Event: 1600M Walk

Women Record Holders

1600 METER WALK - INDOOR TRACK – WOMEN

50 - 54	Yuko Whitestone	Fairfax	11:31.454	2025*
55 - 59	Maryann Schwab	Fairfax	11:01	2007
60 – 64	Monica Hill	Woodbridge	11:39.0	2021
65 – 69	Debbi Miller	Fairfax	12:30.59	2014
65 – 69	Hannah Phillips	Alexandria	10:54	2018
70 - 74	Dorothy Skinner	Alexandria	12:02	2007
75 – 79	Beth Baynes	Alexandria	12:41.5	2021
75 - 79	Mandy Whalen	Falls Church	12:48.0	2015
80 - 84	Mary Boska	Alexandria	13:50	2007
85 – 89	Efthalia Papailias	Arlington	14:44	2017
90 – 94	Janine Bland	Arlington	15:40.0	2021
95 - 99	Elmyra Kearns	Woodbridge	28:41.93	2024

List of Participants 2025

Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	53	Yuko	Whitestone	Fairfax	11:31.454*
F	55-59	Gold	55	Kimberley	Williams	Burke	13:22.908
F		Silver	57	Laura	Wissing	Ashburn	13:44.931
F			55	Lisa	Borges	Burke	DNP
F			58	Susanna	Brown	Aldie	DNP
F	60-64	Gold	63	Freyja	Bergthorson	Sterling	12:21.930
F		Silver	63	Betsy	Berglund	Springfield	13:43.121
F		Bronze	63	Vanstacia	Jackson	Alexandria	13:43.147
F		4	60	Heather	McDaniel	Arlington	17:06.512
F	65-69	Gold	68	Keg	Good	Woodbridge	12:37:067
F		Silver	68	Julia	Fauntleroy	Arlington	13:12.825
F		Bronze	65	Deborah	Tate	Arlington	13:56.795
F		4	66	Sally	Mahoney	Arlington	16:31.826
F			65	Lauralea	Gilpin	Alexandria	DNP
F	70-74		70	Doris	Granger	Sterling	DNP
F			73	Meena	Bhagat	Ashburn	DNP
F	75-79	Gold	79	Beth	Baynes	Alexandria	13:53.982
F		Silver	79	Debbie	Ziegler	Arlington	16:31.826
F			79	Lorie	Brush	Falls Church	DNP
F			79	Rita	O'Brien	Falls Church	DNP
F			79	Teresa	Revanna	Falls Church	DNP
F	80-84		84	Susan	Kilpatrick	Falls Church	DNP

Men Record Holders

1600 METER WALK - INDOOR TRACK – MEN

50 - 54	Peter Blank	Annandale	9:47	2007
55 – 59	Peter Blank	Annandale	9:07.8	2009
60 – 64	Shabeg Singh	Haymarket	10:22	2012
65 - 69	Steven Meredith	Amissville	10:17	2019
70 - 74	Jeffrey Klemm	McLean	10:53	2023
70 – 74	Shabeg Singh	Haymarket	10:36.492	2025*
75 - 79	James W.C. Chang	Oakton	11:44	2012
80 – 84	Dave Endres	McLean	12:01.925	2025*
85 - 89	Thomas Tobias	Haymarket	12:28.04	2021
90 – 94	Thomas Tobias	Haymarket	13.17.50	2023
95 – 99	Julius Delpizzo	Springfield	15:46.87	2021

List of Participants 2025

Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Michael	Wardian	Arlington	11:23.861
M	55-59	Gold	57	Barrett	Tripp	Falls Church	11:14.672
M	60-64	Gold	60	David	Mickalonis	Burke	10:16.512
M		Silver	63	Kit	Sheffield	Vienna	10:57.580
M		Bronze	62	Henry	Sobieski	Centreville	14:10.172
M			60	Joseph	Czopek	Annandale	DNP
M			61	Stephen	Neal	Chantilly	DNP
M			62	Antonio	de la Serna	Reston	DNP
M	65-69	Gold	66	John	Sullivan	Fairfax	12:00.075
M		Silver	66	Dean	Thomas	Arlington	12:49.757
M		Bronze	65	Jon	Berglund	Springfield	13:08.359
M		4	68	Robert	Roll	Arlington	15:06.188
M	70-74	Gold	73	Shabeg	Singh	Haymarket	10:36.492*
M		Silver	74	Jeffrey	Klemm	McLean	11:31.610
M		Bronze	74	Nathan	Granger	Sterling	12:27.265
M		4	74	Allan	Dosik	Arlington	13:25.869
M		5	72	Karimullah	Mohammad	Manassas	13:54.692
M			71	Shaning	Yu	Chantilly	DNP
M			72	Ken	Freund	Alexandria	DNP
M	75-79	Gold	75	Tom	Augustine	Woodbridge	12:05.903
M		Silver	77	William	Guey-Lee	Arlington	13:26.778
M		Bronze	77	David	Saah	Fairfax	14:01.717
M		4	79	Ted	Ringelheim	Springfield	14:48.842
M	80-84	Gold	82	Dave	Endres	McLean	12:01.925*
M		Silver	83	Andrzej	Pronczuk	Arlington	14:10.038
M		Bronze	81	Eric	Samuel	Arlington	14:14.457
M		4	81	Clifford	Gay	Falls Church	16:19.746
M		5	84	Gary	Nooger	Falls Church	16:40.470
M			81	James	Sharpe	Falls Church	DNP

M	85-89	Gold	86	Amnon	Golan	Arlington	13:58.333		
M		Silver	88	Roger	Webb	Ashburn	16:07.366		
M		Bronze	86	Gerald	Dahlin	Manassas	16:56.458		
M		4	88	John	McNerney	Mc Lean	20:13.329		
M	90-94	Gold	92	Thomas	Tobias	Haymarket	15:43.225		