

2025 ERR 10K and 1 Miler

Overall Results

Team Plc	Overall Plc	Points	Bib	Name	Pace	Time	Team
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ERR 1 Miler

Tidewater striders

1	1	--	777	Jude WALSH	6:27	06:27	Tidewater striders
2	28	--	754	Evan CLARK	9:31	09:31	Tidewater striders

ERR 10K

Black Men Run

1	144	--	574	Victor WHITEHEAD	8:04	50:14	Black Men Run
2	633	--	798	Calvin ESTES	13:20	1:24:52	Black Men Run
3	728	--	827	Ceasar BELTON	16:55	1:47:03	Black Men Run

Cobra Kai

1	522	--	824	Ryan WALSH	11:52	1:16:08	Cobra Kai
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Colonial Road Runners

1	4	4	885	Ryan MCCracken	5:18	32:56	Colonial Road Runners
2	5	5	659	Matthew PEART	5:19	33:03	Colonial Road Runners
3	8	8	21	Sean BUSH	5:20	33:09	Colonial Road Runners
4	9	9	5	Adam OTSTOT	5:22	33:18	Colonial Road Runners
5	10	10	385	Rob PERKINSON	5:26	33:45	Colonial Road Runners
6	17	17	20	Scott ICKES	5:41	35:18	Colonial Road Runners
7	20	20	8	Forest BRADEN	5:46	35:50	Colonial Road Runners
8	25	25	2	Emma ROGERS	5:58	37:04	Colonial Road Runners
9	26	26	797	Arianna DEBOER	6:00	37:13	Colonial Road Runners
10	27	27	32	Matt JOOSSE	6:00	37:15	Colonial Road Runners
11	29	--	16	Mark TOMPKINS	6:03	37:32	Colonial Road Runners
12	32	--	909	Laura LABUSCHAIGNE	6:08	38:07	Colonial Road Runners
13	33	--	26	Christopher MINTY	6:10	38:19	Colonial Road Runners
14	35	--	910	Casper LABUSCHAIGNE	6:13	38:33	Colonial Road Runners
15	37	--	665	Dana HAYDEN	6:17	39:00	Colonial Road Runners
16	43	--	68	Emily HONEYCUTT	6:23	39:40	Colonial Road Runners
17	45	--	128	Jack STRUMKE	6:26	39:59	Colonial Road Runners
18	47	--	315	Jonathan TORRES	6:29	40:15	Colonial Road Runners
19	63	--	14	Isabella STRUMKE	6:50	42:22	Colonial Road Runners
20	79	--	427	Brian FRIES	7:10	44:33	Colonial Road Runners
21	94	--	384	Paul PELLETIER	7:20	45:39	Colonial Road Runners
22	95	--	232	Tricia MURPHY	7:22	45:44	Colonial Road Runners
23	96	--	440	Marjorie FRIEDRICHS	7:22	45:48	Colonial Road Runners
24	101	--	643	James BATES	7:30	46:42	Colonial Road Runners
25	103	--	694	Svitlana HONCHAROVA	7:32	46:50	Colonial Road Runners
26	127	--	859	Nicole OVERTON	7:48	49:37	Colonial Road Runners
27	138	--	64	Melanie HENNIS	7:58	49:31	Colonial Road Runners
28	186	--	233	Shannon FOXX DAY	8:37	54:52	Colonial Road Runners
29	216	--	533	Jim GULLO	9:01	56:28	Colonial Road Runners
30	232	--	452	Marie SHAY	9:08	57:49	Colonial Road Runners
31	266	--	732	Carl FRIEDRICHS	9:26	58:44	Colonial Road Runners
32	318	--	219	Connie GLUECK	9:51	1:01:22	Colonial Road Runners
33	328	--	266	Annie VANSKIVER	9:55	1:02:57	Colonial Road Runners
34	350	--	71	Tony HEIMER	10:10	1:03:34	Colonial Road Runners
35	392	--	692	Rex HOOVER	10:32	1:06:43	Colonial Road Runners

