Thomas Hicks, who was too busy race directing all fall to find the time to compete more than once. He did make the most of his lone effort, an 18:00 80.56% age grade for 4th overall at Piankatank.

Like the overall men, the male masters rankings saw a large uptick in quality compared to the summer. The 10K equivalent to qualify improved by 40 seconds for the top 5, almost a minute for the top 10, and a whole 5 minutes for the top 25. There was quite the dropoff from last fall, over a minute for the top 10 and over 3 for the top 25, but considering almost every single one of the top times in last fall's top 25 were from races that were cancelled this year due to COVID, this isn't all that surprising. Many of those races, especially the usual J&A Racing fall events, are some of the fastest courses around for their distances, and usually take advantage of great fall racing weather. That was not the case this year, but many great performances were put forth nonetheless.

					Best 10K	
Rank	Runner	Age	Hometown	Best Race #1	Best Race #2	Trend
1	Andy Riley	42	Toano	17:31 7th at Queens Lake 5K (78.40% AG)	17:44 3rd at Riverwatch on the Piankatank 5K (77.44%)	NR
2	Jason Miller	43	Williamsburg	29:56 6th at Dismal Swamp 5 Miler (75.11%)	18:12 11th at Powhatan Creek Trail 5K (76.01%)	↑1
3	Steven Kast	55	Yorktown	18:21 5th at Riverwatch on the Piankatank 5K (82.92%)	18:29 17th at Queens Lake 5K (82.33%)	NR
4	Greg Lynn	46	Hayes	18:24 6th at Riverwatch on the Piankatank 5K	18:35 14th at Powhatan Creek Trail 5K	↔
5	Randy Shelton	45	Mechanicsville	30:28 8th at Dismal Swamp 5 Miler	19:02 17th at Powhatan Creek Trail 5K	↑1
6	Peter Pommerenk	54	Virginia Beach	3:00:58 6th at Strider Marathon	31:24 15th at Dismal Swamp 5 Miler	NR
7	Andrew Crookston	48	Williamsburg	18:46 21st at Queens Lake 5K	39:38 4th at Run for the Hills 10K	NR
8	Carter Ficklen	46	Yorktown	31:20 14th at Dismal Swamp 5 Miler	3:08:59 7th at Strider Marathon	↑6
9	Andrea Buoso	46	Norfolk	1:27:42 4th at Strider Half Marathon	19:23 9th at Riverwatch on the Piankatank 5K	NR
10	Chris Laws	44	Newport News	19:13 24th at Queens Lake 5K	32:47 12th at FURever Homes 8K	NR
11	Tim Stewart	50	Williamsburg	19:16 25th at Queens Lake 5K	19:50 23rd at Powhatan Creek Trail 5K	NR
12	Rick Samaha	62	Williamsburg	19:29 26th at Queens Lake 5K (82.89%)	19:58 11th at Virginia Fire Chiefs 5K (80.88%)	↓3
13	Robert Whitaker	61	Yorktown	19:33 10th at Riverwatch on the Piankatank 5K (81.93%)	20:04 32nd at Queens Lake 5K	↓8
14	Paul Pelletier	55	Williamsburg	19:36 12th at Riverwatch on the Piankatank 5K	19:46 22nd at Powhatan Creek Trail 5K	↓6
15	Joe Calkins	49	Lanexa	19:41 1st at Lighthouse 5K	1:06:03 8th at Crazy 8 Trail 8 Miler	↓5
16	David Anderson	50	Williamsburg	19:47 29th at Queens Lake 5K	20:17 13th at Virginia Fire Chiefs 5K	↓5
17	Greg Dawson	55	Williamsburg	19:53 25th at Powhatan Creek Trail 5K	34:01 19th at Logy Bear 8K	↓5
18	Juan Cortez	45	Elizabeth City, NC	19:53 10th at Virginia Fire Chiefs 5K	20:29 3rd at Ice-aholics Freedom Run 5K	NR
19	James Moore	45	Virginia Beach	3:13:01 8th at Strider Marathon	20:15 11th at Strider XC Classic 5K (open race)	NR
20	Jon Leiding	58	Virginia Beach	19:59 31st at Queens Lake 5K	20:19 13th at Riverwatch on the Piankatank 5K	↓7
21	Steven Short	46	Toano	20:27 14th at Riverwatch on the Piankatank 5K	20:37 36th at Queens Lake 5K	↓4
22	Paul Scribbins	47	Gloucester	20:45 16th at Riverwatch on the Piankatank 5K	21:06 38th at Queens Lake 5K	NR
23	Brian Peters	44	Virginia Beach	1:36:27 12th at Strider Half Marathon	22:09 21st at Strider XC Classic 5K (open race)	NR
24	Tobin McMurdie	42	Norfolk	34:54 23rd at Dismal Swamp 5 Miler	21:56 18th at Strider XC Classic 5K (open race)	NR
25	Richard Grant	67	Suffolk	34:55 24th at Dismal Swamp 5 Miler	22:28 22nd at Strider XC Classic 5K (open race)	↓6

