

Results for 400 M Run 2016

Female Age Group Records:

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	Wendy Lynch	Woodbridge	1 :39.00	2016*	
70 - 74	Mandy Whalen	Alexandria	2:12.13	2014	
75 - 79	Mandy Whelan	Falls Church	2:19.93	2016*	
75 - 79	Lee Glassco	McLean	2:35.82	2007	

List of Registered Participants 2016

Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time
F	50-54	Gold	50	Sheila	Beard	McLean	1:42.56
F	55-59	Gold	55	Joanne	Brenton	Alexandria	1:35.25
F	55-59	Silver	59	Keg	Good	Woodbridge	1:37.59
F	60-64	Gold	64	Hannah	Phillips	Alexandria	1:23.10 *
F	65-69	Gold	67	Shirley	Lucas	Vienna	2:25.84
F	75-79	Gold	76	Mandy	Whalen	Falls Church	2:19.93 *
F	80-84		83	Alease	Brooks	Arlington	DNP

Male Age Group Records

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	Jason Page	Hamilton	1:19.19	2016*	
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 Registered Participants 2016

Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time
M	50-54	Gold	50	Robert	Forsythe	Annandale	58.99 *
M	50-54	Silver	52	Duane	Williamson	Warrenton	1:05
M	50-54	Bronze	54	Joseph	Stiskal	Reston	1:22.65
M	50-54		54	Lawrence	Lewis	Alexandria	DNP

M	55-59	Gold	59	Aubrey	Toller	Woodbridge	1:09	
M	55-59	Silver	57	Stephan	Moretti	Springfield	1:12.65	
M	55-59	Bronze	55	Vincent	Langan	Warrenton	1:24	
M	55-59		56	Everton	Barrett	Fairfax	DNP	
M	55-59		56	Matthew	Mohler	Herndon	DNP	
M	60-64	Gold	61	Trevor	Major	Vienna	1:22.81	
M	60-64		61	Douglas	Hill	Woodbridge	DNP	
M	60-64		63	David	Kelly	Alexandria	DNP	
M	60-64		60	Joe	Lerner	Arlington	DNP	
M	65-69	Gold	65	Schuyler	Webb	Arlington	1:05.84 *	
M	65-69	Silver	65	Charles	Appler	Springfield	1:16.86	
M	65-69	Bronze	66	Michael	Hanifin	Manassas	1:22.40	
M	65-69	4	68	Eiji	Yasuhara	Sterling	1:26.50	
M	65-69		67	Dan	Williams	Reston	DNP	
M	70-74	Gold	71	Jason	Page	Hamilton	1:19.19 *	
M	70-74	Silver	70	Clarence Joh	Wells-Martin	Herndon	1:24.47	
M	70-74	Bronze	72	Donald	Meli	Annandale	1:31.68	
M	70-74		70	John	Cordyack	Reston	DNP	
M	70-74		73	Daniel	Durante	Gainesville	DNP	
M	70-74		70	James	Etter	Fairfax	DNP	
M	70-74		71	Gerald	Scott	Ashburn	DNP	
M	70-74		72	Glenwood	Sickels	Haymarket	DNP	
M	70-74		71	James	Spencer	Alexandria	DNP	
M	75-79	Gold	79	Ken	Quincy	Vienna	1:58.40	
M	80-84	Gold	81	Hyung	Park	Springfield	1:44.03	
M	85-89	Gold	86	Peter	Han	Alexandria	1:47.40 *	
M	85-89	Silver	86	Kent	Halstead	Arlington	2:30.06	