

	Event.	60M DASH					
	Women Record Holders						
	60 METER DASH - INDOOR TRACK – WOMEN						
	50 - 54	JT Thomas	Alexandria	9.44	2021		
	55 - 59	Sabrina Tormoen	Bealeton	9.22	2022		
	60 - 64	Lee Anne Orndorff	Alexandria	9.75	2022		
	65 - 69	Hannah Phillips	Alexandria	10.00	2018		
	70 - 74	Lisa Linton	Broad Run	10.95	2025*		
	75 - 79	Mary White	Arlington	10.16	2021		
	80 - 84	Josephine Stewart	Manassas	12.09	2007		
	85 - 89	Josephine Stewart	Manassas	12.70	2010		
	90 – 94	Josephine Stewart	Manassas	13.7	2013		
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	51	Heather	Passmore	Alexandria	10.6
F	55-59	Gold	55	Sylvie	Mortimer	Arlington	10.13
F	55-59	Silver	56	Jennifer	Beck-Wilson	Fairfax	11.99
F		Bronze	58	Susanna	Brown	Aldie	14.09
F			55	Lisa	Crouse	Fairfax Station	DNP
F	60-64	Gold	60	Helen	Tiene	Arlington	10.83
F		Silver	60	Laurie	Seaton	Fairfax	11.06
F		Bronze	63	Vanstacia	Jackson	Alexandria	13.18
F		4	63	Freyja	Bergthorson	Sterling	13.71
F		5	64	Joanne	Shabelski	Springfield	13.8
F		6	63	Emily	Smith	Annandale	14.58
F			62	Amy	Knieriem	Falls Church	DNP
F			61	Amy	Levinrad	Ashburn	DNP
F	65-69	Gold	65	Danita	Moses	Alexandria	11.47
F		Silver	68	Keg	Good	Woodbridge	11.77
F		Bronze	67	Liz	Salak	Falls Church	11.84
F		4	67	Barbara	Smith	Fairfax	13.08
F			69	Dixie	Duncan	Arlington	DNP
F	70-74	Gold	70	Lisa	Linton	Broad Run	10.95*
F		Silver	73	Hannah	Phillips	Alexandria	11.96
F		Bronze	73	Barbara	Bauer	Arlington	12.5
F		4	74	Louise	DiCaprio	Fairfax	14.22
F			70	Doris	Granger	Sterling	DNP
F			70	Elizabeth	Row	Arlington	DNP

F	75-79	Gold	79	Gloria (Jeannie)	Raddatz	Leesburg	16.61
F		Silver	75	Patricia	Joyner	Alexandria	17.08
F			79	Mary	White	Arlington	DNP
F	85-89	Gold	85	Mandy	Whalen	Falls Church	22.33
F	90-94	Gold	92	Alease	Brooks	Arlington	34.58

	Men Record Holders						
	60 METER DASH - INDOOR TRACK – MEN						
	50 - 54	Seth Herz		Annandale	7.60	2021	
	55 - 59	Seth Herz		Annandale	8.00	2024	
	55 - 59	Zach McBride		Woodbridge	8.28	2018	
	60 - 64	Gracus Dunn		Woodbridge	7.78	2021	
	65 - 69	Schuyler Webb		Arlington	7.85	2017	
	70 - 74	Douglas Hastings		Gainesville	8.50	2021	
	75 - 79	Clarence John Wells-Martin		Herndon	9.31	2021	
	80 - 84	Wayne Wilson		Haymarket	10.44	2018	
	85 - 89	Jerry Bradley		Oakton	11.15	2021	
	90 - 94	Andy Simko		Springfield	15.19	2008	
	95 - 99	Dixon Hemphil		Fairfax Station	32.88	2021	
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	50	Greg	Diephouse	Falls Church	9.345
M		Silver	53	Justin	Crandol	Springfield	9.952
M		Bronze	51	Michael	Wardian	Arlington	10.559
M			52	Aaron	Bee	Fairfax	DNP
M			52	Mauricio	Calderon	Ashburn	DNP
M			53	Thomas	Mayrhofer	McLean	DNP
M	55-59	Gold	57	Chris	Cuozzo	Leesburg	9.522
M		Silver	59	David	Paletz	Burke	9.617
M			55	Timothy	Jordan	Haymarket	DNP
M			59	Ronald	Molteni	Arlington	DNP
M	60-64	Gold	62	Rich	Taylor	Arlington	8.997
M		Silver	63	Jeff	Farr	Vienna	9.871
M		Bronze	62	Stephen	Young	Arlington	10.436
M		4	62	Henry	Sobieski	Centreville	14.136
M			60	Joseph	Czopek	Annandale	DNP
M			62	Antonio	de la Serna	Reston	DNP
M			61	Craig	Greene	Manassas	DNP
M	65-69	Gold	66	Bob	Seal	Ashburn	10.689
M		Silver	67	Zhigang	Li	Ashburn	10.785
M			65	Jon	Berglund	Springfield	DNP
M			67	Chuck	Crum	Bealeton	DNP
M			65	Jerry	Cuffee	Montclair	DNP
M			66	Brian	Darling	Alexandria	DNP
M			68	Gracus	Dunn	Woodbridge	DNP
M			67	Patrick	Melbourne	Haymarket	DNP
M			69	Steven	Smith	McLean	DNP
M			67	Ron	Workman	sterling	DNP

M	70-74	Gold	74	Nathan	Granger	Sterling	10.413
M		Silver	72	Michael	Emery	Burke	10.765
M		Bronze	70	David	Linton	Broad Run	11.103
M		4	72	Barry	Emswiler	Herndon	11.314
M		5	74	Allan	Dosik	Arlington	11.912
M		6	74	James	Carboni	Oak Hill	13.028
M			72	David	Black	Clifton	DNP
M			71	Arnie	Figueroa	Fairfax	DNP
M	75-79	Gold	78	William	Hudson	Alexandria	10.367
M		Silver	76	Alessandro	Sacilotto	Fairfax	11.063
M		Bronze	75	Rick	Bender	Reston	11.064
M		4	77	Eiji	Yasuhara	Sterling	12.037
M		5	77	Jeff	Young	McLean	12.324
M		6	76	Robert	Baldassano	Alexandria	12.369
M		7	79	Ted	Ringelheim	Springfield	14.749
M			75	John	Ambrose	Arlington	DNP
M			79	Hossain	Atashbarghi	Fairfax	DNP
M			79	Terrence	Modglin	Falls Church	DNP
M			81	naresh	bhagat	Ashburn	DNP
M	80-84	Gold	84	Karl	Lady	Alexandria	11.575
M		Silver	80	Justin	O'Hara	Fairfax Station	12.569
M		Bronze	81	Don	Meli	Annandale	13.829
M		4	82	Alphonse	Piekut	Vienna	14.126
M		5	81	Michael	Bresner	Ashburn	17.324
M			82	Daniel	Durante	Gainesville	DNP
M			82	Krupakar	Revanna	Falls Church	DNP
M	85-89	Gold	87	William (Bill)	Bahnmaier	Fort Belvoir	12.261
M		Silver	86	Bernhard	Stamm	Ashburn	13.26
M		Bronze	85	Ken	Morrison	Manassas	15.604
M		4	86	Amnon	Golan	Arlington	16.863
M		5	86	Carlos	Rodriguez	Dumfries	17.237
M	90-94	Gold	90	Hyung	Park	McLean	21.11
M			90	Jerry	Bradley	Oakton	DNP