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Overall Results

Team Plc	Overall Plc	Points	Bib	Name	Pace	Time	Team
36	417	--	196	Christine WILLIAMS	10:54	1:09:03	Colonial Road Runners
37	519	--	543	Teresa MARANGON	11:47	1:15:09	Colonial Road Runners
38	527	--	544	Victoria CROCKETT	11:53	1:15:48	Colonial Road Runners
39	538	--	856	Patricia TRAVIS	12:00	1:15:57	Colonial Road Runners
40	595	--	780	William MOORE	12:41	1:20:01	Colonial Road Runners
41	600	--	534	Martha GULLO	12:43	1:20:26	Colonial Road Runners
42	603	--	85	Shirley STEPHENS	12:46	1:20:21	Colonial Road Runners
43	653	--	195	Wayne WILLIAMS	13:48	1:27:15	Colonial Road Runners
44	668	--	439	Virginia DAVIS	14:10	1:29:53	Colonial Road Runners
45	671	--	578	Angela FORBES	14:13	1:30:22	Colonial Road Runners
46	736	--	234	Rick PLATT	17:40	1:51:16	Colonial Road Runners
2	4	--	570	Ken ALBERG			Colonial Road Runners
2	4	--	355	Robert READ			Colonial Road Runners
2	4	--	350	Carol HANSEN-VESSA			Colonial Road Runners
2	4	--	4	Ann MAZUR			Colonial Road Runners
2	4	--	265	Katie KIPERS			Colonial Road Runners
2	4	--	239	Peter GRABOWSKI			Colonial Road Runners
2	4	--	165	Tori OTSTOT			Colonial Road Runners
2	4	--	106	Timothy SUHR			Colonial Road Runners

CVOW DEME Group

1	46	36	334	Jeroen DEBOUDT	6:27	40:10	CVOW DEME Group
2	49	37	336	Hanne PEETERS	6:34	41:03	CVOW DEME Group
3	93	43	342	Nicolas TIQUET	7:19	45:31	CVOW DEME Group
4	151	52	335	Robin VANELSLANDE	8:14	51:24	CVOW DEME Group
5	174	59	794	Fernando ORTIZ FERRAZ DE CARVALHO	8:29	53:01	CVOW DEME Group
6	192	61	795	Jan STEENACKERS	8:44	54:27	CVOW DEME Group
7	205	63	337	Sinan YURTAY	8:49	55:48	CVOW DEME Group
8	235	66	339	Flora DE MUNCK	9:08	57:45	CVOW DEME Group
9	289	75	878	Bart KEGELEERS	9:35	59:46	CVOW DEME Group
10	316	79	326	Frederick LUIJTEN	9:49	1:02:02	CVOW DEME Group
11	321	--	330	Stijn LAMBRIX	9:52	1:02:02	CVOW DEME Group
12	327	--	331	Lotte NOTELAERS	9:54	1:02:07	CVOW DEME Group
13	354	--	338	Lisa BRISSON	10:13	1:04:30	CVOW DEME Group
14	365	--	880	Cathelijne HUIS IN 'T VELD	10:17	1:04:50	CVOW DEME Group
15	378	--	325	Evelien TROOST	10:23	1:05:05	CVOW DEME Group
16	414	--	881	Hannelore VAN OOTEGHEM	10:52	1:08:26	CVOW DEME Group
17	513	--	332	Katrine DUWEZ	11:44	1:13:12	CVOW DEME Group
18	514	--	324	Yves CHIFFOLEAU	11:44	1:13:12	CVOW DEME Group
19	714	--	329	William WITT	16:03	1:40:36	CVOW DEME Group
20	718	--	328	Jaimie DE RYCK	16:13	1:41:42	CVOW DEME Group
21	722	--	936	Isabel GONZALEZ MUNOZ	16:20	1:42:26	CVOW DEME Group
22	733	--	333	Liz BASISTA	17:06	1:47:14	CVOW DEME Group
23	734	--	327	Maggie BOYNTON	17:07	1:47:17	CVOW DEME Group
24	737	--	879	Victor HANENBURG	17:49	1:51:42	CVOW DEME Group
25	738	--	340	Niels AERTS	17:49	1:51:42	CVOW DEME Group
2	4	--	341	Samantha HOLLAR			CVOW DEME Group

