

Event:	200 M Dash						
Women Record Holders							
200 METER RUN - INDOOR TRACK – WOMEN							
50 - 54	Saskia Estupian-Day	McLean	34.3	2009			
55 - 59	Hannah Phillips	Alexandria	36.10	2008			
60 - 64	Mary White	Arlington	37.2	2009			
65 - 69	Hannah Phillips	Alexandria	36.21	2018			
70 - 74	Janet McCarthy	Leesburg	55.75	2019			
75 - 79	Mary White	Arlington	47.96	2021			
80 - 84	Josephine Stewart	Manassas	46.4	2008			
85 - 89	Josephine Stewart	Manassas	51.72	2012			
90 – 94	Josephine Stewart	Manassas	51.0	2013			
List of Participants 2022							
				200M Women			
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54		54	JT	Thomas	Alexandria	DNP
F	55-59	Gold	58	Sabrina	Tormoen	Bealeton	38.40 sec
F		Silver	56	Denise	Lawson	Springfield	38:82
F			59	Sheryl	Williams	Alexandria	DNP
F	60-64	Gold	60	Lee Anne	Orndorff	Alexandria	39:50
F		Silver	60	Vanstacia	Jackson	Alexandria	53:44
F		Bronze	62	Lynn	Thompson	Fairfax	1:00:40
F	65-69	Gold	66	Dixie	Duncan	Arlington	39:35

M	60-64	Gold	61	Robert	Higgins	Leesburg	34:25
M		Silver	61	Kenneth	ONeal	Alexandria	34:75
M		Bronze	62	Jeff	Dye	Fairfax	35:12
M		4	63	Frederick	Thomas	Arlington	35:97
M		5	63	John	Sullivan	Fairfax	38:53
M			62	Jon	Berglund	Springfield	DNP
M			63	Matt	Mohler	Herndon	DNP
M	65-69	Gold	66	Bill	Highsmith	Arlington	42:66
M			67	Michael	Blount	Haymarket	DNP
M	70-74	Gold	72	Rick	Bender	Reston	35:07
M		Silver	74	Eiji	Yasuhara	Sterling	38:78
M		3	70	Shabeg	Singh	Hey market	43:47
M		4	72	James	Enright	Alexandria	1:00:00
M			74	Jeff	Young	McLean	DNP
M	75-79	Gold	76	Terrence	Modglin	Falls Church	41:66
M		Silver	76	Bill	Palmer	Arlington	42:63
M		Bronze	78	Donald	Meli	Annandale	43:55
M		4	75	Doyle	Talkington	Haymarket	44:37
M			76	James	Etter	Fairfax	DNP
M			76	Robert	Grannis	Manassas	DNP
M			75	Daniel J	Nally	Warrenton	DNP
M	80-84	Gold	80	John	Koslin	Fairfax Station	44:00
M		Silver	81	Dick	Nanto	Clifton	51:47
M		Bronze	83	Carlos	Rodriguez	Dumfries	1:25:56
M	85-89	Gold	87	Jerry	Bradley	Oakton	51:43
M		Silver	87	Hyung	Park	Springfield	55:06

M		Bronze	88	Robert	Hannah	Oakton	1:10:44
M			87	Jay	Edwards	McLean	DNP
M			87	Elmer Robert	Premo	Arlington	DNP
M			86	Alan	Rider	Reston	DNP
M	90-94	Gold	92	Kent	Halstead	Ashburn	1:09:72
M	95-99		97	Dixon	Hemphill	Fairfax Station	DNP