

5th Annual

Weighted Angels 5K Run

One Mile Zoo Fun Run

Billsburg/Landfall at Jamestown 5K course

Saturday, October 23, 2023

A Colonial Road Runners Grand Prix Event

A Hampton Roads Super Grand Prix Event

RRCA (Road Runners Club of America) Virginia State 5K Championship

“Fastest of 757” 5K Event

USATF certified 5K course (VA-22029-RT).

Runners ran the course as certified.

By USATF timing standards, all times rounded up to the next second.

295 finishers in 5K run/walk.

**** Age group record (5-year age groups) for Billsburg/Landfall at Jamestown 5K course**

All under 50:00 plus age group award winners and Grand Prix point scorers

Men Overall

****1.** Wyatt Townsend, 19 Tallahassee, FL 14:59

[course record is 14:56 by Ryan McGorty, 24, Fairfax, in 2021]

[all-time CRR 5K record for men 15-19, and Virginia state 5K record for men 15-19, old records 15:03 by Peyton Golden, 18, Mableton, GA, at 2022 Weighted Angels 5K]

2. Carson Rackley, 18 Glen Allen 15:01

3. Henry Anderson, 18 Springfield 15:09

Women Overall

1. Laura Labuschaigne, 27 Richmond 16:55

[course record 16:47 by Laura Labuschaigne, 27, Richmond at 2023 Raising the Roof 5K]

****2.** Emma Rogers, 23 Williamsburg 17:12

3. Emily Honeycutt, 32 Newport News 19:23

Men 14-and-under

1. Owen VanSkiver, 11 Williamsburg 26:33

2. Lucas Steineke, 14 Seaford 26:49

3. Jackson Schulze, 13 Yorktown 29:45

4. Brady Schulze, 9 Yorktown 37:51

5. Logan Thomas, 13 Mount Pleasant, PA 39:49

6. Hudson Green, 2 Henrico 40:54

7. Bennett Thomas, 10 Mount Pleasant, PA 42:14

Men 15-19

1. Eric Fagan, 18 Glen Allen 15:10

2. Quinn Green, 19 Henrico 15:24

3. Will Griesmer, 18 Virginia Beach 15:28

4. Amberson Bauer, 19 Oakmont, PA 15:58

5. Braedan Gallagher, 19 Cleveland, OH 16:41

6. Jonathan Kumer, 19 Crozet 16:54

7. Matthias Oettl, 19 New York, NY 17:43

8. Brayden Lemonds, 15 Yorktown 26:49

9. Xavier Lane, 15	Williamsburg	27:32
10. Jacob Hower, 16	Williamsburg	43:12

Men 20-24

1. Stephen Larson, 22	Williamsburg	15:15
2. Luke Ellwood, 20	Port Washington, NY	15:18
3. Harrison Vives, 22	Normandy Beach, NJ	15:36
4. Lucas Thompson, 19	Simsbury, CT	15:42
5. Miles Owens, 24	Williamsburg	15:52
6. Tyler Homola, 22	Seaford	24:56

Men 25-29

1. Will Friedrichs, 25	Philadelphia	23:22
2. Erich Bratke, 28	Chesterfield	23:39
3. Connor Choate, 27	Virginia Beach	26:50

Men 30-34

1. Nathaniel Darling, 32	Williamsburg	17:16
2. Ethan Schultz, 31	Newport News	19:59
3. Matthew Cunningham, 32	Frostburg, MD	26:35
4. Derek Scarbath, 34	West Point	27:53
5. James Simmons, 30	Yorktown	37:31
6. Jacob Newton, 30	Virginia Beach	38:12

Men 35-39

1. Travis Booker, 39	Midlothian	16:30
2. Jordan Spector, 36	Virginia Beach	17:39
3. Patrick Wilson, 37	Norfolk	18:20
4. Darin Stiefvater, 35	Williamsburg	21:40
5. Andrew Lloyd, 35	Virginia Beach	27:51
6. Jerome Goehring, 36	Bristow	31:42
7. Kyle Reynolds, 37	Williamsburg	37:39

Men 40-44

1. Adam Otstot, 41	Williamsburg	15:31
2. Forest Braden, 40	Williamsburg	15:50
3. Adam Henry, 41	Newport News	21:16
4. Steve Midlik, 40	Newport News	22:50
5. Scott Jenkins, 44	Newport News	26:42
6. Wade Baker, 40	Williamsburg	27:27