East Run Club

1	11	--	141	Mike KAPETANAKIS	5:28	33:55	East Run Club
2	44	--	472	Cj HILL	6:24	39:45	East Run Club
3	55	--	343	Brett RILEY	6:41	41:31	East Run Club
4	123	--	593	Forrest HAMILTON	7:46	48:14	East Run Club

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Overall Results

Team Plc	Overall Plc	Points	Bib	Name	Pace	Time	Team
Endeavor							
1	78	--	248	Aaron BARANOWSKI	7:07	44:13	Endeavor
2	143	--	850	Matt MCCOMBS	8:03	50:14	Endeavor
3	155	--	93	Rich SIMPSON	8:15	51:25	Endeavor
4	585	--	243	Thu Thuy KAHLER	12:34	1:19:44	Endeavor
2	4	--	375	Susan GIBBS			Endeavor
2	4	--	258	David WHITEHURST			Endeavor
FOMO							
1	152	--	585	Amy HUGHES	8:14	51:08	FOMO
2	163	--	877	Lauren STACY	8:20	51:49	FOMO
3	220	--	810	Ken BOX	9:02	57:15	FOMO
4	237	--	225	Jay ZEPLIN	9:10	58:37	FOMO
5	238	--	224	Ashton ZEPLIN	9:10	58:37	FOMO
6	297	--	35	Joseph SCHOLL	9:38	1:01:00	FOMO
7	324	--	872	Stephanie ELLINGSWORTH	9:53	1:02:29	FOMO
8	359	--	674	James KUKURA	10:15	1:05:01	FOMO
9	568	--	584	Barbara GRINDSTAFF	12:23	1:18:38	FOMO
Hampton Hotties							
1	667	--	417	Atasha PANNELL	14:09	1:29:33	Hampton Hotties
2	685	--	420	Chiquita LOVING	14:38	1:32:40	Hampton Hotties
3	715	--	418	Dana NANCE	16:06	1:41:46	Hampton Hotties
4	721	--	942	Shareen MCCALLUM	16:15	1:42:36	Hampton Hotties
Main Street Power							
1	217	--	579	Katie ARMBRECHT	9:01	57:32	Main Street Power
2	279	--	563	Anna MORIN	9:30	1:00:32	Main Street Power
3	517	--	580	Jenna LOGAN	11:46	1:14:37	Main Street Power
4	638	--	478	Elizabeth COREY	13:25	1:24:57	Main Street Power
NBS Express							
1	75	40	159	James DICKINSON	7:04	44:02	NBS Express
2	107	46	622	Michael ELDRIDGE	7:36	47:17	NBS Express
3	239	69	623	Matthew MOSSE	9:11	56:59	NBS Express
4	259	71	612	Brandon GONZALEZ	9:19	1:01:11	NBS Express
5	298	77	42	Justin FERGUSON	9:39	1:01:19	NBS Express
6	391	91	697	Chloe GRIFFIN	10:31	1:06:46	NBS Express
7	462	99	247	Don VAN NESS	11:17	1:11:26	NBS Express
8	466	100	306	Sasha PERCIVAL	11:17	1:11:29	NBS Express
9	467	101	160	Sara LANGWAY	11:17	1:11:29	NBS Express
10	540	110	43	Gary BARLOW	12:01	1:16:05	NBS Express
11	567	--	273	Lee NEIBERGER	12:23	1:18:21	NBS Express
12	614	--	862	Jeff DUTTON	12:57	1:22:04	NBS Express
13	669	--	74	Angel MANTAY	14:13	1:29:38	NBS Express
14	692	--	305	Emily CARTER	14:56	1:34:07	NBS Express
15	696	--	706	Leslie HAWKINS	15:06	1:35:06	NBS Express
2	4	--	819	Norma Jean MOSSE			NBS Express
2	4	--	260	Michelle VAN NESS			NBS Express
2	4	--	170	Beth GIST			NBS Express

