

**5<sup>th</sup> Annual  
FURever Homes 8K and 5K  
One mile fun run/pet run.  
Jamestown High School, Williamsburg, VA  
Saturday, June 15, 2024  
A Colonial Road Runners Grand Prix Event**

303 combined finishers in 8K/5K.  
106 finishers in one mile fun run/pet run  
409 total finishers.

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

**8K Run/Walk**

**Men Overall**

1. Roger Hopper, 33	Chesapeake	27:01
[course record 25:28 by Evan Leach, 23, Richmond in 2023]		
2. Erik Stauderman, 24	Williamsburg	28:25
3. Wilson Mason, 33	Hollis, NH	30:22

**Women Overall**

**1. Emma Rogers, 24	Williamsburg	29:59
[new course record, old record 31:41 by Emily Honeycutt, 32, Newport News in 2023]		
2. Emily Honeycutt, 33	Newport News	32:55
**3. Isabella Strumke, 10	Toano	33:55

**Men 19-and-under**

1. Jack Strumke, 14	Toano	32:24
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**Men 20-24**

1. Evan Clary, 23	Williamsburg	36:30
2. Logan Paul, 21	Newport News	40:57

**Men 25-29**

1. Eric Voigt, 26	Washington, DC	35:12
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**Men 30-34**

1. Dan Uptmor, 34	Williamsburg	39:25
2. John Parrinello, 31	Merrimack, NH	57:24
3. Matthew Ashford, 33	Williamsburg	1:00:54

**Men 35-39**

**1. Christopher Minty, 36	Williamsburg	30:43
2. Chris Geraghty, 39	Yorktown	31:59
3. David Chatman, 37	Prince George	35:33
4. Miles Davison, 38	Williamsburg	37:58
5. Andrew Ollenberger, 38	Gloucester Point	1:19:38

**Men 40-44**

1. Steven Short, 42	Hampton	34:05
2. Richard Collins, 43	Williamsburg	36:06

3. Darren Leslie, 41	Poquoson	36:39
4. Samar Chopra, 43	Williamsburg	39:33
5. William McCallister, 41	Lanexa	40:23
6. Ayaz Sahibzada, 42	Virginia Beach	41:00
7. Michael Peters, 43	Richmond	41:13
8. Ettienne Mena, 42	Virginia Beach	44:42
9. Shane Murdock, 44	Newport News	45:28

### Men 45-49

1. Kyle Aulenbach, 47	Yorktown	34:04
2. Jason Kirkpatrick, 45	Williamsburg	41:30s
3. Vince Phillips, 49	Norfolk	45:17
4. Joe Cox, 46	Chesapeake	46:33
5. Michael Salyer, 45	Williamsburg	49:06
6. Peter Ritcheson, 46	Williamsburg	49:37
7. Tim Holston, 46	Hampton	1:10:10

### Men 50-54

1. Timothy Suhr, 53	Williamsburg	31:31
2. David Anderson, 54	Williamsburg	34:09
3. William Huff, 53	Williamsburg	36:26
4. Phil Plante, 51	Williamsburg	37:54
5. John Accardi, 54	Williamsburg	40:45
6. Henry Conlan, 50	Williamsburg	46:30
7. Bill Evans, 52	Newport News	49:14
8. David White, 54	Newport News	57:12
9. Ricky Davenport, 53	Yorktown	59:11

### Men 55-59

1. Kenneth Rutherford, 59	Seal Beach, CA	44:34
2. Shawn Trahan, 58	Stafford	51:20

### Men 60-64

1. Orlando Perez, 62	Newport News	37:03
2. David Martin, 64	Newport News	39:48
3. John Beahm, 63	Dendron	41:57
4. John Olson, 64	Yorktown	43:16
5. Dwight Starks, 63	Virginia Beach	49:32
6. Leo Pacanowski, 64	Virginia Beach	50:41
7. Kim Patterson, 64	Williamsburg	51:41
8. Keith Denny, 61	Newport News	57:47

