

		EVENT:	60M Dash				
Women Record Holders							
60 METER DASH - INDOOR TRACK – WOMEN							
50 - 54	JT Thomas	Alexandria	9.44	2021			
55 - 59	Sabrina Tormoen	Beaeton	9.22	2022			
60 - 64	Lee Anne Orndorff	Alexandria	9.75	2022			
65 - 69	Hannah Phillips	Alexandria	10.00	2018			
70 - 74	Mary White	Arlington	11.10	2016			
75 - 79	Mary White	Arlington	10.16	2021			
80 - 84	Josephine Stewart	Manassas	12.09	2007			
85 - 89	Josephine Stewart	Manassas	12.70	2010			
90 – 94	Josephine Stewart	Manassas	13.7	2013			
List of Participants 2023							
Sex	Age Group	Age	Place	Firstname	LastName	City	Results
F	50-54	53	Gold	Sylvie	Mortimer	Arlington	9.81
F		53	Silver	Casey	Weiser	Arlington	11.87
F	55-59	59	Gold	Sabrina	Tormoen	Beaeton	9.84
F		57		Daphne	Yang	Fairfax	DNP
F	60-64	61	Gold	Vanstacia	Jackson	Alexandria, VA	13.06
F		63		Kathy	McGarril	Arlington	DNP
F		61		Lee Anne	Orndorff	Alexandria	DNP
F		62		Joanne	Shabelski	Springfield	DNP
F	65-69	67	Gold	dixie	duncan	arlington	11.53
F	75-79	77	Gold	Gloria	Raddatz	leesburg	14.97
F		76		Ruth	Hamilton	McLean	DNP
F		76		Jacqueline	Miller	Alexandra	DNP

F	80-84	83		Barbara	O'Brien	Potomac Fallx	DNP
F	90-94	90	Gold	Alease	Brooks	Arlington	27.00
Men Record Holders							
60 METER DASH - INDOOR TRACK – MEN							
	50 - 54			Seth Herz	Annandale	7.60	2021
	55 - 59			Charles Crum	Bealeton	8.3	2013
	55 – 59			Zach McBride	Woodbridge	8.28	2018
	60 - 64			Gracus Dunn	Woodbridge	7.78	2021
	65 - 69			Schuyler Webb	Arlington	7.85	2017
	70 - 74			Douglas Hastings	Gainesville	8.50	2021
	75 - 79			Clarence John Wells-Martin	Herndon	9.31	2021
	80 - 84			Wayne Wilson	Haymarket	10.44	2018
	85 – 89			Jerry Bradley	Oakton	11.15	2021
	90 – 94			Andy Simko	Springfield	15.19	2008
	95 – 99			Dixon Hemphil	Fairfax Station	32.88	2021
List of Participants 2023							
Sex	Age Group	Age	Place	Firstname	LastName	City	Results
M	50-54	54	Gold	Guster	Cunningham III	Alexandria	9.03
M		53		Darren	Snow	Warrenton	DNP
M	55-59	58	Gold	Keenan	Smith	Woodbridge	10.04
M		57		Martin	Bergmann	Arlington	DNP
M		55		Jeffrey	Carr	Alexandria	DNP
M		57		Jerry	Hill	Alexandria	DNP
M		57		Ronald	Molteni	Arlington	DNP
M		59		Stephen	Neal	Chantilly	DNP

M	60-64	60	Gold	Rich	Taylor	Arlington	8.5
M		62	Silver	Robert	Higgins	Leesburg	9.31
M		62		Broc	Romanek	Arlington	DNP
M	65-69	65	Gold	Ron	Workman	Sterling	9.72
M		67		Tom	Gately	Reston	DNP
M	70-74	73	Gold	Richard	Bender	Reston	9.88
M		70	Silver	Michael	Emery	Burke	11.25
M		73		Magdi Michael	Kallini	Fairfax	DNP
M		72		Greg	Redding	Fairfax	DNP
M		71		Shabeg	Singh	Hey market	DNP
M	75-79	75	Gold	Jeff	Young	MCLEAN	10.32
M		75	Silver	Eiji	Yasuhara	Sterling	10.72
M		79	Bronze	Glenwood	Sickles	Haymarket	12.07
M		79		4 Don	Meli	Annandale	13.5
M		79		naresh	bhagat	ASHBURN	DNP
M		77		John	Cordyack	Reston	DNP
M		76		Walt	Jarrett	Alexandria	DNP
M	80-84	82	Gold	Karl	Lady	Alexandria	11.06
M		80	Silver	Daniel	Durante	Gainesville	12.45
M		81	Bronze	john	Koslin	Fairfax Station	12.72
M		80		4 Daniel	Seline	McLean	13.47
M		83		5 Woody	Hair	Arlington	14.01
M		84		6 Carlos	Rodriguez	Dumfries	19.37
M		80		David	Brown	Arlington	DNP
M		82		Alton	Lamb	Dumfries	DNP
M		82		Dick	Nanto	Clifton	DNP

