

		<b>EVENT:</b>	200 M Run				
Women Record Holders							
<b>200 METER RUN - INDOOR TRACK – WOMEN</b>							
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	Hannah Phillips	Alexandria	40.78	2023*			
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							
<b>Sex</b>	<b>Age Group</b>	<b>Age</b>	<b>Place</b>	<b>Firstname</b>	<b>LastName</b>	<b>City</b>	<b>Results</b>
F	50-54	53	Gold	Sylvie	Mortimer	Arlington	34.73
F	55-59	59	Gold	Sabrina	Tormoen	Bealeton	37.21
F	60-64	62	Gold	Joanne	Shabelski	Springfield	43.88
F		61		Lee Anne	Orndorff	Alexandria	DNP
F	65-69	67	Gold	dixie	duncan	arlington	40.78
F		68		Marianne	Slmonton	VIENNA	DNP
F	70-74	71	Gold	Hannah	Phillips	Alexandria	40.85*
F	75-79	77	Gold	Gloria	Raddatz	leesburg	1:01.41
F		76		Ruth	Hamilton	McLean	DNP

F	80-84	83	Gold	Mandy	Whalen	Falls Church	1.22
F	90-94	90		Alease	Brooks	Arlington	DNP
<b>Men Record Holders</b>							
<b>200 METER RUN - INDOOR TRACK – MEN</b>							
	50 - 54			Robert Forsythe	Annandale		28.00 2019
	55 - 59			Robert Forsythe	Annandale		28.37 2021
	60 - 64			Schuyler Webb	Arlington		27.68 2014
	65 - 69			Schuyler Webb	Arlington		27.31 2016
	70 - 74			Clarence John Wells-Martin	Herndon		33.36 2016
	75 - 79			Hal Goolsby	McLean		35.69 2007
	80 - 84			Daniel Durante	Gainesville		39.75 2023*
	85 - 89			Peter Han	Alexandria		44.41 2017
	90 - 94			Kent Halstead	Ashburn		1:04.63 2021
<b>Sex</b>	<b>Age Group</b>	<b>Age</b>	<b>Place</b>	<b>Firstname</b>	<b>LastName</b>	<b>City</b>	<b>Results</b>
M	50-54	54	Gold	Guster	Cunningham III	Alexandria	32.07
M		53		Darren	Snow	Warrenton	DNP
M	55-59	57	Gold	Robert	Forsythe	Annandale	29.00
M		57	Silver	Ronald	Molteni	Arlington	38.91
M		57		Martin	Bergmann	Arlington	DNP
M		55		Jeffrey	Carr	Alexandria	DNP
M		59		Craig	Greene	Manassas	DNP
M		57		Jerry	Hill	Alexandria	DNP

M	60-64	60	Gold	Rich	Taylor	Arlington	31.07
M		62	Silver	Robert	Higgins	Leesburg	32.68
M		62		Broc	Romanek	Arlington	DNP
M		64		Frederick	Thomas	Arlington	DNP
M	65-69	68	Gold	Michael	Blount	Haymarket	33.95
M		65	Silver	Ron	Workman	Sterling	34.09
M		67	Bronze	William	Hlghsmith	Arlington	41.00
M		67		Tom	Gately	Reston	DNP
M	70-74	73	Gold	Richard	Bender	Reston	35.03
M		70	Silver	Michael	Emery	Burke	42.53
M		71		Shabeg	Singh	Hey market	DNP
M	75-79	75	Gold	Eiji	Yasuhara		38.07
M		77	Silver	Robert	Grannis	Manassas	43.91
M		76	Bronze	Doyle	Talkington	Haymarket	44.00
M		79		4 Don	Meli	Annandale	49.4
M		79		naresh	bhagat	ASHBURN	DNP
M		77		John	Cordyack	Reston	DNP
M		76		Bob	Pearson	Fairfax Station	DNP
M		75		Jeff	Young	MCLEAN	DNP
M	80-84	80	Gold	Daniel	Durante	Gainesville	39.75*
M		82	Silver	Karl	Lady	Alexandria	40.91
M		81	Bronze	john	Koslin	Fairfax Station	47.46
M		83		4 Woody	Hair	Arlington	49.86
M		84		5 Carlos	Rodriguez	Dumfries	1:15.31
M		82		Dick	Nanto	Clifton	DNF

M	85-89	88	Gold	Jerry	Bradley	Oakton	46.97
M		88	Silver	Hyung	Park	Springfield	1:00.41
M		88		Jay	Edwards	McLean	DNP
M		87		Alan	Rider	Reston	DNP
M	90-94	93	Gold	Kent	Halstead	Ashburn	1:10.00