Men 45-49

**1. David Angell, 47	Blue Ridge	16:01
[all-time CRR 5K record for men 45-49, old record 16:10 by James Coombes, 45, Norfolk, at 2008 Vineyards of Williamsburg 5K; and eight seconds slower than Virginia state 5K record for men 45-49]		
2. Kyle Aulenbach, 47	Yorktown	20:22
3. Robb Murphie, 49	Williamsburg	21:55
4. Darren Fulton, 48	Gloucester	31:43

Men 50-54

**1. Thomas Hicks, 52	Virginia Beach	17:26
2. Tim Suhr, 52	Williamsburg	18:09

3. Joe Calkins, 52	Lanexa	19:35
4. Toby Worm, 50	Smithfield	20:27
5. David Hower, 51	Williamsburg	25:39
6. Eric Ellingson, 52	West Point	27:37
7. Samuel Viniard, 54	Williamsburg	42:08

Men 55-59

**1. Steven Kast, 58	Yorktown	18:40
2. Patrick Fagan, 55	Glen Allen	21:38
3. Joe Buck, 58	Chesapeake	26:05
4. Shawn Trahan, 57	Stafford	27:38
5. Chris Polcyn, 55	Williamsburg	39:37

Men 60-64

1. Robert Whitaker, 64	Yorktown	20:04
2. Ken Alberg, 62	Suffolk	20:38
3. Orlando (Tony) Perez, 61	Newport News	21:20
4. Richard Shoemaker, 64	Newport News	24:02
5. Bill Price, 64	Chesapeake	25:08
6. Tim Richard, 63	Virginia Beach	26:30
7. Kevin Wilshere, 64	Williamsburg	33:20
8. Rex Hoover, 60	Williamsburg	39:24
9. Gary Page, 62	Bradford, PA	49:08

Men 65-69

**1. Pete Gibson, 67	Murfreesboro, NC	18:45
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[All-time CRR 5K record and Virginia state 5K record for men 65-69, old record 18:46 by Stephen Chantry, 66, Williamsburg, at 2021 Run the DOG Street 5K]

2. Stephen Chantry, 68	Williamsburg	20:50
3. Chris Abelt, 67	Williamsburg	22:26
4. Tom Robinson, 65	Williamsburg	23:27
5. Thomas Barry, 65	Williamsburg	23:58
6. Robert Read, 69	Williamsburg	32:49
7. Paul Nobles, 68	Chester	36:30

Men 70-and-over

1. Herb Armstrong, 75	Frisco, TX	28:29
2. Wayne Williams, 70	Poquoson	28:41
3. Jimmy Blount, 73	Williamsburg	29:44
4. George Dever, 70	Newport News	32:58
5. Wayne Baker, 70	Williamsburg	34:47
6. Robert Rebbe, 73	Oxnard, CA	42:00

Men Walk

**1. Alexey Popov, 40	Newport News	29:01
2. Paul Rienth, 64	Williamsburg	38:13
3. Samuel Margalotti, 29	Norfolk	47:24
4. Tony Wheeler, 59	Yorktown	48:31
5. Bob Curtin, 70	Hampton	49:59

Women 14-and-under

1. Piper Otis, 8	Williamsburg	46:14
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2. Lucy Otis, 7	Williamsburg	46:16
3. Mia Emerson, 10	Toano	58:21

Women 15-19

**1. Olivia DeCarlo, 19	Annandale	19:31
2. Piper Webb, 16	Yorktown	36:31
3. Jennifer Agner, 17	Hampton	36:32

Women 20-24

1. Anna Hower, 23	Williamsburg	29:41
2. Tanajah Wynne, 20	West Point	33:13
3. Madeline Hower, 22	Williamsburg	42:40
4. Ryleigh Lemonds, 20	Yorktown	44:16
5. Emma Ferguson, 23	Newport News	45:23

Women 25-29

1. Meredith Wilshere, 28	Williamsburg	28:43
2. Maria Schultz, 27	Newport News	32:40
3. Kaitlin Edwards, 29	Williamsburg	33:09
4. Courtney Mann, 27	Newport News	36:40
5. Lillian Bratke, 25	Chesterfield	38:41
6. Maggie Viniard, 27	Virginia Beach	42:09

