

Event:	5K Trail Race

5K TRAIL RACE – WOMEN (Bluemont Park, 2022-2023)

50-54	Cathy Ross	Burke	21:00	2022
55-59	Carol Schaedel	Alexandria	23:34	2022
60-64	Denice Tasker	South Riding	24:30	2022
65-69	Susan Aaronson	Arlington	27:35	2023*
70-74	K M	Alexandria	46:19	2023*
80-84	Rosemary Schwartzbard	Arlington	39:04	2022

List of Participants 2023

Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	52	Paige	Wilmeth	Manassas	34:33.1
F			51	Yuko	Whitestone	Fairfax	DNP
F	55-59		55	Libbi	Finelsen	Arlington	DNP
F	60-64	Gold	64	Duk	Ro	Nokesville	29:17.5
F			60	Karyn	Moreland	Aldie	DNP
F			63	Handan	Gencogluer	McLean	DNP
F	65-69	Gold	69	Susan	Aaronson	Arlington	27:35.8*
F		Silver	67	Dixie	Duncan	Arlington	32:48.3
F			66	Carol	McElroy	Woodbridge	DNP
F			68	Marianne	Slmonton	Vienna	DNP
F			68	Ida	Drain	Alexandria	DNP
F	70-74	Gold	73	K	M	Alexandria	46:19.5*
F	75-79		76	Ruth	Hamilton	McLean	DNP

5K TRAIL RACE – MEN (Bluemont Park, 2022-2023)

50-54	Guster Cunningham III	Alexandria	26:37	2023*
55-59	Martin Bergman	Arlington	23:55	2023*
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

Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	54	Guster	Cunningham III	Alexandria	26:37.9*
M			52	Brian	Firehammer	Haymarket	DNP
M			54	Thomas	Bogges	Warrenton	DNP

M	55-59	Gold	57	Martin	Bergmann	Arlington	23:55.1*	
M		Silver	57	Ronald	Molteni	Arlington	26:08.0	
M			57	Paul	Hession	Fairfax	DNP	
M			58	Jae	Lee	Centreville	DNP	
M	60-64	Gold	62	Ted	Poulos	McLean	25:41.7	
M		Silver	61	Michael	Graham	Alexandria	29:59.9	
M			62	Ken	Moreland	Aldie	DNP	
M			64	Slawomir	Olender	McLean	DNP	
M	65-69	Gold	68	Kap	Ro	Nokesville	27:50.0	
M		Silver	67	Terry	McElroy	Woodbridge	28:24.4	
M		Bronze	69	David	Mann	Fairfax	30:59.4	
M			69	Bob	Drain	Alexandria	DNP	
M			65	Reid	Mueller	McLean	DNP	
M	70-74	Gold	72	James	Carboni	Oak Hill	30:09.9	
M		Silver	72	Allan	Dosik	Arlington	36:19.3	
M			70	Dale	Howell	Burke	DNP	
M			71	Shabeg	Singh	Haymarket	DNP	
M			72	William	Wright	Dumfries	DNP	
M			72	William	Leggett	Woodbridge	DNP	
M			73	Michael	McCormick	Alexandria	DNP	
M	75-79	Gold	76	Pete	Kelly	Catlett	33:44.7	
M		Silver	76	Bob	Pearson	Fairfax Station	34:11.8	
M		Bronze	76	George	Dellagiardino	Reston	35:31.1	
M			4	77	James	Mort	Burke	35:31.1
M			5	76	Doyle	Talkington	Haymarket	40:03.5
M			77	Robert	Grannis	Manassas	DNP	
M	80-84	Gold	81	Eamonn	McEvelly	Springfield	27:23.9	
M		Silver	83	Karl	Mueller	Alexandria	29:19.7	
M		Bronze	81	Dennis	Morin	Sterling	35:20.4	
M			4	80	Ted	Nanz	Fairfax Station	48:22.0
M			83	Chandra	Sekhar	Ashburn	DNP	
M	85-89		86	Ken	Quincy	Vienna	DNP	
M			87	Alan	Rider	Reston	DNP	