

Male Record Holders							
50 - 54	Bret Bailey			Herndon		:26.46	2012
55 - 59	Tom Scott			Woodbridge		:28.34	1995
60 - 64	Bruce Fisher			Sterling		:29.0	2012
65 - 69	Kevin Culhane			Lorton		:28.56	2013
70 - 74	Kevin Culhane			Lorton		:29.56	2017*
75 - 79	Bert Kassell			Arlington		:33.21	1988
80 - 84	James Glassco			Arlington		:36.47	2006
85 - 89	J.R. Cassidy			Manassas		:45.61	2001
90 +	J.R. Cassidy			Manassas		:57.46	2006
List of Male Participatns							
M	50-54	Gold	52	Ian	Liu	Falls Church	29.65
M	55-59	Gold	59	Robert	Romo	Oakton	32.93
M	55-59	Silver	56	Michael	Anderson	Bristow	35.40
M	55-59	Bronze	56	Vincent	Langan	Warrenton	35.56
M	55-59	4	57	Brandon	White	Woodbridge	47.93
M	55-59	DNP	55	Mark	Harris	Alexandria	
M	60-64	Gold	61	Ralph	Swiger	Leesburg	40.43
M	60-64	DNP	64	Ken	Freund	Alexandria	
M	65-69	Gold	66	Thomas	Godwin	McLean	37.97
M	65-69	Silver	69	Eiji	Yasuhara	Sterling	42.03
M	65-69	DNP	68	James	Lengle	Arlington	
M	70-74	Gold	71	Kevin	Culhane	Lorton	29.56 *
M	70-74	Silver	71	Vince	Romano	Annandale	36.21
M	70-74	Bronze	73	Donald	Meli	Annandale	37.59
M	70-74	4	73	Chuck	Kleymeyer	Arlington	40.62
M	75-79	Gold	79	John	Woodward	Fairfax	38.05
M	75-79	Silver	77	John	Dineen	Springfield	38.62
M	75-79	Bronze	78	Herb	Levitan	Arlington	48.09
M	75-79	4	76	Takehiko	Kato	Springfield	1:01.43
M	75-79	DNP	75	Sterling	Pilette	Reston	
M	80-84	Gold	81	David	Nicholas	Oakton	41.19
M	80-84	Silver	83	Ron	Farra	Bristow	1:14.06
M	80-84	DNP	82	Lawrence	Cohen	Sterling	
M	85-89	Gold	85	Donald	McPherson	Ashburn	53.21
M	85-89	Silver	88	Phil	Case	Springfield	58.25
M	85-89	Bronze	85	Bill	Wieand	McLean	1:00.09
M	85-89	4	85	Lou	Brown	Leesburg	1:17.21
M	85-89	5	89	Willard	Rieger	Springfield	2:31.03
M	90-94	DNP	92	Dixon	Hemphill	Fairfax Station	