

23rd Annual

Queens Lake 5K Run

New Quarter Park, Williamsburg, VA

Saturday, April 8, 2017

A Colonial Road Runners Grand Prix Event

USATF certified 5K course (VA-08008-RT)

All times rounded up to the next second per USATF timing standards

93 finishers in 5K run/walk.

6 finishers in one mile fun run/walk.

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

Men Overall

1. Roger Hopper, 26	Williamsburg	16:07
2. Cameron Wojcieszak, 20	Williamsburg	17:26
3. Daniel Shean, 34	Virginia Beach	18:04

Women Overall

1. Emily Honeycutt, 26	Newport News	21:30
2. Kristin Milner, 31	Newport News	21:35
3. Sorena Jean, 14	Williamsburg	22:16

Men 14-and-under

1. Jacob Lohr, 14	Williamsburg	19:45
2. Isaac Lamprecht, 10	New Kent	20:08
3. Glenn Glass, 13	Williamsburg	22:36
4. Benjamin Youngs, 11	Toano	23:55
5. Vincent Lager, 11	Williamsburg	30:25

Men 15-19

1. Paul Glass, 15	Williamsburg	19:17
2. Aaron Nau, 15	Yorktown	20:48
3. Luke Wells, 17	Yorktown	21:55
4. Andrew Nau, 15	Yorktown	24:45
5. Zane Eckols, 16	Williamsburg	25:47

Men 20-24

1. Logan St. John, 22	Williamsburg	18:40
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Men 25-29

1. Kent Brown, 27	Fork Union	21:02
2. Michael DeVivero, 29	Newport News	24:33

Men 30-34

1. Ryan Doupe, 31	Newport News	18:17
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Men 35-39

1. Jason Miller, 39	Williamsburg	19:13
2. Patrick Cunningham, 39	Corpus Christi, TX	27:51

Men 40-44

1. Chris Schleif, 42	Toano	20:23
2. Marc Milner, 43	Newport News	21:37
3. Dustin Houchin, 41	Newport News	22:38
4. Steven Goodwin, 44	Williamsburg	25:54
5. Derek Whitcomb, 44	Williamsburg	31:07

Men 45-49

1. Tommy Neeson, 48	Virginia Beach	18:41
2. David Glass, 45	Williamsburg	24:35
3. Christopher Johnson, 48	Poquoson	25:40
4. Sean Everitt, 48	Williamsburg	29:02
5. Chris Eckols, 46	Williamsburg	30:52

Men 50-54

1. Greg Dawson, 51	Williamsburg	18:32
2. Chris Jones, 53	Newport News	24:18
3. Tim Ledoux, 52	San Antonio, TX	29:21
4. Danny Dean, 53	Williamsburg	31:44

Men 55-59

1. Robert Whitaker, 58	Yorktown	18:38
2. Ken Alberg, 56	Suffolk	21:04
3. Jorge Mundaca, 59	Williamsburg	26:19
4. Jeffrey Bouchard, 58	Williamsburg	30:52
5. James Dwyer, 55	Williamsburg	33:37

Men 60-64

**1. Stephen Chantry, 62	Williamsburg	18:24
[all-time CRR record for men's 60-64 age group, previous record 18:29 by Chantry, 60, Williamsburg, at 2015 Governor's Land 5K]		
2. Will Murray, 61	Williamsburg	20:48
3. Jim Gullo, 62	Williamsburg	24:20
4. Steve Altman, 61	Williamsburg	24:27

Men 65-69

1. Rick Platt, 66	Williamsburg	23:38
2. Ed Irish, 67	Williamsburg	26:08

Men 70-and-over

1. Langston Shelton, 70	Williamsburg	22:44
2. Larry Arata, 72	Williamsburg	27:50
3. Nickolas Hagel, 74	Norfolk	30:10
4. Jack Oates, 73	Williamsburg	32:55
5. Michael Gontesky, 74	Hampton	47:05

