

Record Holders: Male

| 1600 METER RUN – INDOOR TRACK – MEN (New in 2011) | | | | | |
|--|------------------|------------------|---------|-------|--|
| 50-54 | Duane Williamson | Warrenton | 5:28 | 2015 | |
| 55-59 | David Pinkham | Leesburg | 5:29.59 | 2018* | |
| 60-64 | Stephan Moretti | West Springfield | 5:42 | 2018* | |
| 65-69 | Paul Ryan | Arlington | 6:00 | 2016 | |
| 70-74 | Jason Page | Hamilton | 6:23 | 2015 | |
| 75-79 | Alphonse Piekut | Vienna | 8:04 | 2018* | |
| 80-84 | Carl Cox | Falls Church | 8:42.35 | 2018* | |
| 85-89 | Peter Han | Alexandria | 8:02 | 2016 | |

| Sex | Age Group | Place | Age | Firstname | Surname | City | Score/Time |
|-----|-----------|--------|-----|-----------|-----------|----------------|------------|
| M | 50-54 | Gold | 52 | Paul | Hession | Fairfax | 8:46.75 |
| M | 55-59 | Gold | 55 | David | Pinkham | Leesburg | 5:29.59* |
| M | 55-59 | Silver | 57 | Ted | Poulos | McLean | 6:00.63 |
| M | 55-59 | Bronze | 56 | Joseph | Stiskal | Reston | 6:02 |
| M | 55-59 | 4 | 57 | Richard | Viola | Arlington | 6:12 |
| M | 55-59 | 5 | 59 | Thomas | Carroll | Chantilly | 7:45 |
| M | 55-59 | | 59 | Kent | England | Alexandria | DNP |
| M | 55-59 | | 57 | Vincent | Langan | Warrenton | DNP |
| M | 60-64 | Gold | 60 | Stephan | Moretti | West Springf | 5:42* |
| M | 60-64 | Silver | 64 | Greg | Woodsmall | Warrenton | 6:42 |
| M | 60-64 | Bronze | 61 | Aubrey | Toller | Woodbridge | 6:47 |
| M | 60-64 | 4 | 61 | John | Cartmill | Herndon | 7:23 |
| M | 60-64 | | 63 | Manuel | Pais | Fairfax | DNP |
| M | 65-69 | Gold | 68 | Paul | Ryan | Arlington | 6:04.56 |
| M | 65-69 | Silver | 68 | Jay Jacob | Wind | Arlington | 7:32 |
| M | 65-69 | Bronze | 65 | David | Kelly | Alexandria | 8:49 |
| M | 70-74 | Gold | 74 | Jason | Page | Hamilton | 6:43.37 |
| M | 70-74 | Silver | 73 | Stephen | Banks | Springfield | 7:54 |
| M | 70-74 | Bronze | 72 | Robert | Grannis | Manassas | 8:20 |
| M | 70-74 | | 71 | Eric | Assur | Fairfax | DNP |
| M | 70-74 | | 74 | gerald | scott | ashburn | DNP |
| M | 75-79 | Gold | 75 | Alphonse | Piekut | Vienna | 8:04* |
| M | 80-84 | Gold | 81 | Carl | Cox | Falls Church | 8:42.35* |
| M | 80-84 | Silver | 81 | Ken | Quincy | Vienna | 9:23 |
| M | 80-84 | | 82 | Alan | Rider | Reston | DNP |
| M | 90-94 | | 93 | Dixon | Hemphill | Fairfax Static | DNP |