

Results of 3 mile Walk

Female Age Group Resords:

50 - 54	Monica Hill	Woodbridge	38:55	2015
55 - 59	Maureen Ruel	Ashburn	33:10	2011
60 - 64	Maureen Ruel	Ashburn	33:51	2015
65 - 69	Beth Baynes	Arlington	36:22	2014
70 - 74	Beth Baynes	Alexandria	36.18	2016*
75 - 79	Mandy Whalen	Falls Church	38:45	2015
80 - 84	Mary Simpson	Manassas	44:19	2011
85 - 89	Naomi Hesser	Fairfax	59:58	2011
90 - 94	Mary Lathram	Falls Church	50:09	2007

List of Registered Participants 2016

Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time
F	55-59	Gold	55	Monica	Hill	Woodbridge	35:44
F	55-59	Silver	59	Sharon	O'Neill	Annandale	45:19
F	55-59		59	Keg	Good	Woodbridge	DNP
F	55-59		55	Becky	Klein	Woodbridge	DNP
F	55-59		59	Alice	Swan	Arlington	DNP
F	60-64	Gold	63	Dawn	O'Neill	Arlington	34:50
F	60-64	Silver	62	Deedee	Smith	Falls Church	35:58
F	60-64	Bronze	63	Elizabeth	Hancock	Falls Church	42:46
F	60-64		60	Linda	Andrews	Fairfax	DNP
F	60-64		63	Terry	Gross	Fairfax	DNP
F	60-64		61	Maureen	Zaino	Oak Hill	DNP
F	65-69	Gold	69	Carol	Banks	Springfield	41:24
F	65-69	Silver	67	Shirley	Lucas	Vienna	41:30
F	65-69		69	Pamala	Hodge	Dumfries	DNP
F	70-74	Gold	70	Beth	Baynes	Arlington	36:18 *
F	70-74	Silver	72	Carolyn	Bowers	Alexandria	44:44
F	70-74	Bronze	73	Kristin	Krombein	Falls Church	51:20
F	75-79	Gold	76	Mandy	Whalen	Falls Church	39:38

Male Age Group Records							
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 Registered Participants 2016							
Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time
M	60-64	Gold	61	Albert	Arcand	Woodbridge	34:28
M	60-64	Silver	61	Jim	Gleason	Reston	36:19
M	60-64	Bronze	63	Rob	Aaront	Centreville	37:25
M	65-69	Gold	67	John	O'Neill	Annandale	36:51
M	65-69	Silver	69	John	Rubenacker	Fairfax	37:29
M	65-69	Bronze	66	Michael	Hodge	Dumfries	39:00
M	65-69	4	65	Louis	Mazel	Falls Church	41:24
M	70-74	Gold	73	Addison	Smith	Springfield	46:19
M	70-74	Silver	71	Kenneth	Thomas	Falls Church	50:30
M	70-74		72	Glenwood	Sickels	Haymarket	DNP
M	70-74		72	Ralph	Tapp	Warrenton	DNP
M	75-79	Gold	78	Charles	Morris	Falls Church	38:27
M	75-79	Silver	77	Herb	Levitan	Arlington	39:56
M	75-79	Bronze	79	Roger	Webb	Ashburn	42:56
M	75-79	5	75	Joseph	Czika	Annandale	43:27
M	75-79	6	77	Charles	Bowers	Alexandria	46:12
M	75-79	7	75	Alton (Al)	Lamb	Dumfries	48:57
M	80-84	Gold	82	William	Walker	Ashburn	38:54
M	85-89	Gold	85	Bruce	Roth	Woodbridge	51:20
M	90-94	Gold	92	Jorge	Soler	Falls Church	56:06