400 Meter WALK

Femal Record Holders

400 METER WALK – INDOOR TRACK – WOMEN (New in 2012)

50 – 54	Monica Hill	Woodbridge	2:54.4	2015
55 - 59	Becky Klein	Woodbridge	2:34	2016
60 – 64	Deedee Smith	Falls Church	2:48.01	2016
65 - 69	Josephina Smith	Centreville	2:50.4	2013
70 - 74	Mandy Whalen	Falls Church	2:54.34	2014
70 – 74	Beth Baynes	Arlington	2:54	2016
75 - 79	Mandy Whalen	Falls Church	2:57	2016
80 - 84	Jean Dawson	Purcellville	3:29	2012
85 – 89	Janine Bland	Arlington	3:36	2017*
90 – 94	Josephine Stewart	Manassas	3:28.0	2013

List of Participants 2017

Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time
F	55-59	Gold	56	Monica	Hill	Woodbridge	2:55
F	55-59	Siolver	59	Greta	Budweg	Ashburn	2:58
F	60-64	Gold	62	Cindy	Hook	Annandale	3:20
F	60-64	DNP	62	Monica	Hoffman	Springfield	
F	65-69	Gold	69	Debbi	Miller	Fairfax	3:18
F	65-69	Silver	69	Linda	Whitmore	Alexandria	3:39
F	65-69	Bronze	68	Ellen	Marrone	Alexandria	4:16
F	65-69	DNP	66	Ruth	St Laurent	Ashburn	
F	70-74	Gold	71	Chari	Bartolome	Arlington	3:22
F	70-74	Silver	72	Suzan	French	Ashburn	3:40
F	70-74	Bronze	74	Kristin	Krombein	Falls Church	3:53
F	70-74	DNP	72	Jeanne	Mahoney	Reston	
F	70-74	DNP	74	Aurora	Tapp	Warrenton	
F	75-79	Gold	77	Mandy	Whalen	Falls Church	3:05
F	75-79	Silver	77	Beverly	Franklin	Springfield	3:41
F	75-79	Bronze	79	Betsy	Younkins	McLean	3:57
F	75-79	DNP	79	Nancy	Gesswein	Potomac Falls	
F	75-79	DNP	75	Lois	Karb	Fairfax	
F	80-84	Gold	84	Alease	Brooks	Arlington	4:02
F	85-89	Gold	86	Janine	Bland	Arlington	3:36

Male Record Holders

400 METER WALK – INDOOR TRACK – MEN (New in 2012)

50 - 54	Marty Willis	Falls Church	2:52.3	2013
55 - 59	Albert Arcand	Woodbridge	2:23.78	2014
60 - 64	Albert Arcand	Woodbridge	2:14.6	2016
65 - 69	Doug Hastings	Alexandria	2:13.68	2016
70 - 74	Brian Forst	Reston	2:30	2015
75 - 79	Roger Webb	Alexandria	2:55	2012
80 – 84	Charles Toftoy	Arlington	2:48.72	2016
85 – 89	Kent Halstead	Arlington	2:48.30	2016
90 – 95	Marvin Bryant	Lake Ridge	4:54	2016

List of Participants

M	50-54	Gold	50	Brett	Baughman	Woodbridge	3:25
M	55-59	Gold	58	Arthur	Skaer	South Ridin	3:25
M	60-64	Gold	64	Rob	Aaront	Centreville	2:53
M	60-64	Ailver	61	John	Schneider	Falls Churcl	3:35
M	65-69	DNP	68	Doug	Hastings	Alexandria	
M	65-69	Gold	69	Eiji	Yasuhara	Sterling	2:55
M	65-69	Silver	66	Louis	Mazel	Falls Churcl	3:09
M	65-69	DNP	69	Gary	Cook	Lovettsville	
M	65-69	DNP	67	Thomas	Augustine	Woodbridge	
M	70-74	Gold	71	Ron	Asche	Burke	3:39
M	70-74	DNP	73	Chuck	Kleymeyer	Arlington	
M	75-79	DNP	77	William	Hohner	Ashburn	
M	80-84	Gold	82	Charles	Partridge	Arlington	3:11
M	80-84	Silver	80	Roger	Webb	Ashburn	3:13
M	80-84	Bronze	84	Walter	Lundy	Falls Churcl	3:40
M	85-89	Gold	87	Kent	Halstead	Arlington	3:04
M	85-89	Silver	85	Larry	Lasik	Herndon	3:13
M	85-89	Bronze	89	Leonard	Kalkwarf		4:02
M	85-89	DNP	85	Donald	McPherson	Ashburn	
M	85-89	DNP	89	Frank	Manhardt	Arlington	