Dropped from rankings:

Joel Bell 1, Tommy Neeson 2, Stephen Chantry 7, Steve Armitage 15, Ken Alberg 16, Timothy Suhr 18, Tom Robinson 20, Gary Searcy 21, Kevin Clauberg 22, Bob Brunner 23, Chris Abelt 24, David Berger 25

Notable runners with only one race:

				10K Equivalent
Mark Tompkins	44	Williamsburg	17:02 6th at Gummy Bear 5K (81.90%)	35:28
John Lomogda	51	Norfolk	17:57 4th at Strider XC Classic 5K (open race) (82.08%)	37:21
Thomas Hicks	49	Virginia Beach	18:00 4th at Riverwatch on the Piankatank 5K (80.56%)	37:28
Edward Rietscha	41	Williamsburg	18:58 5th at Strider XC Classic 5K (open race)	39:27

Female Overall

23-ranked Ashley Diettle ran well to record 33:56 for 8th in the Dismal Swamp 5 mile to go with her BQ 3:22.54, also 8th place, at the Strider Marathon. #7 Alette McGuire improved greatly over 4 weeks, starting with a 22:38 for 7th at Powhatan Creek and improving to 20:52 for 2nd at the Strider XC Classic 5K. 8th-ranked Julie Hicks, also 2nd master, ran better than her summer times, but dropped 2 spots due to a marked increase in quality at the top. Her fall season was highlighted by her 21:01 for 3rd place at Queens Lake. 9th Cannon Jean, a Jamestown High junior, is the only high schooler other than Burris in the top 16, a contrast to the men where half the top 16 were still in high school. Jean improved throughout the season, running her best time a week before it was over with her 21:12 for 2nd place at Piantakant, where she outkicked Hicks by one second. Hicks topped Jean by 38 seconds at Queens Lake to secure the higher spot there. Closing out the top 10 is Jessie Japzon, whose 1:38:34 was good for 5th at the Strider Half Marathon. The next 4, and almost 5, ranked runners all ran their best times at Queens Lake. Notable among them is 11th-ranked Meaghan Gsell, who stacked up top-6 finishes at every Colonial Road Runner race all season. Gsell's highest finish was 2nd overall at the Ice-athletes Freedom Run 8K in 37:15, but her best times came during a pair of 4th-place efforts at Queens Lake (21:35) and Fire Chiefs (21:54). 12th-ranked Christine Fernandez, mother of male overall #12 Draven Fernandez, fell 5 spots from the summer despite her time at Queens Lake, 21:42, having over a minute better 10K equivalent than her best summer time. #15 Svetlana Goncharova does have the slightly superior time, but Karen Grabowski ranks one spot ahead of Goncharova due to her beating Goncharova at Powhatan Creek, Fire Chiefs, FURever Homes, and Queens Lake, though Goncharova did beat Grabowski at Run for the Hills and the Logy Bear 8K. 13th-ranked Denisse Littman beat Grabowski and Goncharova at Queens Lake and FURever Homes.

