

Male Age Group Records

50-54	Joseph Stikal	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	8:04.8	2016*
60-69	David Jerome	Haymarket	9:14.8	2013
70-74	Peter McGuirk	Arlington	7:18.8	2013
75-79	Kenneth Weinsapfel	Gainesville	8:26.2	2016*
80-84	Nicholas Fidandis	Alexandria	10:36.8	2014
85-89	Barry Shelkin	Alexandria	11:36.4	2016*

List of Registered Participants 2016

Sex	Age Group	Place	Age	First Name	Last Name	City	Score/Time	Ave time/500m
M	50-54	Gold	54	Joseph	Stiskal	Reston	7:51.9 *	1:58
M	50-54		53	Michael	Tadie	Alexandria	DNP	
M	60-64	Gold	60	Mark	Mildorf	Alexandria	7:34.2 *	1:53.6
M	60-64	Silver	64	Tim	Baxter	Arlington	7:51.4	1:57.9
M	60-64	Bronze	61	Jim	Gleason	Reston	8:21.8	2:05.5
M	60-64	4	61	Douglas	Hill	Woodbridge	8:26.1	2:06.5
M	60-64	5	61	Charles	Gibbs	Manassas	8:32.3	2:08.1
M	60-64	6	63	Rob	Aaront	Centreville	10:19.4	2:34.9
M	60-64		63	Ken	Freund	Alexandria	DNP	
M	65-69	Gold	65	Michael	Coleman	Falls Church	8:04.8 *	2:01.2
M	65-69	Silver	69	John	Rubenacker	Fairfax	9:10.7	2:17.7
M	65-69	Bronze	66	John	Lane	Marshall	9:17.9	2:19.5
M	70-74	Gold	73	Peter	McGuirk	Arlington	7:32.7	1:53.2
M	70-74	Silver	70	Ronald	Asche	Vienna	11:48.8	2:57
M	70-74		70	David	Jerome	Haymarket	DNP	
M	70-74		70	Larry	Soufal	Falls Church	DNP	
M	75-79	Gold	74	Kenneth	Weinzapfel	Gainesville	8:26.2 *	2:06.6
M	75-79	Silver	77	Herb	Levitan	Arlington	8:50.6	2:12.7
M	75-79	Bronze	76	George	Brockway	Arlington	9:05.0	2:16.3
M	75-79	4	75	Harvey	Snyder	Arlington	9:08	2:17.0
M	75-79	5	76	Richard (Dick)	Stohr	Lake Ridge	12:05.7	3:01.4
M	75-79		79	George	Royall	Arlington	DNP	
M	80-84	Gold	83	Nicholas	Fidandis	Alexandria	10:41.6	2:40.4
M	80-84		80	Elmer	Premo	Arlington	DNP	
M	85-89	Gold	87	Barry	Shelkin	Alexandria	11:36.4 *	2:54