

**EVENT: Trail Race 5K**  
**Bon Air to Benjamin Banneker, Four Mile Run Trail**

Women Record Holders

<b>5K TRAIL RACE - WOMEN (Bon Air to Benjamin Banneker, Four Mile Run Trail)</b>				
50-54	Yuko Whitestone	Fairfax	25:02	2024*
55-59	Sheila Beard	McLean	37:59	2024*
60-64	Pamela Ricker	Arlington	23:26	2024*
65-69	Ida Draim	Alexandria	27:31	2024*
70-74	Susan Aaronson	Arlington	27:44	2024*
80-84	Zenobia Evans	Lorton	1:18:13	2024*

List of Participants 2024

<b>Sex</b>	<b>Age Group</b>	<b>Place</b>	<b>Age</b>	<b>Firstname</b>	<b>LastName</b>	<b>City</b>	<b>Results</b>
F	50-54	Gold	52	Yuko	Whitestone	Fairfax	25:02*
F	55-59	Gold	59	Sheila	Beard	McLean	37:59*
F		Silver	58	Susan	Dodson	Midland	45:04
F		DNP	57	Susanna	Brown	Aldie	DNP
F	60-64	Gold	60	Pamela	Ricker	Arlington	23:26*
F		Silver	64	Lauralea	Gilpin	Springfield	32:21
F		Bronze	61	Cori	Uccello	Arlington	43:55
F		DNP	60	Amy	Levinrad	Ashburn	DNP
F		DNP	61	Colleen	Cornwell	Manassas	DNP
F		DNP	61	Karyn	Moreland	Aldie	DNP
F	65-69	Gold	69	Ida	Draim	Alexandria	27:31*
F		Silver	65	Duk	Ro	Nokesville	29:26
F		Bronze	69	Elizabeth	Byrnes	Arlington	38:49
F		4	67	Keg	Good	Woodbridge	39:03
F		DNP	66	Therese	Keating	Hume	DNP
F		DNP	69	Janice	Brannon	Lorton	DNP
F	70-74	Gold	70	Susan	Aaronson	Arlington	27:44*
F		Silver	74	Karen	Rainey	Arlington	31:50
F		Bronze	73	Rita	Maldonado	Dumfries	35:16
F		4	71	Andrea	Negrone	Arlington	39:56
F		5	71	Gina	Powers	Dumfries	40:59
F	80-84	Gold	82	Zenobia	Evans	Lorton	1:18:13*

Men Record Holders

5K TRAIL RACE - MEN (Bon Air to Benjamin Banneker, Four Mile Run Trail)				
55-59	Sam Gray	Fairfax	22:46	2024*
60-64	Jeff Farr	Vienna	26:00	2024*
65-69	Gopal Menon	Lorton	27:28	2024*
70-74	Robert Draim	Alexandria	24:15	2024*
75-79	Doyle Talkington	Haymarket	34:40	2024*
80-84	Bill Hill	Reston	27:57	2024*

List of Participants 2024

Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	55-59	Gold	57	Sam	Gray	Fairfax	22:46*
M		Silver	58	Ronald	Molteni	Arlington	26:08
M	60-64	Gold	62	Jeff	Farr	Vienna	26:00*
M		Silver	64	Stephen	Shepherd	Springfield	27:57
M		Bronze	62	Michael	Graham	Alexandria	31:54
M		4	63	Ted	Poulos	McLean	32:14
M		5	62	Miguel	Guilarte	Springfield	37:20
M		6	61	Henry	Sobieski	Centreville	1:02:29
M		DNP	63	Ken	Moreland	Aldie	DNP
M		DNP	63	Richard	Viola	Arlington	DNP
M	65-69	Gold	65	Gopal	Menon	Lorton	27:28*
M		Silver	69	Kap	Ro	Nokesville	29:26
M		DNP	65	Matt	Mohler	Herndon	DNP
M		DNP	69	Larry	Kobayashi	Fairfax	DNP
M	70-74	Gold	70	Robert	Draim	Alexandria	24:15*
M		Silver	70	Steven	Vito	Reston	26:59
M		Bronze	74	Vincent	Murphy	Woodbridge	27:16
M		4	71	Dale	Howell	Burke	30:59
M		5	71	Mohammad Javed	Karimullah	Manassas	32:32
M		6	74	Jorge	Venegas	Arlington	37:14
M		7	74	Dennis	McCoy	Vienna	40:16
M		DNP	71	Ron	Scully	Falls Church	DNP
M		DNP	73	Nathan	Granger	Sterling	DNP
M		DNP	74	John	Ambrose	Arlington	DNP
M	DNP	74	Michael	McCormick	Alexandria	DNP	
M	75-79	Gold	77	Doyle	Talkington	Haymarket	34:40*
M		Silver	78	James	Mort	Burke	35:02
M		Bronze	77	Andrew	Leighton	Arlington	48:11
M		DNP	77	Don	Sodo	Dumfries	DNP
M		DNP	77	Eric	Assur	Fairfax	DNP
M	80-84	Gold	80	Bill	Hill	Reston	27:57*
M		Silver	82	Eamonn	McEvilly	Fairfax	28:02
M		Bronze	84	Karl	Mueller	Alexandria	32:32
M		4	82	Dennis	Morin	Sterling	34:47

M

DNP

81 Barry

Sperling

Alexandria

DNP