Women 30-34

1. Megan Cunningham, 31	Frostburg, MD	20:39
2. Bethany Spector, 34	Virginia Beach	22:31
3. Bianca Chantry, 33	Williamsburg	22:33
4. Amanda Smith, 30	Mechanicsville	24:54
5. Gretchen Smith, 32	Chesapeake	24:55
6. Laura Lasswell, 33	Williamsburg	26:55
7. Laura Krause, 32	Skillman, NJ	27:11
8. Molly Stover, 34	Williamsburg	33:59
9. Bekah Grosse, 32	Norfolk	34:32
10. Gia Meiggs, 34	Renick, WV	34:48
11. Katelyn Bryce, 31	Poquoson	37:32
12. Leanna Gourley, 33	Yorktown	43:44

Women 35-39

1. Katie Payne, 39	Woodville	32:28
2. Hannah Artiles-Stravers, 36	Williamsburg	32:50
3. Anabell Nieto, 38	Goose Creek, SC	35:07
4. Jessica Gourley, 35	West Point	43:45
5. Colleen Reynolds, 39	Williamsburg	44:56
6. Lindsay Otis, 39	Williamsburg	46:16

Women 40-44

**1. Megan Schulze, 41	Yorktown	21:22
2. Tricia Murphy, 42	Williamsburg	23:09
3. Marcy Politte, 41	Yorktown	24:17
4. Randi Evans, 44	Yorktown	25:27
5. Jessica Epps, 44	Yorktown	29:59
6. Chrissy Szabo, 40	Richmond	36:26

7. Annie VanSkiver, 43	Williamsburg	36:46
8. Noelle Larson, 44	Yorktown	37:31
9. Lauren Haywood, 40	Williamsburg	38:49
10. Bree Segovia, 40	Yorktown	44:22

Women 45-49

1. Julie Hicks, 48	Virginia Beach	22:28
2. Tressa Aulenbach, 46	Yorktown	27:17
3. Dawn Watts, 47	Yorktown	28:39
4. Carissa Worm, 48	Smithfield	31:51
5. Griselda Carlsen, 47	Williamsburg	33:03
6. Belinda Daughter, 46	Williamsburg	35:42

Women 50-54

1. Alyson Kast, 54	Yorktown	29:52
2. Angela Forbes, 51	Williamsburg	35:26
3. LaDawn Jefferson, 51	Brooklyn, NY	36:27
4. Ivonne Viniard, 54	Williamsburg	37:03

Women 55-59

1. Deelyn Robinson, 58	Williamsburg	21:56
2. Marjorie Friedrichs, 56	Williamsburg	23:10
3. Kaye Green, 55	Smithfield	27:03
4. Kim Flint, 59	Newport News	31:55
5. Marie Price, 55	Chesapeake	32:46
6. Tara Dress, 55	Newport News	33:37

Women 60-64

1. Valor Foy Jones, 60	Newport News	27:49
2. Christine Williams, 61	Poquoson	29:03
3. Trena Hatcher, 61	Williamsburg	39:37

Women 65-69

1. Susan Lindermann, 66	Yorktown	26:14
2. Jean Phelan, 67	Virginia Beach	27:12
3. Janelle Fricke, 65	Hayes	27:19
4. Marie Shay, 67	Williamsburg	28:06
5. Carol Hansen-Vessa, 69	Williamsburg	28:21
6. Shirley Stephens, 66	Williamsburg	32:24
7. Karen Corl, 69	Williamsburg	49:20

Women 70-and-over

**1. Jan Barry, 70	Williamsburg	29:42
**2. Roswitha Goossens-Winter, 75	Williamsburg	35:10
3. Michelle Rebbe, 70	Oxnard, CA	41:00
4. Tricia Hunter, 72	Poquoson	1:04:03

Women Walk

**1. Deneen Venters, 59	Newport News	37:10
2. Nancy Byrd, 69	Toano	39:59
3. Cathy Kaurich, 67	Williamsburg	40:06
4. Linda Midlik, 68	Lemont Furnace, PA	40:49

5. Wendy Tooley, 51	Lanexa	41:17
6. Livi Homola, 21	Yorktown	43:50
7. Mary Baldwin, 66	Hampton	46:23
8. Sherry Deskins, 67	Newport News	46:24
9. Rachel Woods, 41	Richmond	47:13
10. Erika Margalotti, 28	Norfolk	47:24

Non-Binary

1. Jos Hewlett, 26	Newport News	44:45
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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, rickplatt1@juno.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.