

## **19<sup>th</sup> Annual**

### **Jamestown High School Swamp Run 5K**

**Jamestown High School, Williamsburg, VA**

**Saturday, March 7, 2020**

### **A Colonial Road Runners Grand Prix Event**

132 finishers in 5K run/walk.

18 finishers in one mile fun run/walk.

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

#### **Men Overall**

|                                                                 |                      |              |       |
|-----------------------------------------------------------------|----------------------|--------------|-------|
| <b>**1.</b>                                                     | Roger Hopper, 29     | Chesapeake   | 15:50 |
| [race record is 15:44 by Adam Otstot, 24, Williamsburg in 2007] |                      |              |       |
| <b>2.</b>                                                       | William Thompson, 27 | Williamsburg | 16:00 |
| <b>**3.</b>                                                     | Adam Otstot, 37      | Williamsburg | 16:24 |

#### **Women Overall**

|                                                                    |                     |              |       |
|--------------------------------------------------------------------|---------------------|--------------|-------|
| <b>1.</b>                                                          | Emily Honeycutt, 28 | Newport News | 20:34 |
| [race record is 18:24 by Alison Holinka, 23, Williamsburg in 2002] |                     |              |       |
| <b>2.</b>                                                          | Sorena Jean, 17     | Williamsburg | 20:46 |
| <b>3.</b>                                                          | Thorin Jean, 19     | Williamsburg | 20:46 |

#### **Men 14-and-under**

|           |                          |              |       |
|-----------|--------------------------|--------------|-------|
| <b>1.</b> | Isaac Lamprecht, 13      | New Kent     | 19:38 |
| <b>2.</b> | Bryson Jones, 12         | Williamsburg | 27:20 |
| <b>3.</b> | Calvin Bennett, 12       | Raleigh, NC  | 28:59 |
| <b>4.</b> | Maximilian Mannewitz, 13 | Williamsburg | 34:06 |

#### **Men 15-19**

|           |                       |                |       |
|-----------|-----------------------|----------------|-------|
| <b>1.</b> | Paul Glass, 18        | Williamsburg   | 18:09 |
| <b>2.</b> | Draven Fernandez, 15  | Virginia Beach | 18:16 |
| <b>3.</b> | Jarrett Sindt, 18     | Virginia Beach | 19:33 |
| <b>4.</b> | Robert Cummings, 16   | Norfolk        | 20:26 |
| <b>5.</b> | Howard Townsend V, 16 | Williamsburg   | 26:45 |

#### **Men 20-24**

|           |                    |              |       |
|-----------|--------------------|--------------|-------|
| <b>1.</b> | Patrick Ribble, 24 | Williamsburg | 26:04 |
| <b>2.</b> | Justin Burrell, 24 | Williamsburg | 45:49 |

#### **Men 25-29**

|           |                   |              |       |
|-----------|-------------------|--------------|-------|
| <b>1.</b> | Zach Riley, 28    | Williamsburg | 21:29 |
| <b>2.</b> | Jeff Eckhoff, 25  | Williamsburg | 22:50 |
| <b>3.</b> | John Corder, 28   | Williamsburg | 27:33 |
| <b>4.</b> | Jader Sala, 28    | Williamsburg | 29:35 |
| <b>5.</b> | Aaron Wallace, 26 | Williamsburg | 31:27 |

#### **Men 30-34**

|           |                      |              |       |
|-----------|----------------------|--------------|-------|
| <b>1.</b> | Steve Seiler, 34     | Williamsburg | 18:32 |
| <b>2.</b> | Jonathan Torres, 30  | Newport News | 18:48 |
| <b>3.</b> | Benjamin Kaurich, 32 | Newport News | 20:59 |
| <b>4.</b> | Mike Mueller, 34     | Williamsburg | 29:15 |

|                        |              |       |
|------------------------|--------------|-------|
| 5. Jose Parra, 37      | Fort Eustis  | 30:50 |
| 6. Thomas O'Malley, 30 | Williamsburg | 31:29 |
| 7. Chris Haughton, 32  | Hampton      | 33:14 |

#### **Men 35-39**

|                            |              |       |
|----------------------------|--------------|-------|
| 1. Alexey Popov, 36        | Newport News | 22:08 |
| 2. William McCallister, 37 | Lanexa       | 23:25 |
| 3. Damian Thompson, 38     | Williamsburg | 29:07 |
| 4. Aaron Cattell, 36       | Williamsburg | 31:25 |

#### **Men 40-44**

|                        |              |       |
|------------------------|--------------|-------|
| 1. Kyle Aulenbach, 43  | Yorktown     | 21:44 |
| 2. David Berger, 44    | Williamsburg | 24:44 |
| 3. Howard Townsend, 44 | Williamsburg | 35:24 |

