

Striders 5 miler

Compiled by Randy Cook as of March 2022

Males

Age Group	Name	Age	Address	Year	Time
Open	Roger Hopper	30	Chesapeake	2021	26:53:00
Masters	Jason Miller	43	Williamsburg	2020	29:56:00
under 19	Drew Cavanaugh	16	Virginia Beach	2020	29:21:00
20-24	Sam Stephenson	23	Norfolk	2020	28:10:00
25-29	Robert Powell	29	Norfolk	2020	30:55:00
30-34	Roger Hopper	30	Chesapeake	2021	26:53:00
35-39	Daniel Shean	38	Virginia Beach	2021	28:54:00
40-44	Jason Miller	43	Williamsburg	2020	29:56:00
45-49	Randolph Shelton	45	Mechanicsville	2020	30:28:00
50-54	Peter Pommerenk	54	Virginia Beach	2020	31:24:00
55-59	Jon Leiding	58	Virginia Beach	2021	32:37:00
60-64	Rich Simpson	60	Virginia Beach	2020	37:54:00
65-69	Richard Grant	67	Suffolk	2021	34:43:00
70-74	John DiCarlo	71	Virginia Beach	2021	41:10:00
75+	Louis Dwyer	77	Kitty Hawk, NC	2021	42:41:00
Walker	Dwight Kane	68	Chesapeake	2020	1:07:52

Females

Age Group	Name	Age	Address	Year	Time
Open	Ryan Smith	20	Virginia Beach	2020	32:43:00
Masters	Jenny Moran	42	Virginia Beach	2020	33:00:00
under 19	Elise Richardson	16	Virginia Beach	2020	32:46:00
20-24	Maggie Reed	21	Virginia Beach	2020	32:43:00
25-29	Megan Strowger	29	Norfolk	2020	39:05:00
30-34	Kasey Dunn	30	Virginia Beach	2021	44:10:00
35-39	Ashley Diette	37	Chesapeake	2020	33:56:00
40-44	Jenny Moran	42	Virginia Beach	2020	33:00:00
45-49	Julie Hicks	45	Virginia Beach	2021	35:33:00
50-54	Anne Spillane	53	Virginia Beach	2020	36:23:00
55-59	Margaret Kopacz	56	Chesapeake	2021	39:22:00
60-64	Jean Phelan	64	Virginia Beach	2020	45:54:00
65-69	Janet McKechnie	66	Virginia Beach	2021	57:46:00
70-74	Betty Brothers	73	Virginia Beach	2020	41:55:00
75+					
Walker	Marie Price	52	Chesapeake	2020	59:12:00