

EVENT: 200M Run

Record Holderfs: Female

**200 METER RUN - INDOOR TRACK – WOMEN**

50 - 54	Saskia Estupian-Day	McLean	34.3	2009
55 - 59	Hannah Phillips	Alexandria	36.10	2008
60 - 64	Mary White	Arlington	37.2	2009
65 - 69	Hannah Phillips	Alexandria	36.21	2018*
70 - 74	Lee Glassco	McLean	56.75	2007
75 - 79	Margaret Jones	Woodbridge	59.03	2018*
80 - 84	Josephine Stewart	Manassas	46.4	2008
85 - 89	Josephine Stewart	Manassas	51.72	2012
90 – 94	Josephine Stewart	Manassas	51.0	2013

## List of Participants 2018

Sex	Age Group	Place	Age	Firstname	Surname	City	Score/Time
F	50-54	Gold	51	Arsema	Abbay	Burke	43.09
F	60-64	Gold	61	Katherine (Keg)	Good	Woodbridge	37.59
F	60-64	Silver	60	Greta	Budweg	Ashburn	48.03
F	65-69	Gold	66	Hannah	Phillips	Alexandria	36.21*
F	65-69	Silver	66	Shelia	Moore	Gaithersburg	43.06
F	65-69		66	Jane	Hoge	Falls Church	DNP
F	75-79	Gold	76	Margaret	Jones	Woodbridge	59.03*
F	75-79	Silver	78	Mandy	Whalen	Falls Church	1:03.0
F	85-89	Gold	85	Alease	Brooks	Arlington	1:37.0

Record Holders: Male

**200 METER RUN - INDOOR TRACK – MEN**

50 - 54	Robert Forsythe	Annandale	28.03	2016
55 - 59	Sola Cole	Arlington	28.90	2008
60 - 64	Schuyler Webb	Arlington	27.68	2014
65 - 69	Schuyler Webb	Arlington	27.31	2016
70 - 74	Clarence John Wells-Martin	Herndon	33.36	2016
75 - 79	Hal Goolsby	McLean	35.69	2007
80 - 84	Hal Goolsby	McLean	41.34	2014
85 - 89	Peter Han	Alexandria	44.41	2017

Sex	Age Group	Place	Age	Firstname	Surname	City	Score/Time	
M	55-59	Gold	55	Rich	Taylor	Arlington	31.25	
M	55-59	Silver	59	Thomas	Carroll	Chantilly	36.97	
M	55-59		58	Brandon	White	Alexandria	DNP	
M	60-64	Gold	60	Ronald	Workman	Sterling	31.04	
M	60-64	Silver	60	Stephan	Moretti	West Springf	34.59	
M	60-64	Bronze	61	Kamran	Khan	Springfield	36.84	
M	60-64		63	Manuel	Pais	Fairfax	DNP	
M	65-69	Gold	67	Sky	Webb	Arlington	28.62	
M	65-69	Silver	65	David	Kelly	Alexandria	35.34	
M	65-69	Bronze	68	Jay Jacob	Wind	Arlington	54.00	
M	70-74	Gold	72	James	Etter	Fairfax	35.59	
M	70-74	Gold	70	Eiji	Yasuhara	Sterling	35.59	
M	70-74	Bronze	72	Robert	Grannis	Manassas	39.50	
M	70-74		4	74	Don	Meli	Annandale	40.37
M	70-74		5	71	Jack	Katosh	Arlington	42.31
M	70-74		6	74	Jim	Fostek	Fairfax	55.65
M	75-79	Gold	75	Daniel	Durante	Gainesville	38.66	
M	75-79	Silver	78	Woody	Hair	Arlington	44.4	
M	75-79	Bronze	77	G Stan	Brown	Fairfax	53.06	
M	75-79		4	75	Norbert	Commons	Ashburn	1:08.0
M	80-84	Gold	83	Jerry	Bradley	Oakton	42.75	
M	80-84	Silver	83	Hyung	Park	Springfield	44.66	
M	80-84	Bronze	80	Emmanuel	Kaculis	Falls Church	48.65	
M	85-89	Gold	88	Kent	Halstead	Arlington	54.0	
M	85-89		86	Donald	McPherson	Ashburn	DNP	
M	85-89		86	Vaithilingam	Thuraisamy	Leesburg	DNP	
M	90-94		93	Dixon	Hemphill	Fairfax Static	DNP	