

	EVENT:		5K Run				
Record Holders: Female							
5K ROAD RACE – WOMEN (NEW IN 2014)							
50 – 54	Carol Schaedel	Alexandria	23:08	2016			
55 – 59	Lili Wang	Alexandria	27:37	2014			
60 – 64	Ginny Hughes	Warrenton	25:36	2014			
65 – 69	Virginia Sielen	Oakton	29:11	2016			
70 – 74	Virginia Sielen	Oakton	27:44	2018*			
75 – 79	Margaret Jones	Woodbridge	38:47	2018*			
List of Participants 2018							
Sex	Age Group	Place	Age	Firstname	Surname	City	Score/Time
F	55-59		56	Kathy	Talman	Clifton	DNP
F	65-69	Gold	68	Martha	Ruelle	Reston	41:08
F	70-74	Gold	71	Virginia	Sielen	Oakton	27:44*
F	70-74	Silver	70	Ruth	Kriz	Fairfax	43:26
F	75-79	Gold	76	Margaret	Jones	Woodbridge	39:47*
Record Holders: Male							
5K ROAD RACE – MEN (NEW IN 2014)							
50 – 54	Ted Poulos	McLean	19:45	2014			
55 – 59	Ted Poulos	McLean	20:50	2018*			
60 – 64	Clifton Anderson	Warrenton	22:05	2014			
65 – 69	Vincent Murphy	Woodbridge	24:16	2015			
70 – 74	Jason Page	Hamilton	21:34	2014			
75 – 79	Karl Mueller	Alexandria	29:11	2018*			
80 – 84	Ken Quincy	Vienna	32:43	2018*			
85 – 89	Peter Han	Alexandria	32:01	2014			
Sex	Age Group	Place	Age	Firstname	Surname	City	Score/Time
M	50-54	Gold	53	Marc	Tarutani	Falls Church	19:48
M	50-54	Silver	51	Paul	Cachion	Arlington	22:15
M	50-54	Bronze	51	Raymond	Parrish	Herndon	26:14
M	50-54	4	52	Paul	Hession	Fairfax	31:19
M	50-54		53	Donald	Hepburn	Arlington	DNP

M	55-59	Gold	57	Ted	Poulos	McLean	20:50*	
M	55-59	Silver	55	Duane	Williamson	Warrenton	20:59	
M	55-59	Bronze	56	Joseph	Stiskal	Reston	22:06	
M	55-59		4	55	Garry	Young	Arlington	28:01
M	55-59		5	59	Thomas	Carroll	Chantilly	28:17
M	55-59			57	Vincent	Langan	Warrenton	DNP
M	55-59			59	Kent	England	Alexandria	DNP
M	60-64	Gold	64	Greg	Woodsmall	Warrenton	22:33	
M	60-64	Silver	60	Stephan	Moretti	West Springfield	24:11	
M	60-64			62	Michael	Zawadzki	Falls Church	DNP
M	60-64			63	Manuel	Pais	Fairfax	DNP
M	65-69	Gold	65	William	Tracy	Burke	25:14	
M	65-69	Silver	67	Jim	Carboni	Oak Hill	29:16	
M	65-69			68	Jay Jacob	Wind	Arlington	DNP
M	65-69			65	David	Kelly	Alexandria	DNP
M	65-69			68	Les	Irby	McLean	DNP
M	70-74	Gold	72	Robert	Grannis	Manassas	30:32	
M	70-74			73	Radhakistan	Baheti	Great Falls	DNP
M	70-74			73	Stephen	Banks	Springfield	DNP
M	70-74			74	James	Wright	Arlington	DNP
M	70-74			74	Gerald	Scott	ashburn	DNP
M	70-74			74	Jason	Page	Hamilton	DNP
M	70-74			71	Eric	Assur	Fairfax	DNP
M	70-74			71	Sante	Esposito	Great Falls	DNP
M	75-79	Gold	78	Karl	Mueller	Alexandria	29:11*	
M	75-79	Silver	75	Ted	Nanz	Fiarfax Station	42:34	
M	75-79	Bronze	75	Norbert	Commons	Ashburn	49:43	
M	80-84	Gold	81	Ken	Quincy	Vienna	32:43*	
M	80-84	Silver	82	Alan	Rider	Reston	49:23	
M	80-84	Bronze	81	Roger	Webb	Ashburn	49:43	
M	85-89	Gold	87	Bruce	Roth	Woodbridge	49:34	