

				3 Mile Walk			
Female Record Holders							

50 - 54	Monica Hill	Woodbridge	38:55	2015
55 - 59	Maureen Ruel	Ashburn	33:10	2011
60 - 64	Maureen Ruel	Ashburn	33:33	2017*
65 - 69	Beth Baynes	Arlington	36:22	2014
70 - 74	Beth Baynes	Alexandria	36:18	2016
75 - 79	Mandy Whalen	Falls Church	38:37	2017*
80 - 84	Constance Bubon	Ashburn	43:52	2017*
85 - 89	Naomi Hesser	Fairfax	59:58	2011
90 - 94	Mary Lathram	Falls Church	50:09	2007

List of Participants 2017							
Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time
F	55-59	Gold	56	Monica	Hill	Woodbridge	36:08
F	55-59	DNP	56	Karen	Flaherty	Ashburn	
F	60-64	Gold	63	Maureen	Ruel	Ashburn	33:33*
F	60-64	Silver	62	Monica	Hoffman	Springfield	39:38
F	60-64	Bronze	63	Betsy	Culbertson	Vienna	42:15
F	60-64	4	60	Sharon	O'Neill	Annandale	44:14
F	65-69	Gold	69	Debbi	Miller	Fairfax	47:12
F	65-69	DNP	69	Shirley	Lucas	Vienna	
F	65-69	DNP	65	Elizabeth	Hancock	Falls Church	
F	65-69	DNP	66	Rita	Maldonado	Dumfries	
F	70-74	Gold	71	Beth	Baynes	Alexandria	36:31
F	70-74	Silver	74	Kristin	Krombein	Falls Church	49:26
F	70-74	DNP	72	Jeanne	Mahoney	Reston	
F	75-79	Gold	77	Mandy	Whalen	Falls Church	38:37*
F	75-79	DNP	75	Lois	Karb	Fairfax	
F	80-84	Gold	83	Constance	Bubon	Ashburn	43:52*
F	80-84	DNP	83	Violet	Mies	Ashburn	

	Male Record Holders						
50 - 54	Peter Blank			Annandale	31:55	2007	
55 - 59	Peter Blank			Annandale	29:15	2009	
60 - 64	Victor Litwinski			McLean	32:37	2007	
65 - 69	Ron Hoffman			Sterling	32:08	2009	
70 - 74	Richard Deringer			Annandale	34:37	2007	
75 - 79	Edward Arriaga			Arlington	34:39	2007	
80 - 84	Edwardo Arriaga			Arlington	36:47	2012	
85 - 89	Jorge Soler			Falls Church	41:30	2010	
90 - 94	Jorge Soler			Falls Church	48:24	2014	
List of Male Participants							
M	50-54	Gold	50	Brett	Baughman	Woodbridge	43:35
M	55-59	Gold	57	Michael	Soler	Manassas	53:42
M	55-59	DNP	58	Arthur	Skaer	South Riding	
M	60-64	Gold	64	Rob	Aaront	Centreville	38:10
M	65-69	Gold	68	John	O'Neill	Annandale	36:06
M	65-69	Silver	67	Michael	Hodge	Dumfries	39:56
M	65-69	DNP	69	Gerald	Patterson	Alexandria	
M	70-74	Gold	73	Glenwood	Sickels	Haymarket	47:05
M	75-79	Gold	78	Herb	Levitan	Arlington	41:14
M	75-79	Silver	75	Joe	McIntosh	Arlington	42:26
M	80-84	Gold	83	William	Walker	Ashburn	40:22
M	80-84	Silver	80	Roger	Webb	Ashburn	43:16
M	85-89	Gold	86	Bruce	Roth	Woodbridge	45:50
M	85-89	Silver	89	Leonard	Kalkwarf	Springfield	47:46
M	90-94	Gold	93	Jorge	Soler	Falls Church	53:42