

	Event:	1600M Run					
	Women Record Holders						
1600 METER RUN – INDOOR TRACK – WOMEN (New in 2011)							
50-54	Yuko Whitestone			Fairfax	6:35	2022	
55-59	Kathy Talman			Clifton	6:46.9	2021	
60-64	Joanne Shabelski			Springfield	7:08.09	2021	
65-69	Hannah Phillips			Alexandria	7:19	2017	
70–74	Hannah Phillips			Alexandria	8:49.19	2023	
75-79	Ruth Hamilton			McLean	8:50	2022	
	List of Participants 2025						
		** No Results because of computer "Crash!"					
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results **
F	50-54	Gold	54	Cathy	Ross	Burke	
F		Silver	53	Yuko	Whitestone	Fairfax	
F	55-59		58	Susanna	Brown	Aldie	
F	60-64		61	Amy	Levinrad	Ashburn	
F			63	Freyja	Bergthorson	Sterling	
F			64	Joanne	Shabelski	Springfield	
F	65-69		66	Mary Catherine	Malin	Arlington	
F			67	Barbara	Smith	Fairfax	
F	70-74		70	Lisa	Linton	Broad Run	
F	80-84		84	Susan	Kilpatrick	Falls Church	
F	85-89		86	June	Gallagher	Arlington	

	Men Record Holders						
1600 METER RUN – INDOOR TRACK – MEN (New in 2011)							
50-54	Michal Wardian			Arlington	5:14.342	2025*	
55-59	David Pinkham			Leesburg	5:29.59	2018	
60-64	Stephan Moretti			West Springfield	5:42	2018	
65-69	Paul Ryan			Arlington	6:00	2016	
70-74	Jason Page			Hamilton	6:23	2015	
75-79	Alphonse Piekut			Vienna	8:04	2018	
80-84	Jason Page			Hamilton	7:54.38	2024	
85-89	Peter Han			Alexandria	8:02	2016	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Michael	Wardian	Arlington	5:14.342*
M	55-59	Gold	59	Paul	Cachion	Arlington	6:12.634
M	60-64	Gold	63	Jeff	Farr	Vienna	6:37.179
M		Silver	64	Ted	Poulos	McLean	7:41.326
M			62	Henry	Sobieski	Centreville	
M	65-69	Gold	66	Bob	Seal	Ashburn	7:34.136
M	70-74	Gold	70	David	Linton	Broad Run	6:39.617
M		Silver	74	James	Carboni	Oak Hill	8:53.668
M		Bronze	74	Nathan	Granger	Sterling	9:15.799
M		4	74	Jeffrey	Klemm	McLean	9:40:557
M	75-79	Gold	75	Michael	McCormick	Alexandria	8:11.154
M		Silver	75	Weston	Burnett	Tysons	9:47.235
M		Bronze	78	Doyle	Talkington	Haymarket	10:19.044
M		4	79	James	Mort	Burke	10:45.299
M		5	77	William	Guey-Lee	Arlington	11:41.310
M	80-84	Gold	81	Jason	Page	Hamilton	8:11.253
M		Silver	81	Eric	Samuel	Arlington	13:44.174
M			82	Krupakar	Revanna	Falls Church	DNP