

**30th Annual
Queens Lake 5K Run
And one mile fun run
A Colonial Road Runners Grand Prix Event
A Hampton Roads Super Grand Prix Event
First race in 2024 Three-Club Challenge**

USATF certified 5K course (VA-20004-RT)

Runners ran the course as certified.

All times rounded up to the next second, according to USATF timing standards

152 finishers in 5K run/walk.

** Age group record (5-year age groups)

Men Overall

| | | |
|--|--------------|-------|
| **1. Adam Otstot, 41 | Williamsburg | 15:39 |
| **2. David Angell, 47 | Blue Ridge | 16:00 |
| [all-time CRR 5K record for men 45-49, old record 16:01 by David Angell, 47, Blue Ridge, at 2023 Weighed Angels 5K; time just seven seconds slower than Virginia state record for men 45-49] | | |
| 3. Nathaniel Darling, 32 | Williamsburg | 16:37 |

Women Overall

| | | |
|----------------------------|--------------|-------|
| 1. Emily Honeycutt, 33 | Newport News | 18:37 |
| 2. Isabella Strumke, 10 | Toano | 18:55 |
| 3. Svitlana Honcharova, 26 | Williamsburg | 20:34 |

Men 14-and-under

| | | |
|-------------------------|-------------------|-------|
| 1. Jack Strumke, 14 | Toano | 18:51 |
| 2. Avery Diette, 12 | Chesapeake | 19:21 |
| 3. Braxton Lee, 14 | Quinton | 19:39 |
| 4. Benjamin Spicer, 13 | Williamsburg | 22:02 |
| 5. Luke Strumke, 12 | Toano | 22:26 |
| 6. Matthew Kavanagh, 14 | Williamsburg | 22:31 |
| 7. Sean Strumke, 7 | Toano | 25:46 |
| 8. Quinn Collins, 12 | Williamsburg | 27:21 |
| 9. Bryton Lee, 48 | Quinton | 28:18 |
| 10. Daniel Mullin, 13 | Williamsburg | 29:14 |
| 11. Owen VanSkiver, 11 | Williamsburg | 29:39 |
| 12. Damore King, 12 | Williamsburg | 30:03 |
| 13. Jason Gunther, 12 | Toano | 30:24 |
| 14. Boston Lee, 9 | Quinton | 31:33 |
| 15. Price Sasser, 11 | Williamsburg | 31:43 |
| 16. Logan Perry, 10 | North Reading, MA | 32:32 |
| 17. Liam Perry, 8 | North Reading, MA | 33:06 |

Men 15-19

| | | |
|---------------------|--------------|-------|
| 1. Thomas Dines, 19 | Newport News | 22:07 |
|---------------------|--------------|-------|

Men 20-24

| | | |
|------------------------|--------------|-------|
| 1. Erik Stauderman, 24 | Williamsburg | 16:48 |
| 2. Evan Clary, 22 | Williamsburg | 19:58 |

Men 25-29

| | | |
|---------------------|----------------|-------|
| 1. Dillon Britt, 28 | Pendleton, NC | 19:24 |
| 2. Oscar Orozco, 27 | Virginia Beach | 22:01 |

Men 30-34

| | | |
|--------------------------|------------------|-------|
| 1. Jonathan Torres, 34 | Newport News | 17:36 |
| 2. David McKinney, 31 | Williamsburg | 19:08 |
| 3. Tristan Roehrbein, 33 | Providence Forge | 23:35 |
| 4. Matt McCombs, 31 | Virginia Beach | 23:47 |
| 5. Jason Jolles, 31 | Williamsburg | 36:11 |

Men 35-39

| | | |
|-------------------------|-------------------|-------|
| 1. Jordan Spector, 37 | Virginia Beach | 18:18 |
| 2. Brian Fries, 36 | Yorktown | 20:06 |
| 3. James Ramey, 39 | Williamsburg | 21:09 |
| 4. Benjamin Kaurich, 36 | Toano | 24:28 |
| 5. Chris Perry, 38 | North Reading, MA | 33:05 |

Men 40-44

| | | |
|----------------------------|----------------|-------|
| 1. Scott Ickes, 42 | Williamsburg | 16:44 |
| 2. Matt Joosse, 44 | Williamsburg | 17:06 |
| 3. Russell Haller, 41 | Virginia Beach | 18:50 |
| 4. Matt Jackson, 42 | Easton, PA | 18:57 |
| 5. Andrew Teague, 41 | Williamsburg | 19:02 |
| 6. William McCallister, 41 | Lanexa | 22:39 |
| 7. Jason Kirkpatrick, 44 | Williamsburg | 22:42 |
| 8. Shammy Roberts, 43 | Virginia Beach | 24:10 |
| 9. Richard Collins, 43 | Williamsburg | 27:21 |
| 10. Michael Mullin, 42 | Williamsburg | 39:41 |