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Overall Results

Team Plc	Overall Plc	Points	Bib	Name	Pace	Time	Team
NordicRun4Fun							
1	415	--	446	Bo ENGELBRETH	10:53	1:09:28	NordicRun4Fun
2	469	--	441	Maria PHILIPSON	11:19	1:12:09	NordicRun4Fun
3	533	--	445	Laila ENGELBRETH	11:54	1:15:50	NordicRun4Fun
2	4	--	465	Annika MERO			NordicRun4Fun
2	4	--	438	Lina KONGSHAVN			NordicRun4Fun
Norfolk Run Club							
1	345	--	545	Jp LOPEZ	10:08	1:04:43	Norfolk Run Club
2	346	--	546	Amanda PEARSON	10:08	1:04:43	Norfolk Run Club
Ocean View Run Club							
1	164	56	323	Bill HARTLEY	8:21	51:56	Ocean View Run Club
2	167	58	49	Daniel HAWORTH	8:25	53:40	Ocean View Run Club
3	190	60	480	Veronique GONZALES	8:42	54:07	Ocean View Run Club
4	307	78	238	Aaron HARGIS	9:44	1:01:54	Ocean View Run Club
5	385	90	464	Rebecca PACHECO	10:27	1:05:52	Ocean View Run Club
6	482	104	677	Matthew STRACHAN	11:26	1:12:28	Ocean View Run Club
7	500	105	504	Osbeida BENITEZ	11:36	1:13:27	Ocean View Run Club
8	526	108	157	Reah NORRIS	11:52	1:15:11	Ocean View Run Club
9	551	112	237	Tina HARGIS	12:13	1:17:19	Ocean View Run Club
10	686	126	415	Yovana CARDENAS	14:41	1:32:37	Ocean View Run Club
2	4	--	630	Tarah FREESTONE			Ocean View Run Club
2	4	--	48	Rachel WELCH			Ocean View Run Club
Old Dominion University Run Club							
1	23	--	679	Hunter SWANN	5:51	36:22	Old Dominion University Run Club
2	65	--	894	Andre DEANS	6:57	43:20	Old Dominion University Run Club
Pack Training Team							
1	104	44	607	John BUNN IV	7:32	46:57	Pack Training Team
2	200	62	166	Markus MOEST	8:48	56:13	Pack Training Team
3	403	93	167	Faith MOEST	10:41	1:08:00	Pack Training Team
4	430	97	137	Kathy DONOVAN	11:02	1:09:47	Pack Training Team
5	455	98	19	David WALSKI	11:13	1:11:11	Pack Training Team
6	479	103	280	Vince PHILLIPS	11:23	1:10:39	Pack Training Team
7	634	118	88	Connie MCKEON	13:22	1:25:11	Pack Training Team
8	642	120	125	Jessica BEVILL	13:30	1:25:26	Pack Training Team
9	660	121	202	Judy KAPLOWITZ	13:56	1:28:46	Pack Training Team
10	698	127	162	George WHITE	15:10	1:36:25	Pack Training Team
11	709	--	87	Diana MOYER	15:37	1:39:10	Pack Training Team
12	720	--	73	Kelly KRAUSE	16:13	1:42:50	Pack Training Team
PTC							
1	36	31	191	Braxton LEE	6:14	38:45	PTC
2	264	72	194	Bryton LEE	9:23	58:24	PTC
3	276	73	75	Susan HAGEL	9:29	59:13	PTC
4	331	81	55	Robert JEAN	9:58	1:03:00	PTC
5	337	82	189	Jennifer CORNETTE	10:01	1:03:25	PTC
6	349	85	22	Valor FOY JONES	10:10	1:04:30	PTC
7	362	87	192	Boston LEE	10:16	1:04:45	PTC
8	396	92	197	William PALAGYI	10:34	1:07:15	PTC