The female overall rankings were massively improved from the summer, with the 10K equivalent standard to make the top 10 improving 3.5 minutes from around 48:00 to 44:30, and the standard to make the top 25 improving almost 10 minutes from 57:22 to 47:49. This isn't too surprising since the number of races more than doubled and race conditions were much more ideal. Still, many things are easier said than done, and it is great to see the local ladies go out and execute on a high level. There was a 4 minute increase in the 10K equivalent needed to make the top 10 and 25 compared to last fall, and perhaps this can be partially attributed to there only being about half the races. 24, as there were in fall 2019. 43.

Dropped from rankings:

Ekatarina Aaron 3, Sorenia Jean 5, Susan Hagel 13, Kirsten Kelly 14, Kimberly Borges 16, Jessica Anderson 17, Deelyn Robinson 18, Betty Brothers 19, Kristi Chiles 20, Rachel Novakowski 21, Jennifer Cornette 22, Daphne Papaethimiou 23, Nancy Reeves 24, Gail Biermann 25

Notable runners with only one race:				10K Equivalent
Christin Hoffstadt	29	Norfolk	2:56:26 2nd at Strider Marathon (75.99%)	37:56
Kristin Herring	41	Newport News	2:20:03 1st at Indian Fields 20 Miler (75.32%)	40:14
Caroline Bauer	16	Williamsburg	19:29 1st at Gummy Bear 5K (78.10%)	40:28
Gwen Riley	26	Portsmouth	19:41 1st at Virginia Fire Chiefs 5K	40:57
Ryan Smith	16	Virginia Beach	32:43 1st at Dismal Swamp 5 Miler	41:16
Maggie Reed	17	Virginia Beach	32:43 2nd at Dismal Swamp 5 Miler	41:16
Renee Merchant	39	Norfolk	32:45 3rd at Dismal Swamp 5 Miler	41:19
Elise Richardson	16	Virginia Beach	32:46 4th at Dismal Swamp 5 Miler	41:20
Kassandra Aulenbach	19	Yorktown	32:37 1st at Logy Bear 8K	41:24
Rachel Parthasarathy	20	Williamsburg	20:03 1st at FURever Homes 5K	41:42
Sophia Pommerenk	15	Virginia Beach	33:11 6th at Dismal Swamp 5 Miler	41:50
Katryna Aulenbach	16	Yorktown	33:23 2nd at Logy Bear 8K	42:24
Salya Brown	15	Virginia Beach	20:21 1st at Strider XC Classic 5K (high school race)	42:19
Austin Heft	16	Virginia Beach	33:27 7th at Dismal Swamp 5 Miler	42:12
Kacie Voeller	24	Virginia Beach	20:27 1st at Strider XC Classic 5K (open race)	42:32
Stephanie Rice	34	Virginia Beach	3:18:01 7th at Strider Marathon	42:41

