

## 400 Meter WALK

## Femal Record Holders

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	Jannine 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	Silver	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*

