

				1600 M Walk			
Female Record Holders							
1600 METER WALK - INDOOR TRACK - WOMEN							
50 - 54	Monica Hill	Woodbridge	12:48	2015			
55 - 59	Maryann Schwab	Fairfax	11:01	2007			
60 - 64	Maryann Schwab	Fairfax	11:44	2010			
65 - 69	Debbi Miller	Fairfax	12:30.59	2014			
65 - 69	Carmen Shippy	Arlington	12:31	2017*			
70 - 74	Dorothy Skinner	Alexandria	12:02	2007			
75 - 79	Dorothy Skinner	Alexandria	12:47.9	2009			
75 - 79	Mandy Whalen	Falls Church	12:48.0	2015			
80 - 84	Mary Boska	Alexandria	13:50	2007			
85 - 89	Efthalia Papailias	Arlington	14:44	2017*			
90 - 94	Mary Lathram	Falls Church	17:57.7	2009			
List of Participants 2017							
Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time
F	55-59	Gold	56	Monica	Hill	Woodbridge	14:39
F	55-59	DNP	56	Karen	Flaherty	Ashburn	
F	60-64	Gols	60	Keg	Good	Woodbridge	12:25
F	60-64	DNP	62	Monica	Hoffman	Springfield	
F	65-69	Gold	65	Carmen	Shippy	Arlington	12:31*
F	65-69	Silver	68	Amy	Lee	Arlington	15:15
F	65-69	Bronze	69	Debbi	Miller	Fairfax	15:28
F	65-69		4 69	Linda	Whitmore	Alexandria	16:07
F	70-74	Gold	71	Chari	Bartolome	Arlington	14:56
F	70-74	Silver	74	Kristin	Krombein	Falls Church	16:31
F	70-74	DNP	71	Beth	Baynes	Alexandria	
F	75-79	DNP	75	Lois	Karb	Fairfax	
F	75-79	DNP	77	Mandy	Whalen	Falls Church	
F	85-89	Gold	85	Efthalia	Papailias	Arlington	14:44*

Male Record Holders							
1600 METER WALK - INDOOR TRACK - MEN							
50 - 54	Peter Blank			Annandale	9:47	2007	
55 - 59	Peter Blank			Annandale	9:07.8	2009	
60 - 64	Thomas Augustine			Woodbridge	10.22	2012	
65 - 69	Ron Hoffman			Sterling	10:18.7	2009	
70 - 74	Richard Deringer			Annandale	11:04.8	2009	
75 - 79	James W.C. Chang			Oakton	11:44	2012	
80 - 84	James W.C. Chang			Oakton	12:05.8	2015	
85 - 89	Joseph Peters			Great Falls	13:16	2007	

List of Male Participants							
M	55-59	Gold	58	Arthur	Skaer	South Riding	14:45
M	55-59	DNP	57	Michael	Soler	Manassas	
M	60-64	Gold	64	Rob	Aaront	Centreville	14:13
M	60-64	Silver	61	John	Schneider	Falls Church	17:17
M	65-69	Gold	69	Eiji	Yasuhara	Sterling	13:25
M	65-69	DNP	69	Gary	Cook	Lovettsville	
M	65-69	DNP	67	Thomas	Augustine	Woodbridge	
M	70-74	DNP	71	Ron	Asche	Burke	
M	80-84	Gold	80	Roger	Webb	Ashburn	13:42
M	80-84	Silver	82	Charles	Partridge	Arlington	13:43
M	80-84	Bronze	84	Walter	Lundy	Falls Church	16:07
M	80-84	DQ	81	George	Meek	Arlington	DQ
M	85-89	DNP	87	Kent	Halstead	Arlington	
M	85-89	DNP	89	Leonard	Kalkwarf	Springfiled	
M	90-94	DNP	93	Jorge	Soler	Falls Church	