

	Event:		Cycling 20K Time Trial				
	Women Record Holders						
	CYCLING – 20K Time Trial – WOMEN (Held at Vint Hill Village Green in 2016-2022)						
	50-54	May Ton	Burke	38:43	2021		
	55-59	Betty Francis	Warrenton	36:38.4	2019		
	60-64	Deb Wolfe	Gainesville	38:43.15	2019		
	65-69	Trish LeBlanc	Alexandria	49:34	2021		
	70-74	Lynn Saunders	Gainesville	43:19	2016		
	75-79	Ruth Hamilton	McLean	44:50	2022*		
	80 -84	Joyce Tobias	Haymarket	1:01.07	2021		
	List of Participants 2022						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	54	Lisa	Haley	Ashburn	51:16
F			53	Stacy	Offord	Haymarket	DNP
F	55-59	Gold	58	Amy	Levinrad	Ashburn	39:16
F		Silver	57	Ann	Chaney	Bristow	45::24
F	60-64	Gold	60	Patricia	DeVere	Warrenton	1:02:50
F	65-69		67	Deb	Wolfe	Gainesville	DNP
F	70-74	Gold	70	Paula	Renfro	Haymarket	1:05:21
F	75-79	Gold	75	Ruth	Hamilton	McLean	44:50*
F	85-89		85	Joyce	Tobias	Haymarket	DNP

Men Record Holders							
CYCLING – 20K Time Trial – MEN (Held at int Hill Village Green in 2016-2022)							
50-54	Tony Lang	Alexandria	29:11	2018			
55-59	Eric Lengel	Fairfax	28:25	2016			
60-64	Jim Crowley	Alexandria	30:44	2017,2018			
65-69	James Degoey	Reston	31:31	2016			
70-74	Mark Holt	Arlington	32:30	2021			
75-79	Robert Causseaux	Marshall	36:22	2022*			
80-84	Bill Vest	Reston	35:42	2016			
85-89	William Vest	Gainesville	37:37	2021			
List of Participants 2022							
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	53	Thomas	Boggess	Warrenton	37:51
M			54	David	Tersak	Alexandria	DNP
M	55-59	Gold	55	Mark L.	Lucas	Warrenton	34:53
M			58	Stephen	Neal	Chantilly	DNP
M			56	Michael	Sultan	Springfield	DNP
M	60-64	Gold	64	Michael	Emerson	Hillsboro	33:46
M		Silver	61	Eric	Lengel	Fairfax	33:57
M		Bronze	60	Steven	Triantafell	Marshall	34:07
M		4	62	Scott	MacEwen	Arlington	34:43
M		5	63	Slawomir	Olender	McLean	39:06
M		6	64	Gordon	Smith	Alexandria	40:35
M			60	John	Leahy	Springfield	DNP
M	65-69	Gold	65	Michael	Gulden	Bristow	33:26
M		Silver	66	Mark	Mildorf	Alexandria	33:55
M		Bronze	65	Steven	Rogers	Warrenton	34:00
M		4	66	Charlie	Thomas	Arlington	35:52

M		5	67	Alvin	Brenneman	Catlett	37:31
M		6	66	John	Jeffers	Springfield	41:33
M			68	Ed	Wolfe	Gainesville	DNP
M			65	Richard	Bockman	Oakton	DNP
M			65	Mark	Cochrane	Reston	DNP
M			67	David	Tomkinson	Springfield	DNP
M			66	Keith	Kerr	Sterling	DNP
M	70-74	Gold	72	Charlie	Baughman	Arlington	41:40
M		Silver	71	Raphael	Katkin	Burke	41:51
M		Bronze	72	Douglas	Gaibler	Oak Hill	42:19
M			71	Richard	Ryan	Ashburn	DNP
M			74	David	Borowski	Annandale	DNP
M			70	Stephen	Agrati	Amissville	DNP
M	75-79	Gold	77	Robert	Causseaux	Marshall	36:22*
M		Silver	76	David	Whelan	Great Falls	43:31
M			76	Franklin	Nutter	McLean	DNP
M			78	Thomas	Short	Alexandria	DNP
M	80-84	Gold	80	John	McCracken	Reston	36:49
M		Silver	81	Dennis	Jones	Springfield	42:08
M		Bronze	82	Robert	Lightsey	Alexandria	46:36
M			81	Martin	Sultan	Ashburn	DNP
M			81	Gary	Nooger	Falls Church	DNP
M			81	James	Chapman	Lovettsville	DNP
M			81	Tom	Damico	Warrenton	DNP
M	85-89	Gold	86	William	Vest	Gainesville	40:24
M		Silver	85	Howard	Schultheiss	Manassas	54:20
M			89	Thomas	Tobias	Haymarket	DNP