

			EVENT:	1600 M RUN			
Women Record Holders							
1600 METER RUN – INDOOR TRACK – WOMEN					(New in 2011)		
50-54	Yuko Whitestone			Fairfax	6:35	2022	
55-59	Kathy Talman			Clifton	6:46.9	2021	
60-64	Joanne Shabelski			Springfield	7:08.09	2021	
65-69	Hannah Phillips			Alexandria	7:19	2017	
70-74	Hannah Phillips			Alexandria	8:49.19	2023*	
75-79	Ruth Hamilton			McLean	8:50	2022	
List of Participants 2023 (DNP = Doid Not Participate; " * " = New Record							
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54		52	Carlin	MacDougall	Alexandria	DNP
F			51	Yuko	Whitestone	Fairfax	DNP
F	60-64	Gold	62	Joanne	Shabelski	Springfield	7:37.75
F	70-74	Gold	71	Hannah	Phillips	Alexandria	8:49.19*
F	75-79		76	Ruth	Hamilton	McLean	DNP
F	80-84		84	Mary	DaLessandris	Falls Church	DNP

	Men Record Holders						
1600 METER RUN – INDOOR TRACK – MEN (New in 2011)							
	50-54	Duane Williamson		Warrenton	5:28		2015
	55-59	David Pinkham		Leesburg	5:29.59		2018
	60-64	Stephan Moretti		West Springfield	5:42		2018
	65-69	Paul Ryan		Arlington	6:00		2016
	70-74	Jason Page		Hamilton	6:23		2015
	75-79	Alphonse Piekut		Vienna	8:04		2018
	80-84	Eamonn McEvilly		Springfield	7:57		2022
	85-89	Peter Han		Alexandria	8:02		2016
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	55-59	Gold	56	Paul	Cachion	Arlington	6:30.97
M	60-64	Gold	61	Michael	Graham	Alexandria	8:20.47
M			62	Ted	Poulos	McLean	DNP
M			62	Broc	Romanek	Arlington	DNP
M	65-69	Gold	67	William	Highsmith	Arlington	7:37.79
M	70-74	Gold	73	Michael	McCormick	Alexandria	7:57.40
M		Silver	71	Shabeg	Singh	Haymarket	8:35.00
M		Bronze	72	Jeffrey	Klemm	McLean	9:24.69
M		4	72	Rafe	Katkin	Burke	9:33.28
M	75-79	Gold	76	Doyle	Talkington	Haymarket	9:53.12
M		Silver	76	Bob	Pearson	Fairfax Station	10:32.66
M		Bronze	75	William	Guey-Lee	Arlington	10:43.97
M		4	77	James	Mort	Burke	10:52.44
M			79	Naresh	Bhagat	Ashburn	DNP
M			79	Clifford	Gay	Falls Church	DNP
M			75	Joe	Giunta	Warrenton	DNP
M			76	Pete	Kelly	Catlett	DNP
M			79	Glenwood	Sickels	Haymarket	DNP
M	80-84	Gold	81	Stuart	Searles	Arlington	10:18.25
M			81	Eamonn	McEvilly	Springfield	DNP
M	85-89	Gold	86	Ken	Quincy	Vienna	14:25.00
M			87	Alan	Rider	Reston	DNP