

**17th Annual
Hare and Tortoise Ovarian Cancer Memorial Run
8K and 5K
Virginia Capital Trail/The Meadows
Williamsburg, VA
Saturday, September 13, 2025
A Colonial Road Runners Grand Prix Event (8K only)**

98 finishers combined in 8K and 5K

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

8K Run/Walk

Men Overall

**1. Alexey Popov, 42	Newport News	33:26
[course record 25:19 by Roger Hopper, 32, Chesapeake in 2023]		
2. Mark Kostro, 51	Williamsburg	36:19
3. Robert Moore, 50	Williamsburg	36:40

Women Overall

**1. Emily Honeycutt, 34	Newport News	30:24
[New course record, old record 31:30 by Emily Honeycutt, 31 in 2023]		
**2. Crystal Witte, 40	Yorktown	34:17
**3. Aimee Gianoukos, 49	Williamsburg	34:50

Men 29-and-under

none

Men 30-34

1. Tristan Roehrbein, 34	Providence Forge	37:06
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Men 35-39

1. Benjamin Kaurich, 37	Toano	40:58
2. Joshua Poling, 39	Corapeake, NC	42:57

Men 40-49

1. Matt Catterton, 40	Mechanicsville	51:04
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Men 50-54

1. Jason Bush, 53	Chesapeake	40:23
2. Justin Steenson, 51	Virginia Beach	48:54
3. Jimmy Garrett, 54	Virginia Beach	1:17:40

Men 55-59

1. Brad McDonald, 57	Richmond	1:13:27
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Men 60-64

1. Ken Alberg, 64	Suffolk	37:05
2. Orlando (Tony) Perez, 63	Newport News	37:24s
3. David Witte, 60	Yorktown	42:56
4. Robert Jean, 60	Williamsburg	46:47

Men 65-69

1. Tom Robinson, 67	Williamsburg	40:00
2. Kim Patterson, 65	Williamsburg	47:32
3. Kevin Wilshere, 66	Williamsburg	54:39

Men 70-74

1. Mark Pierson, 70	Williamsburg	1:03:52
2. Bob Curtin, 72	Hampton	1:23:43*

*Walker winning age group award

Men 75-and-over

**1. Dale Abrahamson, 76	Yorktown	42:04
2. Ted Coopridger, 75	Williamsburg	1:15:19

Men Walk

**1. Paul Rienth, 66	Williamsburg	1:03:41
2. Eric Dawnkaski, 59	Williamsburg	1:03:53
3. Rick Webb, 67	Yorktown	1:15:38
4. Bob Curtin, 72	Hampton	1:23:43

Women 19-and-under

none

Women 20-24

**1. Haley Hyndshaw, 23	Toano	46:58
2. Bridgette Hansen, 22	Virginia Beach	59:49

Women 25-29

1. Abigail Poling, 28	Corapeake, NC	45:11
2. Ravon House, 28	Hampton	59:50

Women 30-39

1. Jennifer MacRae, 39	Homosassa, FL	39:37
2. Julie Dubee, 38	Glen Allen	42:59

Women 40-44

1. Tricia Murphy, 44	Williamsburg	35:17
2. Megan Syrett, 43	Yorktown	37:16
3. Abigail Dougherty, 43	Virginia Beach	56:21

Women 45-49

1. Theresa Bly, 45	Sarasota, FL	44:49
2. Tressa Aulenbach, 48	Yorktown	47:17
3. Annie VanSkiver, 45	Williamsburg	47:40
4. Erica Zubof, 45	Mechanicsville	51:04
5. Haley Coopridger, 46	Newport News	1:15:16

Women 50-54

**1. Jelly Turner, 52	Newport News	43:14
2. AnnMarie DeFiglio, 52	Williamsburg	1:01:40
3. Jennifer Lively, 50	Newport News	1:07:32
4. Katina Garrett, 52	Virginia Beach	1:17:41

Women 55-59

1. Marjorie Friedrichs, 58	Williamsburg	35:51
2. Deelyn Robinson, 59	Williamsburg	35:59
3. Jean Steenson, 56	Virginia Beach	48:53
4. Criztina Jean, 56	Williamsburg	50:45

Women 60-64

**1. Melanie Hennis, 62	Portsmouth	37:53
2. Christine Williams, 63	Poquoson	51:07

Women 65-69

1. Wendy Fite, 67	Williamsburg	46:55
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Women 70-74

1. Carol Hansen-Vessa, 71	Williamsburg	50:24
2. Patricia Travis, 74	Williamsburg	55:54
3. Nancy Byrd, 71	Toano	1:10:10*
*Walker winning age group award		

Women 75-and-over

**1. Jane Keith, 75	Williamsburg	1:35:30*
*Walker winning age group award		

Women Walk

**1. Molly Sandling, 51	Williamsburg	1:03:54
2. Cathy Kaurich, 69	Williamsburg	1:06:46
3. Nancy Byrd, 71	Toano	1:10:10
4. Francie Bailey, 72	Williamsburg	1:35:29
5. Jane Keith, 75	Williamsburg	1:35:30

5K Run**Men (awards to top five overall)**

1. C.L. George, 47	Edinburg	20:22
2. Chase Gibbs, 21	Blackstone	26:17
3. Matt Reilly, 31	Henrico	26:37
4. Landon Kennerley, 24	Williamsburg	29:05
5. Enrique Oltra Esplugues, 46	Williamsburg	29:08
6. Seth Dubee, 38	Glen Allen	29:56
7. Thomas Gilmore, 65	White Stone	30:57
8. Julio Amaya, 24	Windsor	32:22
9. David Dines, 51	Newport News	34:08
10. Jeremy Mitchell, 50	Indianapolis, IN	36:31
11. Grant Kelly, 37	Williamsburg	43:41
12. William Moore, 58	Williamsburg	52:23
13. Stephen Scudder, 77	Virginia Beach	53:54
14. John Cobb, 77	Williamsburg	58:13
15. Ronald Montgomery, 40	Richmond	1:04:50
16. John Lowenhaupt, 68	Williamsburg	1:07:35

Women (awards to top five overall)

1. Lainey George, 12	Edinburg	25:15
2. Katherine George, 17	Edinburg	26:37
3. Valor Foy Jones, 62	Newport News	28:03
4. Emily Liebe, 28	Williamsburg	30:57
5. Shirley Stephens, 68	Williamsburg	34:06
6. Anna Mahr, 35	Williamsburg	36:08
7. Lillian Horsely, 20	Williamsburg	37:09
8. Erin Pallas, 52	Williamsburg	37:20
9. Betty Eastman, 57	Poquoson	38:26
10. Brigid Dines, 50	Newport News	39:09
11. Daphne Ching, 23	Williamsburg	40:54
12. Aaliyah George, 10	Edinburg	42:56
13. Lupita Cruz Lucas, 42	Edinburg	42:57
14. Bridgette Carstens, 57	Poquoson	50:31
15. Lynette Brophy, 64	Gloucester	54:33
16. Taylor Newton, 5	Williamsburg	54:46
17. Jessica Newton, 35	Williamsburg	54:47
18. Clara Pierson, 70	Williamsburg	55:06
19. Lorelai Coleman, 15	Yorktown	1:04:37
20. Amy Voltaire, 56	Williamsburg	1:04:43
21. Jamie Montgomery, 40	Richmond	1:05:00
22. BJ Lowenhaupt, 68	Williamsburg	1:07:36

8K 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

8K Race Walk Age Graded

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

All over 50%

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

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.