### Men 65-69

1. Pete Gibson, 68	Murfreesboro, NC	33:17
2. Chris Abelt, 67	Williamsburg	40:30
3. Thomas Barry, 66	Williamsburg	40:59
4. James Cooper, 67	Alexandria	52:54
5. Jim Hopkins, 69	Williamsburg	58:24
6. Mark Pierson, 69	Williamsburg	1:09:02

### Men 70-and-over

1. Jim Duffy, 72	Poquoson	42:20
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**2. Dale Abrahamson, 75	Yorktown	43:05
3. Joseph Verdirame, 74	Suffolk	44:38
4. Jimmy Blount, 73	Williamsburg	51:29
5. Randy Hawthorne, 78	Williamsburg	58:39
6. Robert Read, 70	Williamsburg	1:04:17
7. Stephen Scudder, 75	Virginia Beach	1:29:03

### Men Walk

1. Steven Siewert, 63	Henrico	57:33
2. Paul Rienth, 65	Williamsburg	1:05:09
3. Eric Dawnkaski, 58	Williamsburg	1:05:37
4. Rick Webb, 66	Yorktown	1:13:08
5. Bob Curtin, 71	Hampton	1:23:48

### Women 19-and-under

1. Cannon Jean, 19	Williamsburg	45:50
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### Women 20-24

1. Reagan Green, 20	Williamsburg	47:34
2. Abby Sabo, 21	Shacklefords	1:00:52

### Women 25-29

**1. Svitlana Honcharova, 26	Williamsburg	34:32
2. Hazel Kate Slovonina, 26	Williamsburg	50:10
3. Teresa Marangon, 28	Toano	54:49
4. Devon Gallagher, 28	Williamsburg	57:25
5. Renee Denny, 26	Newport News	57:48

### Women 30-34

1. Katherine Wease, 34	Williamsburg	40:24
2. Katie Kipers, 33	Williamsburg	42:29
3. Kate Uptmor, 34	Williamsburg	48:15
4. Jessica Daniels, 33	Virginia Beach	1:00:24
5. Jie Ren, 30	Williamsburg	1:17:05

### Women 35-39

1. Suzy Blevins, 39	Richmond	41:13
2. Tori Otstot, 39	Williamsburg	42:51
3. Marcella Thumm, 39	Williamsburg	43:03
4. Ksenia Primich, 39	Williamsburg	44:52
5. Rachel Greenleaf, 36	Richmond	46:49
6. Amanda D'Attilio Gray, 36	Williamsburg	49:58
7. Jess Ralph, 35	Williamsburg	58:36
8. Melinda Ollenberger, 36	Gloucester Point	58:46
9. Iryna Dorovska, 35	Toano	58:56
10. Kristine Caldwell, 39	Hampton	1:00:25
11. Lauren Yancoskie, 37	Williamsburg	1:02:31

### Women 40-44

**1. Tricia Murphy, 43	Williamsburg	35:25
2. Karen Grabowski, 40	Toano	36:25
3. Jessica Anderson, 42	Williamsburg	40:52

4. Jacqueline Phillips, 40	Windsor	42:45
5. Stacey Lightfoot, 44	Williamsburg	44:38
6. Joanna McCandlish, 42	Williamsburg	45:25
7. Danielle Flint, 42	Williamsburg	46:37
8. Jocelyn Ritcheson, 40	Williamsburg	46:42
9. Claudia Guerrero Barrera, 44	Richmond	47:05
10. Laura Fike, 44	Williamsburg	50:52
11. Shannon Foxx Day, 41	Williamsburg	52:34
12. Annie VanSkiver, 43	Williamsburg	53:35
13. Gabby Lynch, 41	Williamsburg	1:02:44

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

1. Aimee Gianoukos, 48	Williamsburg	36:21
2. May Carlson, 48	Hampton	41:08
3. Emily Huber, 47	Williamsburg	43:40
4. Tressa Aulenbach, 47	Yorktown	46:06
5. Joselyn Jacobs, 48	Hampton	46:26
6. Crystal Davenport, 49	Yorktown	48:45
7. Amanda White, 48	Newport News	52:57
8. Emily Rowe, 45	Melbourne, FL	1:00:48

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

1. Susan Hagel, 51	Norfolk	49:00
2. Erika Cox, 53	Newport News	1:10:38*

\*Walker winning age group award.