Men 45-49

| | | |
|------------------------|--------------|-------|
| 1. Lee Lindsey, 49 | Sandy Hook | 17:42 |
| 2. Victor Flemming, 45 | Carrollton | 18:05 |
| 3. Andy Riley, 45 | Toano | 18:08 |
| 4. William Tallent, 46 | Portsmouth | 19:28 |
| 5. Kyle Aulenbach, 47 | Yorktown | 20:15 |
| 6. Andrew Rose, 46 | Williamsburg | 21:17 |
| 7. Skip Kempe, 48 | Harrisonburg | 28:01 |
| 8. David Dines, 49 | Newport News | 28:40 |

Men 50-54

| | | |
|----------------------|----------------|-------|
| 1. Thomas Hicks, 52 | Virginia Beach | 16:52 |
| 2. Joe Calkins, 53 | Lanexa | 19:22 |
| 3. William Huff, 53 | Williamsburg | 21:45 |
| 4. John Accardi, 54 | Williamsburg | 23:17 |
| 5. Dan Gibson, 51 | Virginia Beach | 23:59 |
| 6. Roger Wanders, 50 | Norfolk | 39:26 |

Men 55-59

| | | |
|---------------------|----------------|-------|
| 1. Tommy Neeson, 55 | Virginia Beach | 18:49 |
| 2. Brian Rhee, 59 | Williamsburg | 19:18 |

| | | |
|-----------------------|--------------|-------|
| 3. Paul Pelletier, 58 | Williamsburg | 20:56 |
| 4. Robert Jean, 59 | Williamsburg | 25:50 |
| 5. Shawn Trahan, 58 | Stafford | 28:28 |

Men 60-64

| | | |
|----------------------|----------------|-------|
| 1. Jon Leiding, 61 | Virginia Beach | 20:47 |
| 2. Orlando Perez, 62 | Newport News | 21:21 |
| 3. Timothy Hodge, 64 | Virginia Beach | 25:18 |
| 4. Bill Price, 64 | Chesapeake | 28:44 |
| 5. Dwight Starks, 63 | Virginia Beach | 34:31 |

Men 65-69

| | | |
|----------------------|------------------|-------|
| **1. Pete Gibson, 67 | Murfreesboro, NC | 18:53 |
| 2. Thomas Barry, 66 | Williamsburg | 23:15 |
| 3. Jim Gullo, 69 | Williamsburg | 25:13 |
| 4. Tony Heimer, 66 | Chesapeake | 27:09 |
| 5. Thomas Corder, 65 | Lexington, KY | 29:59 |
| 6. John Price, 69 | Virginia Beach | 30:21 |
| 7. Edward Morris, 68 | Toano | 31:01 |

Men 70-74

| | | |
|-------------------------|--------------|-------|
| 1. Jim Duffy, 71 | Poquoson | 23:16 |
| 2. Dale Abrahamson, 74 | Yorktown | 24:41 |
| 3. Joseph Verdirame, 74 | Suffolk | 26:09 |
| 4. Jimmy Blount, 73 | Williamsburg | 29:12 |
| 5. Thomas McAnulty, 71 | Norfolk | 32:39 |
| 6. Robert Read, 70 | Williamsburg | 33:43 |

Men 75-and-over

| | | |
|------------------------|----------------|-------|
| 1. Ken Mitchell, 79 | Williamsburg | 26:16 |
| 2. William Chadim, 77 | Midlothian | 36:35 |
| 3. Stephen Scudder, 75 | Virginia Beach | 50:30 |

Men Walk

| | | |
|-----------------------|--------------|-------|
| 1. Alexey Popov, 40 | Newport News | 30:02 |
| 2. Eric Dawnkaski, 58 | Williamsburg | 36:41 |
| 3. Paul Rienth, 65 | Williamsburg | 39:03 |
| 4. Lonnie Cheney, 58 | Williamsburg | 42:12 |
| 5. Rick Webb, 65 | Yorktown | 45:18 |
| 6. Bob Curtin, 71 | Hampton | 50:31 |
| 7. George Fenigsohn | | |

Women 14-and-under

| | | |
|-----------------------|--------------|-------|
| 1. Barrett Sasser, 14 | Williamsburg | 31:31 |
|-----------------------|--------------|-------|

Women 15-19

| | | |
|------------------------|---------------|-------|
| 1. Maggie Klingman, 17 | Charlotte, NC | 26:21 |
| 2. Cannon Jean, 19 | Williamsburg | 27:37 |
| 3. Veronica Dines, 17 | Newport News | 29:45 |

Women 20-29

| | | |
|---------------------|--------------|-------|
| 1. Haley Uliasz, 28 | Newport News | 20:50 |
|---------------------|--------------|-------|

| | | |
|-------------------------|---------------|-------|
| 2. Kelley Weatherby, 29 | Attleboro, MA | 25:24 |
| 3. Carly Barnhardt, 29 | Williamsburg | 36:10 |

Women 30-34

| | | |
|------------------------|------------------|-------|
| 1. Kellie Seaton, 34 | Providence Forge | 22:15 |
| 2. Katherine Wease, 34 | Williamsburg | 23:20 |
| 3. Laura Lasswell, 33 | Williamsburg | 27:49 |
| 4. Calah Kotey, 32 | Fort Eustis | 44:40 |