Female Masters

<p>Jenny Moran replicated what the great Teresa Allman accomplished during the winter 2019-2020 edition of these rankings, topping the female masters category by over 5 minutes! Some good redemption for Moran as she was 2nd to Allman in those very rankings. To my knowledge, Allman hasn't raced since, and in that vacuum Moran has dominated this category for a second consecutive season. Time will tell if she can make it 3 in a row, but I wouldn't bet against her as she has improved greatly throughout 2020, starting with a 42:04 10K equivalent last winter, improving to 41:24 over the summer, and catapulting to 38:29 here on the strength of her 1:25:11 win (age grade = 79.30%) at the Strider Half Marathon. This isn't unknown territory for Moran, who was the top female master last fall with a 10K equivalent of 39:59, but she has undoubtedly been most impressive this fall, a season during which despite being a master she also achieved #2 overall. 2nd-ranked Julie Hicks and 3rd-ranked Christine Fernandez, like Moran, replicated their rankings from the summer. Like #4 Denise Littman, they had their best races at the Queens Lake 5K, making it too easy to rank them in the order they finished there. 5th-ranked Deborah Simpson and 6th-ranked Kerry Johnson round out the masters women fast enough to make the overall top 25, with Johnson throwing down a BQ 3:34:56 for 11th at the Strider Marathon.</p> <p>The top 6 fall female masters are all below age 45, but age didn't stop #7 Kimberly Moore (53) and #8 Connie Glueck (56) from being next on the list. Glueck starts a trio of runners who finished 7th, 8th, and 9th at the Riverwatch on the Plankatank 5K to earn their 8th, 9th, and 10th place rankings here. #9 Susan Hagel fell 5 spots from the summer thanks to the 5 newly-ranked runners just ahead of her, while despite all of these competitive newcomers, Daphne Papaefthimiou managed to improve one spot to 10th, thanks of course to her 2 minute 5K improvement from 26:44 over the summer to 24:44 at Plankatank. #14 Betty Brothers was on top of her game, achieving an awe-inspiring rankings-high age grade of 86.28% with her 41:55 at the Dismal Swamp 5 Miler. Like Papaefthimiou, 15th-ranked Maria Peters was a rare positive mover in this category, up 3 spots from her summer ranking thanks to her over-3-minute 5K time improvement from 28:57 last season to 25:51 here.</p> <p>Top female masters with only one race include Kristin Herring's overall win at the Indian Fields 20 Miler in 2:20:03 - a second race and Herring would've been ranked 2nd here. From her it is a long way down to Anne Spillane and Karen Lindauer's 12th and 13th place finishes at the Strider 5 Miler. It had been a long while since Debbie McLaughlin's last race, but she showed she still has it with her 22:30 for 11th place at Queens Lake. A second race and the 55-year-old McLaughlin would've been ranked 7th with a 10K equivalent almost 3 minutes ahead of her would-be fellow quinquagenarians in the top 10.</p> <p>Like all of the other categories, the female masters rankings saw a great uptick in quality compared to the summer, and a great drop in quality compared to fall 2019. Making the top 10 got over four 10K equivalent minutes harder since last season, while the time needed to make the top 25 improved by a whopping 12 minutes. The top 10 was 4 minutes, and the top 25 6 minutes, slower than last fall in terms of 10K equivalent, but the improvement from the summer is promising. May we see further improvements this winter!</p>							