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Overall Results

Team Plc	Overall Plc	Points	Bib	Name	Pace	Time	Team
9	425	96	54	Criztina JEAN	11:00	1:11:02	PTC
10	541	111	193	Maryanne LEE	12:02	1:16:11	PTC
2	4	--	492	Ronald KELLUM			PTC

Run CCD

1	105	--	526	Sean SANTEE	7:33	47:01	Run CCD
2	137	--	527	Elliott HARTMAN	7:57	49:32	Run CCD
3	245	--	685	David CARDONA	9:14	58:21	Run CCD
4	423	--	357	Emma DELOSREYES	10:59	1:09:10	Run CCD

run-fitness.com

1	598	--	961	James LECROY	12:43	1:21:06	run-fitness.com
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Running Etc.

1	41	--	312	Mark MANNY	6:21	39:25	Running Etc.
2	76	--	37	Tristan STEWART	7:04	43:57	Running Etc.
3	132	--	318	Andrew HOFFER	7:54	49:38	Running Etc.
4	166	--	783	Matthew FRAZIER	8:22	52:02	Running Etc.
5	599	--	940	Amily SETHER	12:43	1:19:59	Running Etc.

Tidewater striders

1	3	3	9	David GREGORY	5:17	32:50	Tidewater striders
2	7	7	6	William CHRISTIAN	5:20	33:07	Tidewater striders
3	12	12	31	Isaiah RABATA	5:28	33:58	Tidewater striders
4	13	13	576	Ryan FOSTER	5:33	34:29	Tidewater striders
5	14	14	11	Zach DUVAL	5:36	34:45	Tidewater striders
6	15	15	3	Joshua WILKS	5:36	34:46	Tidewater striders
7	24	24	901	Chris FREE	5:55	36:47	Tidewater striders
8	28	28	15	Matthew MICHELS	6:02	37:30	Tidewater striders
9	30	29	10	Jake SUTOR	6:04	37:41	Tidewater striders
10	31	30	18	Russell HALLER	6:07	37:58	Tidewater striders
11	34	--	895	Joel BELL	6:11	38:27	Tidewater striders
12	38	--	830	Robert POWELL	6:18	39:07	Tidewater striders
13	39	--	25	Steve SPEIRS	6:18	39:09	Tidewater striders
14	53	--	132	Toby WORM	6:40	41:25	Tidewater striders
15	59	--	929	William TALLENT	6:43	41:45	Tidewater striders
16	62	--	702	Chris NOVAKOSKI	6:46	42:04	Tidewater striders
17	64	--	12	Jessica SMITH	6:54	42:52	Tidewater striders
18	81	--	571	Kari TALLENT	7:12	44:47	Tidewater striders
19	86	--	792	Jonathan JARRETT	7:15	45:00	Tidewater striders
20	91	--	509	Jon LEIDING	7:19	45:33	Tidewater striders
21	102	--	282	Chad SIMPSON	7:31	48:10	Tidewater striders
22	131	--	213	Richard GRANT	7:54	49:09	Tidewater striders
23	148	--	836	Megan SYRETT	8:12	51:03	Tidewater striders
24	150	--	296	Kirsten KELLY	8:13	51:10	Tidewater striders
25	161	--	176	Timothy HODGE	8:20	51:54	Tidewater striders
26	183	--	501	Lee WARD	8:35	55:22	Tidewater striders
27	184	--	255	Christina THOMAS	8:35	53:24	Tidewater striders
28	188	--	503	Susan MARTIN	8:39	53:57	Tidewater striders
29	191	--	164	Kevin RAFFERTY	8:43	54:16	Tidewater striders
30	203	--	127	Shannon WINFIELD	8:49	54:49	Tidewater striders
31	210	--	589	Andrea POLLMEIER	8:54	55:19	Tidewater striders
32	218	--	672	Summer GREGORY	9:01	57:07	Tidewater striders