Men Walk

1. Scott Stakes, 54	Portsmouth	31:13
2. John Strassberger, 72	Williamsburg	37:20
3. Bob Curtin, 64	Hampton	42:17
4. Barry Layman, 63	Yorktown	48:18

Women 14-and-under

1. Cannon Jean, 12	Williamsburg	24:22
2. Ashley Nau, 12	Yorktown	30:00

Women 15-19

1. Samantha Mancuso, 15	Williamsburg	22:40
2. Nina Parziale, 15	Williamsburg	23:47

Women 20-24

none

Women 25-29

1. Victoria Kane, 29	Newport News	29:50
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Women 30-34

1. Hazel Doupe, 34	Newport News	31:03
2. Lesley Hunley, 31	Mathews	34:09

Women 35-39

1. Elizabeth Schleif, 36	Toano	25:03
2. Robin Olsen, 38	Toano	25:10
3. Rebecca Lofgren, 36	Williamsburg	25:43

Women 40-44

1. Susan Hagel, 44	Norfolk	22:34
2. Mary Hagel, 42	Charlottesville	25:17
3. Marie Homer, 43	Williamsburg	36:18

Women 45-49

1. Phyllis Maston, 47	Williamsburg	26:16
2. Deborah Everitt, 48	Williamsburg	26:38
3. Criztina Jean, 48	Williamsburg	30:20
4. Michelle Dean, 48	Williamsburg	31:43
5. Sarah Kueser, 45	Williamsburg	36:17
6. Dominique Doust, 47	Newport News	40:15

Women 50-54

1. Jean Troutman, 54	Williamsburg	26:38
2. Bonnie Brown, 51	Williamsburg	28:27
3. Elaine Blount, 52	Yorktown	34:18
4. Leisa Eckols, 50	Williamsburg	39:39

Women 55-59

1. Donna Myers, 59	Yorktown	35:17
2. Penny Pulley, 58	Williamsburg	39:51

Women 60-64

1. Rose Crist, 62	Lanexa	24:04
2. Frances Camp, 60	Charlottesville	39:51
3. Karen Schenck, 62	Ark	41:27*

*Walker winning age group award

Women 65-69

1. Patricia Travis, 65	Williamsburg	27:18
2. Brenda Mitchell, 66	Williamsburg	34:23

Women 70-and-over

1. Judy Hanna, 72	Williamsburg	35:12
2. Judy Stewart, 77	Williamsburg	35:43
3. Pauline Ely, 78	Hampton	47:04
**4. Pat Eden, 85	Williamsburg	54:01

Women Walk

1. Jocelyn Lamprecht, 12	New Kent	36:59
2. Martha Gullo, 64	Williamsburg	40:16
3. Nancy Kravitz, 63	Williamsburg	40:43
4. Karen Schenck, 62	Ark	41:27

Unclaimed Race Awards – If you were an award winner and weren't around to claim your race award at the post-race awards ceremony you might still be able to receive your award from either Paul Pelletier, the race director, or from Rick Platt, Race Coordinator for the Colonial Road Runners. Awards will not be mailed, but can be picked up from one of the following:

From the **race director**, Paul Pelletier, phone (757) 253-0625 or cell (757) 784-6957. Email: ppelletier4@gmail.com

From **Rick Platt** at an upcoming Colonial Road Runners race (April 15, April 22, etc.) or at Williamsburg running workouts (DOG Street Pub Runs, 6 p.m., Monday). See our website, www.colonialroadrunners.org for the year's CRR Grand Prix race schedule and weekly workout schedule.

At **Colonial Sports**, 1303 Jamestown Road #111, Williamsburg 23185 (Colony Square Shopping Center, next to ReStore). Get confirmation of race award delivery to the store first, though.

Contact Rick Platt by email (rickplatt1@juno.com) or by phone (757-229-7375, or cell 757-345-1431) to determine who now has the unclaimed race awards, and to arrange pickup of your award at one of the above locations.