#### **Men 45-49**

|                       |              |       |
|-----------------------|--------------|-------|
| 1. Greg Lynn, 45      | Hayes        | 18:48 |
| 2. Joe Calkins, 49    | Lanexa       | 19:50 |
| 3. Robert Murphie, 45 | Williamsburg | 23:07 |
| 4. Phil Plante, 47    | Williamsburg | 23:49 |
| 5. David Glass, 47    | Williamsburg | 24:52 |
| 6. Mark Bennett, 45   | Raleigh, NC  | 29:00 |
| 7. Mike McMahan, 49   | Williamsburg | 36:37 |

#### **Men 50-54**

|                       |              |       |
|-----------------------|--------------|-------|
| 1. Greg Dawson, 54    | Williamsburg | 21:24 |
| 2. David Anderson, 50 | Williamsburg | 21:39 |
| 3. Justin Long, 50    | Williamsburg | 23:13 |
| 4. Kevin Hughes, 51   | Williamsburg | 24:25 |
| 5. John Accardi, 50   | Williamsburg | 25:38 |
| 6. Terry Packer, 54   | Williamsburg | 26:32 |
| 7. Jon Armstrong, 52  | Williamsburg | 33:42 |

#### **Men 55-59**

|                        |               |       |
|------------------------|---------------|-------|
| 1. Timothy Collins, 58 | Williamsburg  | 20:32 |
| 2. Ken Alberg, 59      | Suffolk       | 20:41 |
| 3. Terry McManus, 58   | Williamsburg  | 20:45 |
| 4. Stephen Stacy, 57   | Pittstown, NJ | 23:17 |
| 5. Chris Lilly, 58     | Williamsburg  | 23:48 |
| 6. Steve Sheffler, 59  | Williamsburg  | 24:52 |
| 7. Robert Jean, 55     | Williamsburg  | 27:26 |
| 8. Rex Hoover, 56      | Williamsburg  | 28:47 |

#### **Men 60-64**

|                     |              |       |
|---------------------|--------------|-------|
| 1. Chris Abelt, 63  | Williamsburg | 24:10 |
| 2. Steve Altman, 64 | Williamsburg | 24:38 |

#### **Men 65-69**

|                        |              |       |
|------------------------|--------------|-------|
| 1. Rick Platt, 69      | Williamsburg | 26:24 |
| 2. Jimmy Blount, 69    | Williamsburg | 29:07 |
| 3. Bernard Gaughan, 66 | Williamsburg | 32:46 |
| 4. Robert Read, 66     | Williamsburg | 34:17 |

|                       |              |       |
|-----------------------|--------------|-------|
| 5. George Dever, 66   | Newport News | 34:29 |
| 6. Ted Coopridner, 69 | Williamsburg | 40:42 |

### **Men 70-and-over**

|                        |                |       |
|------------------------|----------------|-------|
| 1. Ed Irish, 70        | Williamsburg   | 28:11 |
| 2. Larry Arata, 75     | Williamsburg   | 31:00 |
| 3. Stephen Scudder, 71 | Virginia Beach | 44:19 |

### **Men Walk**

|                          |              |       |
|--------------------------|--------------|-------|
| 1. Tom Gerhardt, 68      | Chesapeake   | 37:30 |
| 2. John Strassberger, 75 | Williamsburg | 39:26 |
| 3. Jeffrey Lamprecht, 48 | Poquoson     | 39:51 |
| 4. Howard Price, 51      | Chesapeake   | 45:06 |
| 5. Robert Garcia, 70     | Williamsburg | 48:44 |

### **Women 14-and-under**

|                           |              |       |
|---------------------------|--------------|-------|
| 1. Lindsay Meadows, 13    | Toano        | 22:27 |
| 2. Parker Long, 13        | Williamsburg | 24:35 |
| 3. Gabriella Townsend, 14 | Williamsburg | 31:28 |

### **Women 15-19**

|                          |                |       |
|--------------------------|----------------|-------|
| 1. Katryna Aulenbach, 16 | Yorktown       | 21:19 |
| 2. Cannon Jean, 15       | Williamsburg   | 23:05 |
| 3. Elena Larcombe, 17    | Virginia Beach | 23:49 |
| 4. Sidney Sindt, 15      | Virginia Beach | 24:49 |

### **Women 20-24**

none

### **Women 25-29**

|                             |              |       |
|-----------------------------|--------------|-------|
| 1. Katie Abelt, 28          | Williamsburg | 26:42 |
| 2. Ashley Wantersee, 25     | Williamsburg | 27:37 |
| 3. Ivette Dailey-Deaton, 28 | Williamsburg | 31:34 |
| 4. Anna Biondi, 29          | Newport News | 34:09 |
| 5. Emily Wollney, 27        | Newport News | 34:09 |
| 6. Christina Palmer, 25     | Williamsburg | 44:25 |
| 7. Haley Andrews, 27        | Williamsburg | 45:20 |

