

Cycling 10 K Time Trial							
Female Record Holders							
CYCLING - 10K Time Trial - WOMEN (Held at Vint Hill Village Green in 2016)							
50-54	Susan Lengel	Fairfax	22:40	2016			
55-59	Bridget Sedlak	Haymarket	20:35	2016			
70-74	Lynn Saunders	Gainesville	22:59	2017*			
75-79	Susan Jones	Springfield	24:04	2016			
80-84	Joyce Tobias	Haymarket	37:29	2017*			
List of Participants 2017							
Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time
F	50-54	Gold	54	Colleen	Cornwell	Manassas	23:10
F		Silver	52	Susan	Lengel	Fairfax	23:21
F		Bronze	54	Ellen	Rotchford	Arlington	27:14
F	55-59	Gold	57	Karen	Keith	Gainesville	31:19
F	70-74	Gold	71	Lynn	Saunders	Gainsville	22:59*
F			72	Jeanne	Mahoney	Reston	
F	75-79	DNP	75	Susan	Lucas	Gainesville	
F	80-84	Gold	80	Joyce	Tobias	Haymarket	37:29*
Male Record Holders							
CYCLING - 10K Time Trial - MEN (Held at Vint Hill Village Green in 2016)							
50-54	Ariundbold Densengombo	Falls Church	16:41	2016			
55-59	Michael Emerson	Leesburg	14:52	2016			
60-64	Jim Crowley	Alexandria	15:04	2017*			
65-69	James Degoey	Reston	15:42	2016			
70-74	David Jerome	Haymarket	17:09	2016			
75-79	Kenneth Weinsapfel	Gainesville	19:03	2016			
80-84	Bill Vest	Reston	18:07	2016			
85-89	Otto Gerken	Gainesville	33:53	2016			

List of Male Participants							
M	50-54	Gold	54	Douglas	Porterfield	Bristow	17:58
M	55-59	Gold	59	Michael	Emerson	Purcellville	15:49
M		Silver	56	Eric	Lengel	Fairfax	17:27
M		Bronze	59	Donald	Burlingham	Stafford	17:33
M			4	56	Ritch	Viola	Arlington
M			5	56	Vincent	Langan	Warrenton
M	60-64	Gold	60	Jim	Crowley	Alexandria	15:04*
M		Silver	61	John	Jeffers	Springfield	23:56
M		DNP	64	Ken	Freund	Alexandria	
M	65-69	Gold	68	James	Degoey	Ashburn	17:26
M		Silver	65	Gary	Kuchel	Fairfax	18:29
M		Bronze	68	Walt	Grabowski	Gainesville	21:05
M		DNP	68	Robert	Shannon	Gainesville	
M	70-74	Gold	71	David	Jerome	Haymarket	18:25
M		Silver	72	Michael	Causseaux	Marshall	18:59.11
M		Bronze	70	Roger	Kurrus	Aldie	18:59.90
M			4	74	William	Mahoney	Sterling
M			5	71	Barry	Woods	Montclair
M			6	74	Hugh	Haworth	Alexandria
M	75-79	Gold	76	Kenneth	Weinzapfel	Gainesville	20:00
M		Silver	78	Todd	Counts	Gainesville	23:11
M		Bronze	77	Stephen	Forman	McLean	23:26
M			4	76	Martin	Sultan	Ashburn
M		DNP	76	Robert	Lynch	Haymarket	
M		DNP	77	Robert	Lightsey	Alexandria	
M	80-84	Gold	81	Bill	Vest	Reston	18:42
M		Silver	84	Thomas	Tobias	Haymarket	21:34
M		Bronze	82	Roy	Huffman	Gainesville	23:43
M			4	80	Charles	Battaglia	Alexandria
M			5	83	Ron	Farra	Bristow
M	85-89	DNP	86	Jim	Lemons	Dale City	