

Male Record Holders						
400 METER RUN - INDOOR TRACK - MEN						
50 - 54	Robert Forsythe	Annandale	:58.99	2016		
55 - 59	Frederick Thomas	Arlington	1:05.78	2014		
60 - 64	Schuyler Webb	Arlington	1:06.19	2014		
65 - 69	Schuyler Webb	Arlington	1:05.84	2016		
70 - 74	Clarence John Wells-Martin	Herndon	1:18	2017*		
75 - 79	Hal Goolsby	McLean	1:30.17	2007		
80 - 84	Hal Goolsby	McLean	1:43.41	2014		
85 - 89	Peter Han	Alexandria	1:47.40	2016		
List of Male Participants						
M	50-54	Gold	54	Duane Williamson	Warrenton	1:10
M	50-54	Silver	54	Zachary McBride	Woodbridge	1:19
M	50-54	DNP	53	Jeff Shad	Alexandria	
M	55-59	Gold	59	Stephan Moretti	Springfield	1:14
M	55-59	Silver	57	Everton Barrett	Fairfax	1:17
M	55-59	Bronze	55	Joseph Stiskal	Reston	1:21
M	55-59	4	58	Thomas Carroll	Chantilly	1:24
M	55-59	DNP	55	Tom Gittins	Falls Church	
M	60-64	Gold	63	Trevor Major	Vienna	1:24
M	60-64	Silver	64	David Kelly	Alexandria	1:31
M	60-64	DNP	60	Aubrey Toller	Woodbridge	
M	65-69	Gold	66	Sky Webb	Arlington	1:12
	65-69	Silver		Dan Williams		1:24
M	65-69	Bronze	69	Eiji Yasuhara	Sterling	1:30
M	70-74	Gold	71	Clarence John Wells-Martin	Herndon	1:18*
M	70-74	Silver	73	Jason Page	Hamilton	1:19
M	70-74	Bronze	73	Donald Meli	Annandale	1:34
M	70-74	4	74	Norbert (Bud) Commons	Ashburn	2:50
M	70-74	DNP	73	Glenwood Sickels	Haymarket	
M	75-79	DNP	79	Wayne Willson	Haymarket	
M	80-84	Gold	82	Hyung Park	Springfield	1:53
M	80-84	DNP	82	Jerry Bradley	Oakton	
M	85-89	Gold	88	Peter Han	Alexandria	1:59
M	85-89	Silver	87	Kent Halstead	Arlington	2:25
M	85-89	Bronze	85	Donald McPherson	Ashburn	2:35
M	85-89	DNP	89	Leonard Kalkwarf	Springfield	
M	90-94	DNP	92	Dixon Hemphill	Fairfax Station	