

Record Holders: Female

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

50 - 54	Saska Estupian-Day	McLean	1:22.3	2009
55 - 59	Hannah Phillips	Alexandria	1:24.70	2008
60 - 64	Hannah Phillips	Alexandria	1:23.10	2008
65 - 69	Hannah Phillips	Alexandria	1:26.69	2018*
70 - 74	Mandy Whalen	Alexandria	2:12.13	2014
75 – 79	Margaret Jones	Woodbridge	2:12.97	2018*

List of Participants 2018

Sex	Age Group	Place	Age	Firstname	Surname	City	Score/Time
F	60-64	Gold	62	Dixie	Duncan	Arlington	1:23.97
F	60-64	Silver	61	Katherine (Keg)	Good	Woodbridge	1:50.90
F	65-69	Gold	66	Hannah	Phillips	Alexandria	1:26.69*
F	75-79	Gold	76	Margaret	Jones	Woodbridge	2:12.97*
F	75-79		78	Mandy	Whalen	Falls Church	DNP
F	85-89		85	Alease	Brooks	Arlington	DNP

Record Holders: Male

**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

Sex	Age Group	Place	Age	Firstname	Surname	City	Score/Time
M	55-59	Gold	56	Joseph	Stiskal	Reston	1:19
M	55-59	Silver	59	Thomas	Carroll	Chantilly	1:31.69
M	55-59		59	Kent	England	Alexandria	DNP
M	55-59		55	Rich	Taylor	Arlington	DNP

M	60-64	Gold	60	Stephan	Moretti	West Springfie	1:14.03
M	60-64	Silver	61	Aubrey	Toller	Woodbridge	1:15.60
M	60-64	Bronze	60	Ronald	Workman	Sterling	1:20.34
M	60-64	4	61	John	Cartmill	Herndon	1:42
M	60-64		64	Trevor	Major	Vienna	DNP
M	60-64		63	Manuel	Pais	Fairfax	DNP
M	65-69	Gold	65	David	Kelly	Alexandria	1:28.03
M	65-69	Silver	68	Jay Jacob	Wind	Arlington	1:52.77
M	70-74	Gold	72	James	Etter	Fairfax	1:34.00
M	70-74	Silver	74	Don	Meli	Annandale	1:40.90
M	70-74		71	Sante	Esposito	Great Falls	DNP
M	75-79	Gold	75	Alphonse	Piekut	Vienna	1:35.65
M	75-79	Silver	78	Karl	Mueller	Alexandria	1:47.00
M	75-79	Bronze	77	G Stan	Brown	Fairfax	2:17.22
M	75-79	4	75	Norbert	Commons	Ashburn	2:57.12
M	75-79		75	Daniel	Durante	Gainesville	DNP
M	80-84	Gold	83	Hyung	Park	Springfield	1:52.00
M	80-84		83	Jerry	Bradley	Oakton	DNP
M	80-84		82	Alan	Rider	Reston	DNP
M	85-89	Gold	88	Kent	Halstead	Arlington	2:32.75
M	85-89		86	Donald	McPherson	Ashburn	DNP
M	90-94		93	Dixon	Hemphill	Fairfax Station	DNP