

Male Record Holders						
50-54	Joseph Stiskal			Reston	7:51.9	2016
55-59	Mark Mildorf			Alexandria	7:30.4	2015
60-64	Mark Mildorf			Alexandria	7:34.2	2016
65-69	Michael Coleman			Falls Church	7:56.5	2017*
60-69	David Jerome			Haymarket	9:14.8	2013
70-74	Peter McGuirk			Arlington	7:18.8	2013
75-79	Kenneth Weinsapfel			Gainesville	8:20.7	2017*
80-84	Nicholas Fidandis			Alexandria	10:36.8	2014
85-89	Bill Wieand			McLean	10:47.1	2017*
List of Male Participants						
M	50-54	Gold	50	Joseph Sunday	Arlington	9:59.4
M	55-59	Gold	55	Joseph Stiskal	Reston	7:49.3
M	55-59	Silver	58	John Sullivan	Fairfax	8:13.3
M	55-59	Bronze	57	Brandon White	Woodbridge	10:06.4
M	55-59	DNP	56	Ritch Viola	Arlington	
M	60-64	Gold	63	Roger Wagner	Vienna	8:21.3
M	60-64	Silver	64	Ken Freund	Alexandria	10:00.1
M	65-69	Gold	66	Michael Coleman	Falls Church	7:56.5*
M	70-74	Silver	71	Ron Asche	Burke	12:40.7
	70-74	Gold	74	Hugh Haworth	Alexandria	8:28.2
M	75-79	Gold	76	Kenneth Weinzapfel	Gainesville	8:20.7*
M	75-79	Silver	76	Harvey Snyder	Arlington	8:54.9
M	75-79	Bronze	78	Herb Levitan	Arlington	9:00.5
M	75-79	DNP	78	Richard (Dick) Stohr	Lake Ridge	
M	80-84	DNP	80	Bill Stephens	Fairfax Station	
M	85-89	Gold	85	Bill Wieand	McLean	10:47.1*
M	85-89	Silver	89	Barry Shelkin	Alexandria	11:41.8
M	85-89	Bronze	79	Leonard Kalkwarf	Springfield	12:26.3
M	85-89	DNP	89	Frank Manhardt	Arlington	