

		EVENT:	800M Run				
	Women Record Holders						
	800 METER RUN - INDOOR TRACK – WOMEN						
	50 – 54	Yuko Whitestone	Fairfax	3:01.22	2023*		
	55 - 59	Kathy Talman	Clifton	3:13.78	2021		
	60 – 64	Hannah Phillips	Alexandria	3:22.28	2016		
	65 – 69	Hannah Phillips	Alexandria	3:27	2019		
	70 – 74	Hannah Phillips	Alexandria	3:55.16	2023*		
	75 – 79	Ruth Hamilton	McLean	4:20.0	2022		
	List of Participants 2023						
Sex	Age Group	Age	Place	Firstname	LastName	City	Results
F	50-54	51	Gold	Yuko	Whitestone	Fairfax	3:01.22*
F		52	Silver	Carlin	MacDougall	Alexandria	3:15.58
F	60-64	62	Gold	Joanne	Shabelski	Springfield	3:30.60
F	65-69	67		dixie	duncan	Arlington	DNP
F	70-74	71	Gold	Hannah	Phillips	Alexandria	3:55.16*
F	75-79	76		Ruth	Hamilton	McLean	DNP

