

EVENT:		400M Walk	
Record Holders: Female			

<b>400 METER WALK – INDOOR TRACK – WOMEN (New in 2012)</b>					
50 – 54	Geneva Park	Alexandria	2:52.25	2018*	
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 2018							
Sex	Age Group	Place	Age	Firstname	Surname	City	Score/Time
F	50-54	Gold	53	Geneva	Park	Alexandria	2:52.25*
F	50-54	Silver	51	Arsema	Abbay	Burke	3:10
F	50-54	Bronze	51	Debbie	McBride	Woodbridge	3:20.06
F	55-59	Gold	57	Monica	Hill	Woodbridge	2:46.28
F	55-59	Silver	58	Danita	Moses	Alexandria	2:52
F	55-59	Bronze	56	Diane	Doolittle	Arlington	3:40.18
F	60-64	Gold	60	Greta	Budweg	Ashburn	2:55.85
F	60-64	Silver	63	Sara	Fimiani	Falls Church	3:18.97
F	60-64		64	Warene	Sheridan	Falls Church	DNP
F	65-69	Gold	69	Ellen	Marrone	Alexandria	4:50
F	65-69		69	Kathryn	Fanelli	Annandale	DNP
F	65-69		65	Patricia	Tuholski	Herndon	DNF
F	70-74	Gold	70	Linda	Whitmore	Alexandria	3:25.56
F	70-74	Silver	70	Sally	Storr	Annandale	4:44
F	75-79	Gold	78	Mandy	Whalen	Falls Church	3:11.06
F	80-84	Gold	82	Annmarie	Pittman	Alexandria	3:31.40
F	80-84	Silver	80	Nancy	Gesswein	Sterling	4:06.50
F	80-84	Bronze	80	Betsy	Younkins	McLean	4:14.22

F	85-89	Gold	87	Janine	Bland	Arlington	3:36.88
F	85-89	Silver	86	Barbara	Morriis	Falls Church	4:33.63
F	85-89		85	Alease	Brooks	Arlington	DNP

Record Holders: Male

<b>400 METER WALK – INDOOR TRACK – MEN (New in 2012)</b>						
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

Sex	Age Group	Place	Age	Firstname	Surname	City	Score/Time	
M	50-54	Gold	54	Stephen	Neal	Chantilly	2:54.38	
M	50-54	Silver	52	Robert	Montenegro	Oakton	3:05	
M	50-54	Bronze	54	James	Park	Alexandria	3:24.68	
M	50-54		4	51	Joseph	Sunday	Arlington	3:25
M	50-54		5	53	Dan	Doolittle	Arlington	3:25.34
M	50-54			51	Brett	Baughman	Woodbridge	DNP
M	55-59			59	Arthur	Skaer	South Riding	DNP
M	60-64	Gold	62	John	Schneider	Reston	3:34.26	
M	65-69	Gold	65	Rob	Aaront	Centreville	2:57.25	
M	65-69	Silver	67	Allan	Dosik	Arlington	2:59.40	
M	65-69	Bronze	67	Louis	Mazel	Falls Church	3:06.50	
M	65-69			65	Ken	Freund	Alexandria	DNP
M	70-74	Gold	70	Eiji	Yasuhara	Sterling	2:57	
M	70-74	Silver	74	Charles	Kleymeyer	Arlington	2:59	
M	70-74	Bronze	74	Harry	Jones	Burke	3:38.60	
M	70-74			72	John	Cordyack	Reston	DNP
M	70-74			71	Sante	Esposito	Great Falls	DNP

M	75-79	Gold	79	Carlos	Rodriguez	Dumfries	3:34
M	75-79	Silver	79	Jean	Reed	Falls Church	3:57.00
M	80-84	Gold	82	Charles	Partridge	Arlington	3:05.65
M	80-84	Silver	81	C. Ward	Morris	Falls Church	3:33.50
M	80-84	Bronze	82	Alan	Wile, Jr.	Arlington	5:05.84
M	80-84		83	Charles	Toftoy	Arlington	DNP
M	80-84		81	Roger	Webb	Ashburn	DNP
M	85-89	Gold	85	Thomas	Tobias	Haymarket	3:10.53
M	85-89	Silver	88	Kent	Halstead	Arlington	3:20.22
M	85-89	Bronze	86	Larry	Lasik	Herndon	3:20.31
M	85-89		4 86	Donald	McPherson	Ashburn	3:20.75
M	85-89		5 85	Walter	Lundy	Falls Church	3:28
M	85-89		6 86	Tom	Quinn	Arlington	3:39.40
M	90-94		90	Leonard	Kalkwarf	Springfiled	DNP