

		EVENT:	3 Mile Power Walk					
Women Record Holders								
<b>"3 MILE" POWER WALK (4800 M) - Outdoor Track - WOMEN</b>								
50 - 54	Mary Ann Schwab		Fairfax	34:07.00	2006			
55 - 59	Dot Michaels		Arlington	32:30.00	1983			
60 - 64	Jean Wood		Springfield	34:25.00	1986			
65 - 69	Hannah Phillips		Alexandria	35:49.5	2021			
70 - 74	Mary Boska		Alexandria	35:45.70	1999			
75 - 79	Eloise Over		Alexandria	37:37.80	1997			
80 - 84	Mary Lathram		Falls Church	40:25.98	1995			
85 +	Mary Lathram		Falls Church	43:17.89	2000			
List of Participants 2022								
<b>Sex</b>	<b>Age Group</b>	<b>Age</b>	<b>Place</b>	<b>Firstname</b>	<b>LastName</b>	<b>City</b>	<b>Results</b>	
F	50-54	51	Gold	Renee	LaRue	Richmond	43:04	
F		55		Kathleen	Canedo	Oakton	DNP	
F		59		Rhonda	Paterson	Herndon	DNP	
F		60		Tami	Kim	Arlington	DNP	
F		63		Sharon	McNeil	Woodbridge	DNP	
F		64		Patricia	Foster	Woodbridge	DNP	
F		64		Kathleen	Rushlow	Fairfax	DNP	
F	65-69	68	Gold	Marian	McLaughlin	Springfield	40:58	
F		69	Silver	Melinda	Lynam	Alexandria	44:53	
F	70-74	70	Gold	Hannah	Phillips	Alexandria	37:25	
F		72		Cherie	Lejeune	Vienna	DNP	
F		70		Meena	Bhagat	Ashburn	DNP	
F	75-79	79	Gold	Mary Ann	Yankosky	Fairfax	41:06	
F		75		Ruth	Hamilton	McLean	DNP	
F		76		Beth	Baynes	Alexandria	DNP	
F	80-84	81	Gold	Ruth	Nieboer	Annandale	41:16	
F		82		Andrea	Baumann	Falls Church	57:50	
F		81		Susan	Kilpatrick	Falls Church	DNP	

Men Record Holders									
<b>“3 MILE” POWER WALK (4800M) - Outdoor Track – MEN</b>									
50 - 54	Bob Ryan	Ashburn	32:09.70	1999					
55 - 59	S. J. Miller	Woodbridge	29:18.91	1991					
60 - 64	Victor Litwinski	McLean	28:14.00	2005					
65 - 69	Ralph Driscoll	Alexandria	29:53.47	1991					
70 - 74	Edward Seegar	Falls Church	31:00.00	1985					
75 - 79	John Allums	Falls Church	33:02.00	1990					
80 - 84	Edward Seegar	Falls Church	34:57.90	1997					
85 +	Edward Seegar	Falls Church	38:39.47	2000					

List of Participants 2022									

Sex	Age Group	Age	Place	Firstname	LastName	City	Results		
M	55-59	57	Gold	David	Mickalonis	Burke	31:30		
M		57		Steve	Vekony	ARLINGTON	DNP		
M		58		Stephen	Neal	Chantilly	DNP		
M		63		John	Sullivan	Fairfax	DNP		
M	65-69	69	Gold	Charles	Geyer	Fairfax Station	34:37		
M		66	Silver	Mike	Mixon	Alexandria	39:36		
M		69	Bronze	Rob	Aaront	Centreville	43:40		
M	70-74	71	Gold	Jeffrey	Klemm	McLean	36:26		
M		71	Silver	William	Leggett	Woodbridge	39:36		
M		74	Bronze	Gerald	Patterson	Alexandria	48:19		
M		71		Allan	Dosik	Arlington	DNP		
M		71		David	Nolan	Arlington	DNP		
M		72		Tom	Augustine	Woodbridge	DNP		
M	75-79	76	Gold	Gholam	Atashbarghi	Fairfax	41:27		
M		77		Bennie	Ellis	Alexandria	DNP		
M		78		Charles	Kleymeyer	Arlington	DNP		
M		82		Karl	Mueller	Alexandria	DNP		
M	85-89	89	Gold	Thomas	Tobias	Haymarket	41:07		
M		85		Roger	Webb	Ashburn	DNP		