

1600 Meter Run							
Female Record Holders							
50-54	Joanne Carter	Alexandria	7:10	2015			
55-59	Joanne Brenton	Alexandria	7:33	2016			
60-64	Hannah Phillips	Alexandria	7:30	2016			
65-69	Hannah Phillips	Alexandria	7:19	2017*			
70-74	Judy Snellgrove	Manassas	9:49	2016			
75-79	Mandy Whalen	Falls Church	10:54	2015			
List of Participants 2017							
Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time
F	50-54	DNP	51	Faith	Delong	Arlington	
F	55-59	Gold	56	Joanne	Shabelski	Alexandria	7:34
F	65-69	Gold	65	Hannah	Phillips	Alexandria	7:19*
F	70-74	DNP	71	Beth	Baynes	Alexandria	
F	75-79	Gold	77	Mandy	Whalen	Falls Church	10:54
Male Record Holders							
50-54	Duane Williamson	Warrenton	5:28	2015			
55-59	Clifton Anderson	Warrenton	5:47.0	2013			
60-64	Clifton Anderson	Warrenton	5:50.59	2014			
65-69	Paul Ryan	Arlington	6.00	2016			
70-74	Jason Page	Hamilton	6:23	2015			
75-79	Carl Cox	Falls Church	8:15.69	2014			
80-84	Peter Han	Alexandria	9:03.6	2013			
85-89	Peter Han	Alexandria	8:02	2016			

List of Male Participants							
M	50-54	Gold	50	Paul	Cachion	Arlington	5:53
M	50-54	DNP	54	Duane	Williamson	Warrenton	
M	55-59	Gold	55	Joseph	Stiskal	Reston	6:12
M	55-59	Silver	56	Ritch	Viola	Arlington	6:20
M	55-59	Bronze	59	Stephan	Moretti	Springfield	6:33
M	55-59		4 58	Thomas	Carroll	Chantilly	7:00
M	55-59		5 56	Ted	Poulos	McLean	7:22
M	55-59	DNP	56	Vincent	Langan	Warrenton	
M	60-64	Gold	60	Aubrey	Toller	Woodbridge	6:42
M	60-64	Silver	64	David	Kelly	Alexandria	7:21
M	60-64	Bronze	61	Joe	Lerner	Arlington	8:27
M	60-64	DNP	63	David	Mann	Fairfax	
M	65-69	Gold	68	James	Lengle	Arlington	7:18
M	70-74	Gold	73	Jason	Page	Hamilton	6:30
M	70-74	Silver	70	Eric	Assur	Fairfax	9:06
M	75-79	Gold	76	George	Brown	Fairfax	10:36
M	80-84	Gold	80	Ken	Quincy	Vienna	9:25
M	80-84	DNP	81	Alan	Rider	Reston	
M	85-89	Gold	88	Peter	Han	Alexandria	9:18
M	85-89	DNP	85	Donald	McPherson	Ashburn	
M	90-94	DNP	92	Dixon	Hemphill	Fairfax Station	