

Male Age Group Record Holders							
5K ROAD RACE – MEN (NEW IN 2014)							
50 – 54	Ted Poulos			McLean		19:45	2014
55 – 59	Stephan Moretti			Springfield		22:55	2016*
60 – 64	Clifton Anderson			Warrenton		22:05	2014
65 – 69	Vincent Murphy			Woodbridge		24:16	2015
70 – 74	Jason Page			Hamilton		21:34	2014
75 – 79	Ken Quincy			Vienna		30:21	2014
80 – 84	Terence McCarthy			Leesburg		34:24	2015
85 – 89	Peter Han			Alexandria		32:01	2014
List of Registered Participants 2016							
Sex	Age Group	Place	Age	First Name	Last Name	City	Time
M	50-54	Gold	51	Mark	Christoffersen	Herndon	37:27
M	50-54		54	Joseph	Stiskal	Reston	DNP
M	55-59	Gold	57	Stephan	Moretti	Springfield	22:55 *
M	55-59	Silver	56	Matt	Mohler	Herndon	24:57
M	55-59	Bronze	57	Thomas	Carroll	Chantilly	26:24
M	55-59	4	55	Ted	Poulos	McLean	27:38
M	55-59		56	Michael	Ambrose	Alexandria	DNP
M	55-59		55	Vincent	Langan	Warrenton	DNP
M	60-64	Gold	60	Michael	Kappel	Arlington	23:42
M	60-64	Silver	63	Dale	Howell	Burke	27:02
M	60-64	Bronze	60	Michael	Zawadzki	Falls Church	27:24
M	60-64	4	62	David	Mann	Fairfax	28:44
M	60-64	5	61	Albert	Arcand	Woodbridge	31:54
M	60-64		63	David	Kelly	Alexandria	DNP
M	60-64		63	William	Tracy	Burke	DNP
M	65-69	Gold	66	Vincent	Murphy	Woodbridge	24:38
M	65-69	Silver	69	David	Post	Fairfax	28:06
M	65-69	Bronze	65	William	Leggett	Lake Ridge	32:29
M	65-69		65	Paul	Ryan	Arlington	DNP

M	70-74	Gold	71	Jason	Page	Hamilton	24:15
M	70-74	Silver	70	Stephen	Banks	Springfield	26:38
M	70-74	Bronze	72	James	Wright	Arlington	35:27
M	70-74	4	74	Edward	Bogdan	Ashburn	36:14
M	75-79	Gold	79	Ken	Quincy	Vienna	31:19
M	75-79	Silver	79	Philip	Hager	Falls Church	35:44
M	75-79	Bronze	78	Neil	Levy	Alexandria	55:32
M	75-79		77	Herb	Levitan	Arlington	DNP
M	75-79		79	Roger	Webb	Ashburn	DNP
M	80-84	Gold	82	Clifford	Dewitt	Vienn	48:00
M	85-89	Gold	86	Peter	Han	Alexandria	34:50