



Striders Fallen Heroes 4-Miler

Compiled by Randy Cook as of August 2022

Males					
Age Group	Name	Age	Address	Year	Time
Open	Roger Hopper	31	Chesapeake	2022	20:17:00
Masters	Thomas Hicks	50	Virginia Beach	2022	22:32:00
under 19	Yosif Rowell	15	Norfolk	2022	29:10:00
20-24	Konnor Rafferty	20	Virginia Beach	2022	23:17:00
25-29	Zachary Helm	27	Norfolk	2022	21:00:00
30-34	Duncan Jones	32	Chesapeake	2022	28:09:00
35-39	Jordan Spector	35	Virginia Beach	2022	25:32:00
40-44	Chris Novakoski	40	Chesapeake	2022	24:57:00
45-49	Andrea Buoso	48	Norfolk	2022	25:47:00
50-54	Thomas Hicks	50	Virginia Beach	2022	22:32:00
55-59	Steve Speirs	55	Virginia Beach	2022	24:31:00
60-64	Wayne Phelps	62	Chesapeake	2022	29:41:00
65-69	Pete Gibson	66	Murfreesboro, NC	2022	25:20:00
70-74	Jim Duffy	70	Poquoson, VA	2022	29:32:00
75+	John Munday	81	Chesapeake	2022	51:49:00
Walker	Alexey Popov	39	Newport News	2022	39:40:00
Females					
Age Group	Name	Age	Address	Year	Time
Open	Mollie Sweet	36	Virginia Beach	2022	24:49:00
Masters	Kari Tallent	40	Portsmouth	2022	26:42:00
under 19	Ebba-Stina Bjuve	14	Norfolk	2022	28:39:00
20-24					
25-29	Jenny Tashjian	29	Virginia Beach	2022	37:31:00
30-34	Bethany Spector	32	Virginia Beach	2022	29:25:00
35-39	Beth Brant	38	Suffolk	2022	34:35:00
40-44	Kari Tallent	40	Portsmouth	2022	26:42:00
45-49	Christine Fernandez	46	Virginia Beach	2022	27:24:00
50-54	Wendy Rafferty	50	Virginia Beach	2022	32:22:00
55-59	Margaret Kopacz	57	Chesapeake	2022	31:29:00
60-64	Mary Jo Blackmore	60	Virginia Beach	2022	33:07:00
65-69	Joey Hallock	69	Virginia Beach	2022	30:42:00
70-74	Virginia Davis	72	Suffolk	2022	53:29:00
75+					
Walker	Jennifer Cowell	47	Virginia Beach	2022	52:33:00