

Event:	Cycling 10K Time Trial						
Women Record Holders							
CYCLING – 10K Time Trial – WOMEN (Held at Vint Hill Village Green in 2016-2022)							
50-54	Lisa Haley	Ashburn	18:55	2021			
55-59	Betty Francis	Warrenton	18:51.07	2019			
60-64	Kathleen Kearns	Woodbridge	19:56	2021			
65-69	Paula Renfro	Haymarket	28:02	2021			
70-74	Lynn Saunders	Gainesville	22:16	2018			
75-79	Ruth Hamilton	McLean	23:15*	2022*			
80-84	Joyce Tobias	Haymarket	29:58	2021			
List of Participants 2022							
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	54	Lisa	Haley	Ashburn	19:56
F	50-54	DNP	53	Stacy	Offord	Haymarket	DNP
F	55-59	Gold	58	Amy	Levinrad	Ashburn	19:59
F	55-59	Silver	57	Ann	Chaney	Bristow	23:19
F	70-74	Gold	70	Paula	Renfro	Haymarket	31:41
F	75-79	Gold	75	Ruth	Hamilton	McLean	23:15
F	85-89	DNP	85	Joyce	Tobias	Haymarket	DNP

M	65-69	Gold	67	Peter	Czapiewski	Alexandria	16:49	
M	65-69	Silver	65	Steven	Rogers	Warrenton	16:56	
M	65-69	Bronze	65	Michael	Gulden	Bristow	17:10	
M	65-69		4	66	Charlie	Thomas	Arlington	17:29
M	65-69		5	67	Alvin	Brenneman	Catlett	19:13
M	65-69		6	66	John	Jeffers	Springfield	21:31
M	65-69		7	65	Mark	Cochrane	Reston	22:25
M	65-69	DNP	65	Richard	Bockman	Oakton	DNP	
M	65-69	DNP	66	Keith	Kerr	Sterling	DNP	
M	65-69	DNP	67	David	Tomkinson	Springfield	DNP	
M	70-74	Gold	72	Charlie	Baughman	Arlington	20:25	
M	70-74	DNP	71	Richard	Ryan	Ashburn	DNP	
M	70-74	DNP	71	Frederick	Harris	Warrenton	DNP	
M	70-74	DNP	70	Stephen	Agrati	Amissville	DNP	
M	75-79	Gold	77	Robert	Causseaux	Marshall	18:43	
M	80-84	Gold	80	John	McCracken	Reston	19:06	
M	80-84	Silver	81	Dennis	Jones	Springfield	22:02	
M	80-84	Bronze	82	Robert	Lightsey	Alexandria	23:47	
M	80-84		4	83	Herb	Levitan	Arlington	30:47
M	80-84	DNP	81	Martin	Sultan	Ashburn	DNP	
M	80-84	DNP	81	Gary	Nooger	Falls Church	DNP	
M	80-84	DNP	81	Tom	Damico	Warrenton	DNP	
M	80-84	DNP	82	Karl	Mueller	Alexandria	DNP	
M	85-89	Gold	86	William	Vest	Gainesville	21:12	
M	85-89	Silver	85	Howard	Schultheiss	Manassas	27:14	
M	85-89	DNP	89	Thomas	Tobias	Haymarket	DNP	