



	Male Record Holders						
50 - 54	Paul Cachon			Arlington	583		2017*
55 - 59	Craig Winters			Alexandria	581		2014
60 - 69	Clinton Lambert			Springfield	666		2012
70 - 79	Ed Ladd			Sterling	815		2013
80 - 89	Lawrence Earl			Springfield	837		2015
90 - 99	Henry Stawicki			Burke	688		2015
List of Male participants							
M	50-54	Gold	50	Paul	Cachon	Arlington	583*
M	70-74	Gold	72	Gordon	Carter	Falls Church	607
M	75-79	Gold	76	Eric	Bergstrom	Springfield	590
M	75-79	Silver	78	Richard (Dick)	Stohr	Lake Ridge	572
M	75-79	Bronze	78	Herb	Levitan	Arlington	319
M	80-84	Gold	81	Ed	Ladd	Potomac Falls	798
M	80-84	Silver	83	Peter	Elenois	Alexandria	621
M	80-84	Bronze	82	Juan	Morriberon	Arlington	607
M	80-84		4	82	Jack	Martin	Falls Church
M	80-84	DNP	80	Bill	Stephens	Fairfax Station	
M	85-89	Gold	85	Ronald	Hommas	Springfield	607
M	85-89	Silver	89	George	Neborak	Arlington	480
M	85-89	Bronze	86	John	Ewing	Falls Church	443
M	90-94	Gold	93	Bernard	Reynolds	Springfield	665
M	90-94	Silver	94	Raymond	Wright	Springfield	594
M	90-94	Bronze	92	Robert	Shamaskin	Arlington	384
M	95-99	Gold	95	Henry	Stawicki	Burke	560