

	Men Record Holders								
5K TRAIL RACE – MEN (Bluemont Park)									
	55-59			Martin Bergman	Arlington	24:24	2022*		
	60-64			Gordon Smith	Alexandria	23:00	2022*		
	65-69			Charlie Thomas	Arlington	24:07	2022*		
	70-74			Paul Ryan	Arlington	22:28	2022*		
	75-79			Pete Kelly	Catlett	32:02	2022*		
	80-84			Eamonn McEvilly	Springfield	26:29	2022*		
	85-89			Ken Quincy	Vienna	43:38	2022*		
	List of Participants 2022								
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results		
M	55-59	Gold	56	Martin	Bergmann	Arlington	24:24*		
M		DNP	58	Stephen	Neal	Chantilly			
M		DNP	57	Steve	Vekony	Arlington			
M	60-64	Gold	64	Gordon	Smith	Alexandria	23:00*		
M		Silver	60	John	Leahy	Springfield	48:28		
M		DNP	61	Richard A.	Viola	Arlington			
M		DNP	61	Ted	Poulos	McLean			
M		DNP	62	Scott	MacEwen	Arlington			
M		DNP	63	Matt	Mohler	Herndon			
M		DNP	64	Reid	Mueller	McLean			
M	65-69	Gold	66	Charlie	Thomas	Arlington	24:07*		
M		Silver	68	Michael	Southwood	Fairfax	26:13		
M		Bronze	66	Terry	Mcelroy	Woodbridge	29:43		
M		4	68	David	Mann	Fairfax	30:27		
M		DNP	66	Scott	Taylor	Alexandria			
M		DNP	68	Jim	Menke	Vienna			
M	70-74	Gold	72	Paul	Ryan	Arlington	22:28*		
M		Silver	71	Jeffrey	Klemm	McLean	34:10		
M		DNP	70	Shabeg	Singh	Haymarket			
M	75-79	Gold	75	Pete	Kelly	Catlett	32:02*		
M		Silver	76	Robert	Grannis	Manassas	37:51		
M		Bronze	75	George	Dellagarino	Reston	39:05		
M		4	76	John	Rogers	Arlington	52:51		
M		DNP	78	Lynn	Juhl	Falls Church			
M		DNP	79	Ted	Nanz	Fairfax Station			
M		DNP	79	Daniel (Eric)	Seline	McLean			
M		DNP	75	Eric	Assur	Fairfax			
M	80-84	Gold	80	Eamonn	McEvilly	Springfield	26:29*		
M		Silver	80	Dennis	Morin	Sterling	45:27		
M		Bronze	82	Karl	Mueller	Alexandria	47:46		
M	85-89	Gold	85	Ken	Quincy	Vienna	43:38*		
M		Silver	86	Alan	Rider	Reston	51:22		