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

1. Mary Katharine Florence, 59	Williamsburg	48:27
2. Andrea Dorcy, 59	Williamsburg	49:51
3. Lily Panoussi, 56	Williamsburg	52:26
4. Criztina Jean, 55	Williamsburg	52:47
5. Jody Bennett, 59	Williamsburg	54:03
6. Lisa Levine, 55	Williamsburg	57:45

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

1. Leslie Harrison, 60	Rotonda West, FL	39:33
2. Connie Glueck, 60	Williamsburg	41:54
3. Christine Williams, 62	Poquoson	51:08
4. Peggy Beahm, 62	Dendron	52:41
5. Lynne Swartz, 62	Williamsburg	54:49
6. Laura Cooper, 62	Williamsburg	1:18:52

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

1. Shirley Stephens, 67	Williamsburg	58:33
2. Janell Mills, 68	Williamsburg	1:05:32
3. Karen Corl, 69	Williamsburg	1:17:03

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

**1. Carol Hansen-Vessa, 70	Williamsburg	49:22
2. Patricia Travis, 73	Williamsburg	54:06
3. Debra Gage, 70	Williamsburg	1:01:23

## Women Walk

1. Deneen Venters, 60	Newport News	1:00:09
2. Molly Sandling, 50	Williamsburg	1:05:39
3. Cathy Kaurich, 68	Williamsburg	1:06:29
4. Nancy Byrd, 70	Toano	1:10:16
5. Erika Cox, 53	Newport News	1:10:38

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## 5K Run/Walk [all finishers under 30:00]

### Men (awards to top 5 overall)

**1. Elliot Bruhl, 17	Williamsburg	17:15
[new 5K course record, old record 17:32 by Jacob Warner, 21, Williamsburg in 2020]		
2. Aiden Buzek, 16	Toano	19:53
3. Mark Hargrove, 36	Williamsburg	20:07
4. Ephram Stevens, 14	Williamsburg	20:33
5. Gene O'Hallarn, 15	Williamsburg	20:38
6. Tyler Kroenlein, 12	Williamsburg	21:32
7. Mike Zay, 35	Williamsburg	23:42
8. Matthew Davis, 11	Williamsburg	25:27
9. Lucas Falzetti, 30	Richmond	25:32
10. Matthew Shershniov, 11	Williamsburg	26:03
11. Dylan Zilla, 22	Williamsburg	26:27
12. Daniel Zilla, 19	Williamsburg	26:31
13. Dustin Harris, 41	Newport News	26:34
14. Alex Efird, 10	Williamsburg	26:53
15. Brendan O'Hallarn, 53	Williamsburg	27:10
16. Markus Tremmel, 17	Newport News	27:22
17. Mike Ogaard, 46	Williamsburg	27:46
18. Wyatt Johnson, 12	Williamsburg	27:48
19. Dylan Johnson, 9	Williamsburg	27:50
20. Charles Efird, 38	Williamsburg	28:01
21. Mathias Brewer, 9	Williamsburg	28:52
22. Parker Catlett-Miller, 10	Reston	29:24
23. David Lopez, 14	Williamsburg	29:28
24. Nicholas Brewster, 16	Williamsburg	29:36
25. Joseph Warren, 50	Williamsburg	29:41

### Women (awards to top 5 overall) [all finishers under 30:00]

1. Michelle Ballin, 41	Williamsburg	21:49
[course record 20:03 by Rachel Parthasarthy, 20, Williamsburg in 2020]		
2. Blythe Kendall, 17	Toano	23:13
3. Erin Davis, 37	Williamsburg	25:29
4. Reva O'Hallarn, 52	Williamsburg	26:10
5. Julianne Davison, 38	Williamsburg	28:00
6. Shuni Brewer, 45	Williamsburg	28:20
7. Daria Lorio-Barsten, 41	Williamsburg	28:29
8. Patricia Zilla, 60	Williamsburg	29:38
9. Summerlin O'Hallarn, 18	Williamsburg	29:42
10. Robin Olson, 45	Toano	29:53

### **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%**

### **Unclaimed Race Awards**

Contact Rick Platt (757-345-1431, [rickplatt14@gmail.com](mailto: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.