Rank	Runner	Age	Hometown	Best Race #1	Best Race #2	Best 10K Equivalent	Trend
1	Jenny Moran	42	Virginia Beach	1:25:11 1st at Strider Half Marathon (79.30%)	19:14 1st at Riverwatch on the Plankatank 5K (79.64%)	38:29	↔
2	Julie Hicks	44	Virginia Beach	21:01 3rd at Queens Lake 5K (73.99%)	34:50 9th at Dismal Swamp 5 Miler (72.82%)	43:42	↔
3	Christine Fernandez	44	Virginia Beach	21:42 6th at Queens Lake 5K	22:36 6th at Powhatan Creek Trail 5K	45:08	↔
4	Denise Littman	42	Williamsburg	21:53 8th at Queens Lake 5K	36:40 2nd at FURever Homes 8K	45:32	NR
5	Deborah Simpson	42	Virginia Beach	36:41 15th at Dismal Swamp 5 Miler	1:44:04 10th at Strider Half Marathon	46:18	NR
6	Kerry Johnson	43	Virginia Beach	3:34:56 11th at Strider Marathon	37:00 16th at Dismal Swamp 5 Miler	46:28	NR
7	Kimberly Moore	53	Virginia Beach	39:01 22nd at Dismal Swamp 5 Miler	1:52:00 12th at Strider Half Marathon	49:16	NR
8	Connie Glueck	56	Williamsburg	23:54 7th at Riverwatch on the Plankatank 5K	23:38 3rd at New Kent Winery Turkey Trot 5K (3 miles)	49:44	NR
9	Susan Hagel	47	Norfolk	24:20 8th at Riverwatch on the Plankatank 5K	40:21 25th at Dismal Swamp 5 Miler	50:37	↓5
10	Daphne Papaefthimiou	44	Toano	24:44 9th at Riverwatch on the Plankatank 5K	25:17 22nd at Queens Lake 5K	51:28	↑1
11	Wendy Rafferty	48	Virginia Beach	41:19 27th at Dismal Swamp 5 Miler	26:35 28th at Queens Lake 5K	52:12	NR
12	Charlotte Bjuve	45	Chesapeake	1:56:31 18th at Strider Half Marathon	25:24 13th at Strider XC Classic 5K (open race)	52:34	NR
13	Mary Carlson	44	Lanexa	25:22 1st at Flat-Out Weekend Challenge 5K #2	26:03 14th at Powhatan Creek Trail 5K	52:48	NR
14	Betty Brothers	73	Virginia Beach	41:55 30th at Dismal Swamp 5 Miler (86.28%)	28:48 23rd at Strider XC Classic 5K (open race)	52:55	↓6
15	Maria Peters	55	Yorktown	25:51 24th at Queens Lake 5K	44:34 37th at Dismal Swamp 5 Miler	53:48	↑3
16	Yolanda Jefferson	43	Newport News	26:05 3rd at Flat-Out Weekend Challenge 5K #1	28:00 9th at Flat-Out Weekend Challenge 5K #2	54:18	NR
17	Cathy Dahl	42	Williamsburg	26:06 20th at Gummy Bear 5K	28:14 11th at Virginia Fire Chiefs 5K	54:20	NR
18	Helen Worthington	66	Bena	26:15 26th at Queens Lake 5K	26:22 11th at Riverwatch on the Plankatank 5K	54:39	NR
19	Jean Troutman	57	Williamsburg	26:33 27th at Queens Lake 5K	59:32 14th at Run for the Hills 10K	55:16	NR
20	Kristi Chiles	49	Virginia Beach	43:50 34th at Dismal Swamp 5 Miler	45:11 9th at Logy Bear 8K	55:23	↓11
21	Cathleen Owen	56	Norfolk	26:46 31st at Queens Lake 5K	30:16 28th at Strider XC Classic 5K (open race)	55:44	NR
22	Mira Mariano	53	Norfolk	44:35 38th at Dismal Swamp 5 Miler	47:29 13th at Logy Bear 8K	56:20	NR
23	Tisha Paredes	42	Virginia Beach	44:50 39th at Dismal Swamp 5 Miler	28:30 20th at Strider XC Classic 5K (open race)	56:36	NR
24	Debra Price	57	Newport News	27:13 6th at Flat-Out Weekend Challenge 5K #2	27:49 11th at Flat-Out Weekend Challenge 5K #1	56:41	NR
25	Kimberly Hague	45	Chesapeake	44:55 40th at Dismal Swamp 5 Miler	4:03:00 13th at Indian Fields 20 Miler	56:42	NR
Dropped from rankings:							
