



The 2022-2023 DC Front Runners Race Circuit came to an end on Sunday, August 27, 2023 and awards were presented at the Anniversary Party on Saturday, September 23, 2023. 363 race results were reported for this season, 29 people completed the race circuit. Congratulations to all finishers and to the recipient of the Spirit of DC Front Runners award, Matthew Welshans!

AWARDS

Winner of the Race Circuit

John Hall

Most Improved

Carlos Hill

Highest-Placing First-Time Finisher

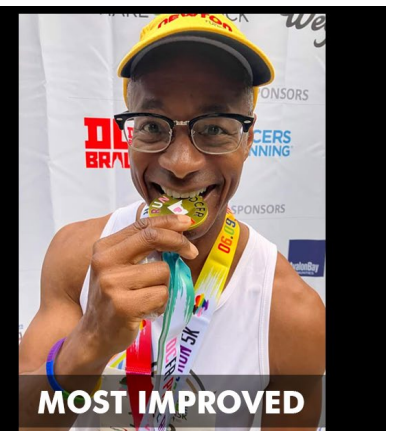
John Hall

Overachievers

Carlos Hill, Erich Huang, Carlos Centeno, Ralph Bayer

Spirit of DC Front Runners

Matthew Welshans



STANDINGS

1. John Hall
2. Carlos Hill
3. Tristan Caparas
4. Erich Huang
5. Brian Beary
6. Zach Baldwin
7. Daniel Funke
8. Blake Rushin
9. Curtis Sakow
10. Michael Lussier
11. Alex Marketos
12. Carlos Centeno
13. Maura Hackett
14. Tim Harrington
15. Josh Hardy
16. Erik Schmidt
17. Andy Price
18. John Grunert
19. Josh Spencer
20. Tara Skahill
21. Aaron Beczkiewicz
22. Justin Doromal
23. Brian Flanagan
24. Brad Miller
25. Norman Reich
26. Ralph Bayrer
27. Craig Connelly
28. Art Dominguez
29. Socrates Tiglao

RACE CIRCUIT STATISTICS

Number of Races of Each Distance

5K	168	(46.281%)
8K	8	(2.204%)
5-Miler	2	(0.551%)
10K	40	(11.019%)
12K	2	(0.551%)
15K	6	(1.653%)
10-Miler	66	(18.182%)
20K	1	(0.275%)
Half-Marathon	34	(9.366%)
Marathon	25	(6.887%)
Other	11	(3.03%)

Races with Highest Reported Results

DC Front Runners Pride Run 5K	36
Cherry Blossom 10-Miler	36
Capitol Hill Classic 10K	14
Army 10-Miler	13
SOME Trot for Hunger 5K	13

Participants with the Most Completed Races

Carlos Centeno	17
Farris Carlos Hill	16
Ralph Bayrer	13
Erich Huang	12
Josh Spencer	11

ACHIEVEMENTS

Highest Scoring Race Results

1. John Hall - Cherry Blossom 10-Miler (0:57:49 - 78.33515316)
2. John Hall - DC Front Runners Pride Run 5K (0:17:12 - 76.97228758)
3. Tristan Caparas - DC Half-Marathon (1:19:54 - 76.24217772)
4. John Hall - Run Your Heart Out 5K (0:17:39 - 74.47272154)
5. John Hall - DCRRC Fort Hunt 10K (0:35:59 -74.34116899)
6. Farris Carlos Hill - Army 10-Miler (1:12:24 - 74.31485451)
7. Tristan Caparas - Cherry Blossom 10-Miler (1:00:11 - 74.14843534)
8. John Hall - Front Runners New York Pride Run 4-Miler(0:23:15 - 73.68276448)
9. John Hall - Capitol Hill Classic 10K (0:36:32 - 73.57236176)
10. Farris Carlos Hill - National Police Week 5K (0:21:26 - 72.79424927)

Participants with the Most PRs and First-Time Races

Curtis Sakow	6
Tara Skahill	6
Justin Doromal	6
Daniel Funke	5
Josh Hardy	5

DIVISION AWARDS RECEIVED

Farris Carlos Hill	8
Ralph Bayrer	5
Blake Rushin	5
Erich Huang	5
Emme Price	4
Curtis Sakow	4
Brian Beary	4
Zach Baldwin	4
Alex Marketos	3
Tim Harrington	2
Caleb Shankle	2
Tristan Caparas	2
JR Price	2
David Vecera	2
John Hall	2
Andy Price	1

RC Tepel	1
Carlos Centeno	1
Norman Reich	1
Jordan Bailey	1
Justin Fritscher	1
Rocco Henderson	1
Seth Kalish	1
Daniel Funke	1
Maura Hackett	1
Justin Doromal	1
Art Dominguez	1
Jeremy Garrett	1
Vince Micone	1