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| | Event: | 400 M Run | | | | | |
| Women Record Holders | | | | | | | |
| 400 METER RUN - INDOOR TRACK – WOMEN | | | | | | | |
| 50 - 54 | Saska Estupian-Day | McLean | 1:22.3 | 2009 | | | |
| 55 - 59 | Hannah Phillips | Alexandria | 1:24.70 | 2008 | | | |
| 60 - 64 | Hannah Phillips | Alexandria | 1:23.10 | 2008 | | | |
| 65 - 69 | Hannah Phillips | Alexandria | 1:25.00 | 2019 | | | |
| 70 - 74 | Mandy Whalen | Alexandria | 2:12.13 | 2014 | | | |
| 75 – 79 | Ruth Hamilton | McLean | 1:57.85 | 2022* | | | |
| 80 – 84 | Mandy Whelan | Falls Church | 2:48.69 | 2021 | | | |
| List of Participants 2022 | | | | | | | |
| | | | | 400 M Women | | | |
| Sex | Age Group | Place | Age | Firstname | Lastname | City | Results |
| F | 50-54 | | 54 | JT | Thomas | Alexandria | DNP |
| F | 50-59 | Gold | 56 | Denise | Lawson | Springfield | 1:35.:87 |
| F | | | 58 | Amy | Levinrad | Ashburn | DNP |
| F | 60-64 | | 60 | Kathy | Talman | Clifton | DNP |
| F | 65-69 | Gold | 66 | Dixie | Duncan | Arlington | 1:36.44 |
| F | 70-74 | | 70 | Hannah | Phillips | Alexandria | DNP |
| F | 75-79 | Gold | 75 | Ruth | Hamilton | Mc Lean | 1:57.85* |
| F | 80-84 | | 84 | Carol | MacGregor | Lake Ridge | DNP |
| F | 85-89 | | 85 | Alease | Brooks | Arlington | DNP |

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| Men Record Holders | | | | | | | |
| 400 METER RUN - INDOOR TRACK - MEN | | | | | | | |
| 50 - 54 | Robert Forsythe | Annandale | :58.99 | 2016 | | | |
| 55 - 59 | Robert Forsythe | Annandale | 1:03.16 | 2021 | | | |
| 60 - 64 | Schuyler Webb | Arlington | 1:06.19 | 2014 | | | |
| 65 - 69 | Schuyler Webb | Arlington | 1:05.84 | 2016 | | | |
| 70 - 74 | Clarence John Wells-Martin | Herndon | 1:18 | 2017 | | | |
| 75 - 79 | Hal Goolsby | McLean | 1:30.17 | 2007 | | | |
| 75 - 79 | Clarence John Wells-Martin | Herndon | 1:30.16 | 2021 | | | |
| 80 - 84 | Hal Goolsby | McLean | 1:43.41 | 2014 | | | |
| 85 - 89 | Jerry Bradley | Oakton | 2:37.44 | 2022* | | | |
| 90 - 94 | Kent Halstead | Ashburn | 3:03.53 | 2021 | | | |

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| | List of Participants 2022 | | | 400M Men | | | |
| Sex | Age Group | Place | Age | Firstname | Lastname | City | Results |
| M | 50-54 | | 53 | Edgar | Hahn | Alexandria | DNP |
| M | 55-59 | Gold | 56 | Robert | Forsythe | Annandale | 1:07:19 |
| M | | Silver | 56 | Martin | Bergmann | Arlington | 1:21:06 |
| M | | | 58 | Craig | Greene | Manassas | DNP |
| M | 60-64 | Gold | 61 | Larry | Wszalek | Alexandria | 1:15:40 |
| M | | Silver | 63 | Frederick | Thomas | Arlington | 1:18:65 |
| M | | Bronze | 64 | Gordon | Smith | Alexandria | 1:20:66 |
| M | | | 4 | Jeff | Dye | Fairfax | 1:25:03 |
| M | | | 5 | Kenneth | ONeal | Alexandria | 1:30:56 |
| M | 65-69 | Gold | 68 | Michael | Southwood | Fairfax | 1:21:35 |
| M | | Silver | 68 | Trevor | Major | Fairfax | 1:31:65 |