Women 35-39

| | | |
|-----------------------|-------------------|-------|
| 1. Tori Otstot, 39 | Williamsburg | 23:20 |
| 2. Ralitsa Maduro, 39 | Chesapeake | 29:52 |
| 3. Meghan Perry, 39 | North Reading, MA | 32:32 |

Women 40-44

| | | |
|--------------------------|----------------|-------|
| 1. Tricia Murphy, 42 | Williamsburg | 20:54 |
| 2. Ashley Diette, 40 | Chesapeake | 21:06 |
| 3. Megan Schulze, 41 | Yorktown | 21:38 |
| 4. Jessica Anderson, 42 | Williamsburg | 23:27 |
| 5. Amber Spicer, 42 | Williamsburg | 24:31 |
| 6. Maryanne Lee, 41 | Quinton | 32:27 |
| 7. Annie VanSkiver, 43 | Williamsburg | 33:02 |
| 8. Christina Johnsen, 44 | Virginia Beach | 36:52 |

Women 45-49

| | | |
|-------------------------|----------------|-------|
| 1. Aimee Gianoukos, 48 | Williamsburg | 21:23 |
| 2. Julie Hicks, 48 | Virginia Beach | 23:06 |
| 3. Robyn Roberts, 46 | Virginia Beach | 24:16 |
| 4. Tressa Aulenbach, 46 | Yorktown | 27:04 |
| 5. Brigid Dines, 49 | Newport News | 32:40 |
| 6. Monica Fulks, 49 | Williamsburg | 35:51 |
| 7. Petra Wanders, 46 | Norfolk | 39:25 |

Women 50-54

| | | |
|--------------------|---------|-------|
| 1. Susan Hagel, 51 | Norfolk | 28:23 |
|--------------------|---------|-------|

Women 55-59

| | | |
|----------------------------|----------------|-------|
| 1. Marjorie Friedrichs, 56 | Williamsburg | 22:36 |
| 2. Susan Kreider, 57 | Virginia Beach | 23:40 |
| 3. Jami Callahan-Brill, 57 | Williamsburg | 25:54 |
| 4. Mary Florence, 58 | Williamsburg | 29:37 |
| 5. Criztina Jean, 55 | Williamsburg | 30:26 |
| 6. Lisa Levine, 55 | Williamsburg | 32:34 |
| 7. Marie Price, 55 | Chesapeake | 33:45 |
| 8. Kim Christy, 55 | Portsmouth | 43:20 |

Women 60-64

| | | |
|---------------------------|---------------|-------|
| 1. Melanie Hennis, 61 | Portsmouth | 25:43 |
| 2. Valor Foy Jones, 60 | Newport News | 26:08 |
| 3. Christine Williams, 62 | Poquoson | 31:46 |
| 4. Abby Corder, 62 | Lexington, KY | 49:15 |

Women 65-69

| | | |
|---------------------------|----------------|-------|
| 1. Carol Hansen-Vessa, 69 | Williamsburg | 27:07 |
| 2. Jean Phelan, 68 | Virginia Beach | 27:10 |
| 3. Gail Biermann, 66 | Virginia Beach | 29:58 |
| 4. Shirley Stephens, 67 | Williamsburg | 32:54 |
| 5. Connie McKeon, 67 | Virginia Beach | 38:48 |

Women 70-and-over

| | | |
|------------------------|--------------|-------|
| 1. Jan Barry, 71 | Williamsburg | 29:34 |
| 2. Patricia Travis, 72 | Williamsburg | 31:15 |
| 3. Martha Gullo, 71 | Williamsburg | 33:13 |
| 4. Brenda Mitchell, 73 | Williamsburg | 47:43 |

Women Walk

| | | |
|-----------------------|---------------|---------|
| 1. Cathy Kaurich, 68 | Williamsburg | 40:10 |
| 2. Nancy Byrd, 70 | Toano | 40:11 |
| 3. Julie Klingman, 52 | Charlotte, NC | 41:27 |
| 4. Karen Schenck, 69 | Gloucester | 48:19 |
| 5. Juli Rubi, 59 | Williamsburg | 55:02 |
| 6. Susan Goodall, 55 | Toano | 1:00:09 |

5K Run Age Graded

Place, Name, Gender, Age, City, Time, Age Graded Percentage (as compiled by Jim Gullo)
80% is national class, 70% is regional class, 60% is local class, 50% is average

5K Race Walk Age Graded

Place, Name, Gender, Age, City, Time, Age Graded Percentage (as compiled by John Strassberger)
All over 50%

Unclaimed Race Awards

For those not able to make the post-race awards ceremony, contact the race director at:

Or contact Rick Platt (757-345-1431, rickplatt14@gmail.com) to make arrangements to pick up your race award medal at a CRR group run, at a future CRR Grand Prix race, or to be left off at Colonial Sports on Jamestown Road for pickup.