

			EVENT:		Cycling 10K		
Women Record Holders							
CYCLING – 10K Time Trial – WOMEN (Held at Vint Hill Village Green in 2016-2022)							
50-54	Lisa Haley			Ashburn	18:55	2021	
55-59	Betty Francis			Warrenton	18:51.07	2019	
60-64	Kathleen Kearns			Woodbridge	19:56	2021	
65-69	Paula Renfro			Haymarket	28:02	2021	
70-74	Lynn Saunders			Gainesville	22:16	2018	
75-79	Ruth Hamilton			McLean	23.15	2022	
80-84	Joyce Tobias			Haymarket	29:58	2021	
List of Participants 2022							
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	55-59	Gold	59	Ann	Chaney	Bristow	23:04.67
F	60-64	Gold	60	Amy	Levinrad	Ashburn	20:56.67
F			61	Colleen	Cornwell	Manassas	DNP
F			64	Suzanne	Knight	Manassas	DNP
F			67	Susan	Bleistein	Springfield	DNP
F	65-69	Gold	65	Duk	Ro	Nokesville	25:51.67
F		Silver	67	Charlene	O'Brien	Fairfax	25:57.71
F	75-79	Gold	77	Ruth	Hamilton	McLean	21:18.71
F	80-84		82	Zenobia	Evans	Lorton	DNP
F	85-89	Gold	87	Joyce	Tobias	Haymarket	35:14.66

CYCLING – 10K Time Trial – MEN (Held at Vint Hill Village Green in 2016-2022)

50-54	Tony Lang	Alexandria	14:41	2018
55-59	Michael Emerson	Leesburg	14:52	2016
60-64	Jim Crowley	Alexandria	15:04	2017
65-69	James Degoey	Reston	15:42	2016
70-74	Mark Holt	Arlington	15:43	2021
75-79	John McCracken	Reston	18:28	2021
80-84	Bill Vest	Reston	18:07	2016
85-89	William Vest	Gainesville	18:56	2021
90-94	Thomas Tobias	Haymarket	25:52	2024*

Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	55-59	Gold	57	John	Talbert	Manassas	18:42.78
M		Silver	55	Thomas	Boggess	Warrenton	18:57.68
M			57	Sam	Gray	Fairfax	DNP
M			58	Paul	Hession	Fairfax	DNP
M			58	Magdi	Amin	McLean	DNP
M	60-64	Gold	64	Scott	MacEwen	Arlington	17:10.55
M		Silver	63	Erfic	Lengel	Fairfax	18:00.30
M		Bronze	61	Henry	Sobieski	Centreville	24:51.69
M			60	Ronald	Dillinger	Bristow	DNP
M	65-69	Gold	67	Steven	Rogers	Warrenton	17:25.30
M		Silver	69	David	Tomkinson	Springfield	19:04.70
M		Bronze	69	Alvin	Brenneman	Catlett	19:12.70
M			4 65	Slawomir	Olender	McLean	20:35.70
M			5 68	John	Jeffers	Springfield	22:17.67
M			6 69	Kap	Ro	Nokesville	23:55.59
M			67	Mark	Cochrane	Reston	DNP
M			69	Benjamin	Viellieu	Burke	DNP
M	70-74		71	Ken	Freund	Alexandria	DNP
M			74	John	Ambrose	Arlington	DNP
M	75-79	Gold	79	Robert	Causseaux	Marshall	19:32.73
M		Silver	78	Franklin	Nutter	McLean	20:19.86
M	80-84	Gold	82	John	McCracken	Reston	19:52.75
M			80	Thomas	Short	Alexandria	DNP
M	85-89	Gold	85	Edward "Todd"	Counts	Gainesville	26:36.07
M			85	Herb	Levitan	Arlington	DNP
M			87	Philip	Hager	Falls Church	DNP
M	90-94	Gold	91	Thomas	Tobias	Haymarker	25:52.53*