2025 ERR 10K and 1 Miler

Overall Results

Team Plc	Overall Plc	Points	Bib	Name	Pace	Time	Team
33	254	--	126	Frank CASTELLANO	9:17	57:45	Tidewater striders
34	260	--	23	Betty BROTHERS	9:19	57:57	Tidewater striders
35	271	--	271	Bill PRICE	9:28	58:58	Tidewater striders
36	287	--	364	Jimmy HAILEY	9:34	1:00:25	Tidewater striders
37	288	--	473	Rachel ECHTERNACH	9:34	1:00:39	Tidewater striders
38	292	--	310	Avinash KELLEY	9:36	1:01:16	Tidewater striders
39	376	--	398	Mira MARIANO	10:22	1:05:38	Tidewater striders
40	382	--	365	Lauren SOMMERS	10:25	1:05:56	Tidewater striders
41	389	--	174	Jean PHELAN	10:30	1:05:21	Tidewater striders
42	406	--	787	Basil ROWELL	10:44	1:08:34	Tidewater striders
43	434	--	513	Christopher KRUS	11:04	1:10:03	Tidewater striders
44	471	--	270	Marie PRICE	11:20	1:11:29	Tidewater striders
45	481	--	500	Lori WARD	11:26	1:13:04	Tidewater striders
46	493	--	426	John HORN	11:31	1:11:48	Tidewater striders
47	497	--	540	Joseph VERDIRAME	11:34	1:13:09	Tidewater striders
48	537	--	133	Carissa WORM	11:59	1:15:52	Tidewater striders
49	612	--	212	Shelia JOHNSON	12:52	1:21:50	Tidewater striders
50	690	--	922	Charlotte CARTER	14:44	1:31:26	Tidewater striders
51	704	--	163	Wendy RAFFERTY	15:29	1:38:05	Tidewater striders
52	717	--	311	Kelly RUSSO	16:09	1:41:59	Tidewater striders
2	4	--	471	Samantha OGDEN			Tidewater striders
2	4	--	361	Jim DUFFY			Tidewater striders
2	4	--	313	Roy BLAKEBURN			Tidewater striders
2	4	--	1	Roger HOPPER			Tidewater striders
2	4	--	240	Gregg WEBER			Tidewater striders
2	4	--	13	Tiffany SLOAN			Tidewater striders
2	4	--	230	Christine FERNANDEZ			Tidewater striders
2	4	--	149	Sophia POMMERENK			Tidewater striders
2	4	--	148	Peter POMMERENK			Tidewater striders
2	4	--	142	Autumn KARAS			Tidewater striders
2	4	--	110	Julie HICKS			Tidewater striders

Winnie's Winners

1	363	--	524	Aaron ROSENBERG	10:17	1:05:56	Winnie's Winners
2	366	--	616	Scott SNOW	10:17	1:06:03	Winnie's Winners
3	663	--	523	Nylea ROSENBERG	13:59	1:28:57	Winnie's Winners
4	665	--	525	Rebecca ROSARIO	14:00	1:29:03	Winnie's Winners

ERR 10K Competitive Walk

Black Men Run

1	1	--	789	David WHITTED	10:20	1:05:51	Black Men Run
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BreatheEz Fitness Studio

2	4	--	722	Quette BROWN-FLETCHER			BreatheEz Fitness Studio
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Colonial Road Runners

1	7	--	725	Deneen VENTERS	12:54	1:21:13	Colonial Road Runners
2	8	--	728	Paul RIENTH	13:23	1:24:20	Colonial Road Runners
3	20	--	721	Bob CURTIN	18:48	1:58:42	Colonial Road Runners

Pack Training Team

1	13	--	161	Sharon M DAJON	15:43	1:39:52	Pack Training Team
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Overall Results

Team Plc	Overall Plc	Points	Bib	Name	Pace	Time	Team
2	18	--	712	Cindy HUFFMAN	16:49	1:46:35	Pack Training Team

PTC

2	4	--	717	Karen SCHENCK			PTC
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Tidewater striders

1	2	--	898	Alexey POPOV	10:31	1:06:34	Tidewater striders
2	4	--	729	Bunny MAY			Tidewater striders

Number of records: 262