

		<b>EVENT:</b>	1600M Walk				
Women Record Holders							
<b>1600 METER WALK - INDOOR TRACK – WOMEN</b>							
	50 - 54		Patricia Smith	Woodbridge	12:31.19	2023*	
	55 - 59		Maryann Schwab	Fairfax	11:01	2007	
	60 – 64		Monica Hill	Woodbridge	11:39.0	2021	
	65 – 69		Debbi Miller	Fairfax	12:30.59	2014	
	65 – 69		Hannah Phillips	Alexandria	10:54	2018	
	70 - 74		Dorothy Skinner	Alexandria	12:02	2007	
	75 – 79		Beth Baynes	Alexandria	12:41.5	2021	
	75 - 79		Mandy Whalen	Falls Church	12:48.0	2015	
	80 - 84		Mary Boska	Alexandria	13:50	2007	
	85 – 89		Efthalia Papailias	Arlington	14:44	2017	
	90 – 94		Janine Bland	Arlington	15:40.0	2021	
List of Participants 2023 (DNP=Did Not Participate; " * " = New Record )							
<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	Patricia	Smith	Woodbridge	12:31.19*
F		52	Silver	Lynn	Gilbertson	Burke	13:13.62
F	55-59	58	Gold	Heather	McDaniel	Arlington	14:56.97
F	60-64	61	Gold	Vanstacia	Jackson	Alexandria, VA	13:14.94
F		63	Silver	Kathy	McGarril	Arlington	13:15.22
F	65-69	66	Gold	Katherine	Good	Woodbridge	12:27.05
F	70-74	71		Meena	Bhagat	Ashburn	DNP
F		70		Mary	Walls	Arlington	DNP
F	75-79	77	Gold	Lorie	Brush	Falls Church	14:35.84
F		77	Silver	Debbie	Ziegler	Arlington	20:34.00
F		78	Bronze	Karen Jo	Pyeatt	Falls Church	20:42.16
F		77		Beth	Baynes	Alexandria	DNP
F	80-84	82	Gold	Susan	Kilpatrick	Falls Church	15:31.35
F		82	Silver	SC	Whitehouse	Potomac Falls	15:59.69
F		83		Louise	Smith	Arlington	DNP
F	85-89	87	Gold	Annmarie	Pittman	Alexandria	15:52.00
F	90-94	92		Janine	Bland	Arlington	DNP

	Men Record Holders						
	<b>1600 METER WALK - INDOOR TRACK – MEN</b>						
	50 - 54	Peter Blank		Annandale	9:47	2007	
	55 – 59	Peter Blank		Annandale	9:07.8	2009	
	60 – 64	Shabeg Singh		Haymarket	10:22	2012	
	65 - 69	Steven Meredith		Amissville	10:17	2019	
	70 - 74	Shabeg Singh		Haymarket	10:53	2023*	
		Jeffrey Klemm		McLean	10:53	2023*	
	75 - 79	James W.C. Chang		Oakton	11:44	2012	
	80 – 84	Karl Mueller		Alexandria	12:02.12	2022	
	85 - 89	Thomas Tobias		Haymarket	12:28.04	2021	
	90 – 94	Thomas Tobias		Haymarket	13.17.50	2023*	
	95 – 99	Julius Delpizzo		Springfield	15:46.87	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	12:10.28
M	55-59	58	Gold	Keenan	Smith	Woodbridge	12:09.29
M		57		Jeff	Huse	Centreville	DNP
M		59		Stephen	Neal	Chantilly	DNP
M	60-64	61	Gold	Kit	Sheffield	Vienna	11:08
M		64	Silver	John	Sullivan	Fairfax	11:41
M	70-74	72	Gold	Shabeg	Singh	Haymarket	10:53*
M		71	Silver	Jeffrey	Klemm	McLean	10:53*
M		70	Bronze	Robert	Aaront	Centreville	13:15
M	75-79	75	Gold	William	Guey-Lee	Arlington	12:43
M		75	Silver	Eiji	Yasuhara	Sterling	13:12.4
M		76	Bronze	Bob	Pearson	Fairfax Station	13:22.82
M		79		4 Fred	Siskind	McLean	14:03.22
M		79		5 Clifford	Gay	Falls Church	14:33.97
M		79		Charles	Kleymeyer	Arlington	DNP
M	80-84	83	Gold	Karl	Mueller	Alexandria	12:36.32
M		82	Silver	Gary	Nooger	Falls Church	15:47.9
M		84	Bronze	Gerald	Dahlin	Manassas	16:47.56
M		80		David	Endres	McLean	DNP
M		80		Donald	Gurney	Falls Church	DNP
M		82		Alton	Lamb	Dumfries	DNP
M	85-89	85	Gold	Phil	Walsh	Potomac Falls	17:41.75
M		88	Silver	Joe	Miller	Potomac Falls	19:28.91
M		88	Bronze	G. Edward	Mott	Falls Church	23:15.65
M		87		Alan	Rider	Reston	DNP
M	90-94	90	Gold	Thomas	Tobias	Haymarket	13:17.50*
M		91	Silver	Dominador	Endoso	Annandale	18:06.66
M	95-99	95		Leonard	Kalkwarf	Springfield	DNP