Kirsten Kelly 5, Kimberly Borges 6, Deelyn Robinson 7, Jennifer Cornette 10, Nancy Reeves 12, Gail Biermann 13, Norma Phillips 14, Janice Kailos 15, Jan Berry 16, Jeanette Primich 17, Shelagh Young 19, Vicky Costello 20, Shirley Stephens 21, Patricia Travis 22, Critzina Jean 23, Roswitha Goosens-Winter 24, Martha Gullo 25							
Notable runners with only one race:							
				10K Equivalent			
	Kristin Herring	41	Newport News	2:20:03 1st at Indian Fields 20 Miler (75.32%)	40:14		
	Anne Spillane	53	Virginia Beach	36:23 12th at Dismal Swamp 5 Miler (76.50%)	45:55		
	Karen Lindauer	40	Virginia Beach	36:27 13th at Dismal Swamp 5 Miler	46:00		
	Debbie McLaughlin	55	Williamsburg	22:30 11th at Queens Lake 5K (77.48%)	46:49		
	Patricia (Trish) Rice	55	Williamsburg	2:47:02 2nd at Indian Fields 20 Miler	48:05		
	Meredith Robertson	40	Williamsburg	23:32 17th at Queens Lake 5K	48:59		
	Kelly Russo	45	Virginia Beach	39:10 24th at Dismal Swamp 5 Miler	49:27		
	Sherry Volk	59	Williamsburg	23:49 10th at Powhatan Creek Trail 5K (76.70%)	49:34		
	Jennie Simms	45	Sedley	23:59 19th at Queens Lake 5K	49:55		
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
Powhatan Creek Trail 5K				Williamsburg - Powhatan Creek Trail		Colonial Road Runners	9/19/20
Logy Bear 8K				Williamsburg - New Quarter Park		Colonial Road Runners	9/26/20
Gummy Bear 5K				Williamsburg - New Quarter Park		Colonial Road Runners	9/26/20
Crazy 8 Trail 8 Miler				Williamsburg - York River State Park		Happy Cat Events	9/26/20
Virginia Fire Chiefs 5K				Williamsburg - Colonial Williamsburg		Colonial Road Runners	10/3/20
Dismal Swamp 5 Miler				Chesapeake - Dismal Swamp Canal Trail		Tidewater Striders	10/3/20
Ice-aholics Freedom Run 8K				Williamsburg - Freedom Park		Colonial Road Runners	10/10/20
Ice-aholics Freedom Run 5K				Williamsburg - Freedom Park		Colonial Road Runners	10/10/20
Indian Fields 20 Miler				Charles City - Virginia Capital Trail		Commonwealth Timing	10/10/20
Viking Dash 5K				Williamsburg - York River State Park		Viking Dash Trail Run	10/11/20
Viking Dash 10K				Williamsburg - York River State Park		Viking Dash Trail Run	10/11/20
Viking Dash 20K				Williamsburg - York River State Park		Viking Dash Trail Run	10/11/20
Run for the Hills 10K				Williamsburg - Warhill Trail		Colonial Road Runners	10/17/20
Run for the Hills 5K				Williamsburg - Warhill Trail		Colonial Road Runners	10/17/20
Strider XC Classic 5K				Chesapeake - Bells Mill Park		Tidewater Striders	10/17/20
Flat-Out Weekend Challenge 5K #1				Hampton - Matteson Trail		Flat-Out Events	10/17/20

	Flat-Out Weekend Challenge 5K #2		Hampton - Sandy Bottom Nature Park	Flat-Out Events	10/18/20	
	FURever Homes 8K		Williamsburg - Greensprings Trail	Colonial Road Runners	10/24/20	
	FURever Homes 5K		Williamsburg - Greensprings Trail	Colonial Road Runners	10/24/20	
	Queens Lake 5K		Williamsburg - New Quarter Park	Colonial Road Runners	10/31/20	
	Riverwatch on the Plankatank 5K		Gloucester - Riverwatch on the Plankatank Neighborhood	Peninsula Track Club	11/14/20	
	Strider Half Marathon		Chesapeake - Dismal Swamp Canal Trail	Tidewater Striders	11/21/20	
	Strider Marathon		Chesapeake - Dismal Swamp Canal Trail	Tidewater Striders	11/21/20	
	New Kent Winery Turkey Trot 5K (3 miles)		New Kent - New Kent Winery	Commonwealth Timing	11/21/20	