

			EVENT:		Cycling 20 K		
	Women Record Holders						
	<b>CYCLING – 20K Time Trial – WOMEN</b> (Held at Vint Hill Village Green in 2016-2022)						
	50-54	May Ton		Burke	38:43		2021
	55-59	Betty Francis		Warrenton	36:38.4		2019
	60-64	Deb Wolfe		Gainesville	38:43.15		2019
	65-69	Trish LeBlanc		Alexandria	49:34		2021
	70-74	Lynn Saunders		Gainesville	43:19		2016
	75-79	Ruth Hamilton		McLean	44:50		2022
	80 -84	Joyce Tobias		Haymarket	1:01.07		2021
	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	55-59	Gold	59	Ann	Chaney	Bristow	46:02.76
F		Silver	58	Susan	Dodson	Midland	58:35.88
F	60-64	Gold	60	Amy	Levinrad	Ashburn	42:45.82
F			61	Colleen	Cornwell	Manassas	DNP
F			64	Suzanne	Knight	Manassas	DNP
F	65-69	Gold	65	Duk	Ro	Nokesville	51:37.98
F			67	Susan	Bleistein	Springfield	DNP
F	75-79	Gold	77	Ruth	Hamilton	McLean	42:32.82

Men Record Holders							
<b>CYCLING – 20K Time Trial – MEN</b> (Held at int Hill Village Green in 2016-2022)							
	50-54	Tony Lang		Alexandria		29:11	2018
	55-59	Eric Lengel		Fairfax		28:25	2016
	60-64	Michael Price		Woodbridge		29:47	2024*
	65-69	James Degoey		Reston		31:31	2016
	70-74	Mark Holt		Arlington		32:30	2021
	75-79	Robert Causseaux		Marshall		36.22	2022
	80-84	Bill Vest		Reston		35:42	2016
	85-89	William Vest		Gainesville		37:37	2021
	90-94	Thomas Tobias		Haymarket		50:35	2024*
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	55-59	Gold	57	John	Talbert	Manassas	37:19.86
M		Silver	55	Thomas	Boggess	Warrenton	39:12.47
M			58	Paul	Hession	Fairfax	DNP
M	60-64	Gold	60	Michael	Price	Woodbridge	29:47.80*
M		Silver	62	Steven	Triantafell	Marshall	34:10.52
M		Bronze	63	Eric	Lengel	Fairfax	36:10.28
M		4	61	Henry	Sobieski	Centreville	52:04.20
M			64	Scott	MacEwen	Arlington	DNP
M			64	Roger	Aberth	Arlington	DNP
M			60	Ronald	Dillinger	Bristow	DNP
M	65-69	Gold	69	David	Tomkinson	Springfield	37:45.34
M		Silver	69	Alvin	Brenneman	Catlett	38:33.74
M		Bronze	65	Slawomir	Olender	McLean	42:51.74
M		4	66	Chandler	von Schrader	Arlington	43:54.52
M		5	68	John	Jeffers	Springfield	45:06.46
M		6	65	Johnny	Cheng	Fairfax	56:08.31
M		7	69	Kap	Ro	Nokesville	50:12.85
M			67	Mark	Cochrane	Reston	DNP
M			67	Steven	Rogers	Warrenton	DNP
M			68	Mark	Mildorf	Alexandria	DNP
M	70-74	Gold	74	Joseph	Florence	Warrenton	46:29.99
M			70	Mac	Silvester	Annandale	DNP
M			74	Michael	McCormick	Alexandria	DNP
M	75-79	Gold	79	Robert	Causseaux	Marshall	39:44.22
M		Silver	78	Franklin	Nutter	McLean	40:06.13
M			78	David	Whelan	Great Falls	DNP
M	80-84	Gold	82	John	McCracken	Reston	39:19.25
M	85-89	Gold	85	Edward "Todd"	Counts	Gainesville	51:07.81
M			87	Philip	Hager	Falls Church	DNP
M	90-94	Gold	91	Thomas	Tobias	Haymarket	50:35.92*