

Event:		3-Mile Power Walk					
	Women Record Holders						
	50 - 54	Mary Ann Schwab		Fairfax	34:07.00	2006	
	55 - 59	Dot Michaels		Arlington	32:30.00	1983	
	60 - 64	Jean Wood		Springfield	34:25.00	1986	
	65 - 69	Hannah Phillips		Alexandria	35:49.5	2021	
	70 - 74	Mary Boska		Alexandria	35:45.70	1999	
	75 - 79	Eloise Over		Alexandria	37:37.80	1997	
	80 - 84	Mary Lathram		Falls Church	40:25.98	1995	
	85 +	Mary Lathram		Falls Church	43:17.89	2000	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	52	Shelley	Verdejo	Burke	39:58
F			53	Melissa	Czarnecki	Burke	DNP
F			54	Renee	LaRue	Sterling	DNP
F			54	Anita	Mittal	Potomac Falls	DNP
F	55-59	Gold	58	Susanna	Brown	Aldie	46:56
F			57	Laura	Wissing	Ashburn	DNP
F	60-64	Gold	63	Maribeth	Clissa	Arlington	36:19
F		Silver	63	Freyja	Bergthorson	Sterling	37:12
F		Bronze	60	Branka	Bowman	Burke	43:54
F		4	60	Heather	McDaniel	Arlington	50:02
F	65-69	Gold	69	Linda	Andrews	Fairfax	38:24
F		Silver	65	Pamela	McKinley	Alexandria	43:58
F			67	Dianne	Altuna	Arlington	DNP
F			65	Lauralea	Gilpin	Alexandria	DNP
F			65	Virginie	Vaselopoulos	Arlington	DNP
F			67	Nancy	Waxler	Annandale	DNP
F	70-74	Gold	73	Beth	Unklesbay	Arlington	42:08
F		Silver	72	Andrea Lee	Negroni	Arlington	42:08
F		Bronze	74	Christy	Gavitt	Fairfax	45:45
F			73	Susan	Becker	Vienna	DNP
F			70	Doris	Granger	Sterling	DNP
F			73	Joan	Kische	Falls Church	DNP
F			74	Rita	Maldonado	Dumfries	DNP

F	75-79	Gold	78	Barbara	Quantrille	Burke	41:31
F		Silver	79	Beth	Baynes	Alexandria	42:51
F		Bronze	79	Lynn	Magrum	Fairfax	45:35
F		4	77	Jill	Greenspan	Ashburn	50:06
F		5	76	Shirley	Brown	Gainesville	58:50
F			76	Peggy	Goode	Fairfax	DNF
F			77	Laura	Fitch	Arlington	DNP
F	80-84	Gold	82	Sally	Werntz	Reston	44:44
F		Silver	83	Karen	Levitan	Arlington	45:29
F		Bronze	84	Phyllis	Appel	Ashburn	45:45
F			80	Karen	Pyeatt	Falls Church	DNP
F	85-89	Gold	86	June	Gallagher	Arlington	45:54
F		Silver	85	Mary	Allen	Great Falls	46:59

	Men Record Holders						
	50 - 54	Bob Ryan		Ashburn	32:09.70	1999	
	55 - 59	S. J. Miller		Woodbridge	29:18.91	1991	
	60 - 64	Victor Litwinski		McLean	28:14.00	2005	
	65 - 69	Ralph Driscoll		Alexandria	29:53.47	1991	
	70 - 74	Edward Seegar		Falls Church	31:00.00	1985	
	75 - 79	John Allums		Falls Church	33:02.00	1990	
	80 - 84	Edward Seegar		Falls Church	34:57.90	1997	
	85 - 89	Edward Seegar		Falls Church	38:39.47	2000	
	90 - 95	Thomas Tobias		Haymarket	39:47	2023	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Michael	Wardian	Arlington	35:14
M	55-59	Gold	57	Barrett	Tripp	Falls Church	35:21
M	60-64	Gold	60	David	Mickalonis	Burke	30:40
M		Silver	63	Kit	Sheffield	Vienna	34:22
M		Bronze	60	Joseph	Czopek	Annandale	34:24
M		4	61	Ben	Bowman	Burke	40:37
M		5	62	Henry	Sobieski	Centreville	47:16
M			64	Merrill	Boone	Arlington	DNP
M			62	Antonio	de la Serna	Reston	DNP
M			64	Mahesh	Kelkar	Herndon	DNP
M			61	Stephen	Neal	Chantilly	DNP
M	65-69	Gold	66	John	Sullivan	Fairfax	38:45
M	70-74	Gold	74	William	Leggett	Woodbridge	37:04
M		Silver	74	Nathan	Granger	Sterling	37:39
M			71	Patricio	Altuna	Arlington	DNP
M			72	Mike	Cohen	Woodbridge	DNP
M			72	Mohammad Javed	Karimullah	Manassas	DNP
M			74	Jeffrey	Klemm	McLean	DNP
M			73	Shabeg	Singh	Haymarket	DNP
M			70	Benjamin	Viellieu	Burke	DNP
M			71	Shaning	Yu	Chantilly	DNP
M	75-79	Gold	75	Jorge	Venegas	Arlington	42:08
M		Silver	78	George	Dellagiarino	Reston	45:31
M		Bronze	77	David	Saah	Fairfax	49:46
M		4	78	Don	Sodo	Dumfries	50:26
M			79	Hossain	Atashbarghi	Fairfax	DNP

M	80-84	Gold	82	Dave	Endres	McLean	37:00
M		Silver	81	Clifford	Gay	Falls Church	51:24
M			81	Glenwood	Sickels	Haymarket	DNF
M			81	Eric	Samuel	Arlington	DNP
M			80	John	Wondolowski	manassas	DNP
M	85-89	Gold	86	Amnon	Golan	Arlington	41:09
M		Silver	85	Karl	Mueller	Alexandria	43:18
M		Bronze	86	Herbert	Levitan	Arlington	59:54
M			86	Carlos	Rodriguez	Dumfries	DNP
M	90-94		92	Thomas	Tobias	Haymarket	DNF