### **Women 30-34**

|                      |             |       |
|----------------------|-------------|-------|
| 1. Tiffany Parra, 31 | Fort Eustis | 36:06 |
|----------------------|-------------|-------|

### **Women 35-39**

|                         |              |       |
|-------------------------|--------------|-------|
| 1. Jessica Anderson, 38 | Williamsburg | 24:40 |
| 2. Tricia Murphy, 38    | Williamsburg | 29:22 |
| 3. Cindy Cattell, 37    | Williamsburg | 31:25 |
| 4. Terri Miller, 38     | Toano        | 31:31 |
| 5. Lindsey Blythe, 37   | Williamsburg | 32:12 |
| 6. Erika Mannewitz, 38  | Williamsburg | 34:14 |

### **Women 40-44**

|                            |                |       |
|----------------------------|----------------|-------|
| 1. Christine Fernandez, 44 | Virginia Beach | 22:31 |
| 2. Jeanette Primich, 43    | Williamsburg   | 28:07 |

|                          |              |       |
|--------------------------|--------------|-------|
| 3. Megan Buckley, 44     | Williamsburg | 28:29 |
| 4. Jaime VanHoose, 41    | Williamsburg | 30:30 |
| 5. Tressa Aulenbach, 42  | Yorktown     | 31:10 |
| 6. Samantha Shearer, 44  | Williamsburg | 31:24 |
| 7. Alison Grygalonis, 41 | Williamsburg | 33:13 |
| 8. Jennifer Pollard, 40  | Williamsburg | 35:58 |

#### **Women 45-49**

|                         |              |       |
|-------------------------|--------------|-------|
| 1. Alicia Lorack, 49    | Williamsburg | 28:17 |
| 2. Kimberly Hague, 45   | Chesapeake   | 30:22 |
| 3. Jacquie McCall, 48   | Williamsburg | 31:55 |
| 4. Jennifer Daley, 49   | Williamsburg | 34:05 |
| 5. Alison Gould, 45     | Williamsburg | 34:10 |
| 6. Holly DeSantis, 47   | Lanexa       | 41:26 |
| 7. Christina Packer, 48 | Williamsburg | 46:24 |

#### **Women 50-54**

|                       |              |       |
|-----------------------|--------------|-------|
| 1. Criztina Jean, 51  | Williamsburg | 31:51 |
| 2. Sherrie Payne, 52  | Williamsburg | 36:03 |
| 3. LaWanda Cooper, 54 | Williamsburg | 39:57 |
| 4. Alice Allred, 51   | Williamsburg | 45:00 |

#### **Women 55-59**

|                      |              |       |
|----------------------|--------------|-------|
| 1. Karla Havens, 58  | Plainview    | 22:55 |
| 2. Janice Kailos, 59 | Williamsburg | 28:24 |
| 3. Susan Clinton, 55 | Williamsburg | 46:17 |

#### **Women 60-64**

|                         |              |        |
|-------------------------|--------------|--------|
| 1. Shirley Stephens, 63 | Williamsburg | 30:23  |
| 2. Dougie Winthrop, 63  | Williamsburg | 30:47  |
| 3. Terry Sherry, 60     | Williamsburg | 48:43* |

\*Walker winning age group award

#### **Women 65-69**

|                        |              |       |
|------------------------|--------------|-------|
| 1. Patricia Travis, 68 | Williamsburg | 36:12 |
| 2. Brenda Mitchell, 69 | Williamsburg | 41:49 |

#### **Women 70-and-over**

|                                 |              |       |
|---------------------------------|--------------|-------|
| 1. Roswitha Goossens-Winter, 71 | Williamsburg | 34:00 |
| 2. Nancy Blount, 73             | Williamsburg | 43:47 |

#### **Women Walk**

|                       |              |       |
|-----------------------|--------------|-------|
| 1. Nancy Byrd, 66     | Toano        | 40:24 |
| 2. Karen Schenck, 65  | Ark          | 43:50 |
| 3. Nancy AtLee, 67    | Gloucester   | 43:51 |
| 4. Terry Sherry, 60   | Williamsburg | 48:43 |
| 5. Wendy Starks, 42   | Williamsburg | 52:49 |
| 6. Amie Reckmeyer, 48 | Williamsburg | 52:50 |
| 7. Cathy Kaurich, 64  | Newport News | 58:46 |
| 8. Holly Henn, 28     | Williamsburg | 58:49 |
| 9. Jayne Henn, 64     | Williamsburg | 58:49 |