

	Event:			Cycling Time Trial - 10K			
	Women Record Holders at Vint Hill						
	CYCLING – 10K Time Trial – WOMEN (Held at Vint Hill Village Green in 2016-2024)						
	50-54	Lisa Haley		Ashburn	18:55	2021	
	55-59	Betty Francis		Warrenton	18:51.07	2019	
	60-64	Kathleen Kearns		Woodbridge	19:56	2021	
	65-69	Paula Renfro		Haymarket	28:02	2021	
	70-74	Lynn Saunders		Gainesville	22:16	2018	
	75-79	Ruth Hamilton		McLean	23:15	2022	
	80-84	Joyce Tobias		Haymarket	29:58	2021	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54		54	Anita	Mittal	Potomac Falls	DNP
F			53	Melissa	Czarnecki	Burke	DNP
F	60-64	Gold	61	Amy	Levinrad	Ashburn	21:00
F		Silver	60	Ann	Chaney	Bristow	24:03
F		Bronze	60	Branka	Bowman	Burke	31:51
F	85-89		88	Joyce	Tobias	Haymarket	DNP
	Men Record Holders						
	CYCLING – 10K Time Trial – MEN (Held at Vint Hill Village Green in 2016-2024)						
	50-54	Tony Lang		Alexandria	14:41	2018	
	55-59	Michael Emerson		Leesburg	14:52	2016	
	60-64	Jim Crowley		Alexandria	15:04	2017	
	65-69	James Degoe		Reston	15:42	2016	
	70-74	Mark Holt		Arlington	15:43	2021	
	75-79	John McCracken		Reston	18:28	2021	
	80-84	Bill Vest		Reston	18:07	2016	
	85-89	William Vest		Gainesville	18:56	2021	
	90-94	Thomas Tobias		Haymarket	25:52	2024	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Michael	Wardian	Arlington	19:03
M			53	Thomas	Mayrhofer	McLean	DNP
M		Gold	55	Uri	Aronson	Oak Hill	16:57
M		Silver	56	Thomas	Boggess	Warrenton	18:35
M			58	John	Talbert	Manassas	DNP
M			59	Michael	Riggs	Arlington	DNP
M	60-64	Gold	64	Eric	Lengel	Fairfax	17:36
M		Silver	62	Stephen	Young	Arlington	18:51
M		Bronze	61	Ben	Bowman	Burke	31:51
M			61	Ronald	Dillinger	Bristow	DNP
M			62	Henry	Sobieski	Centreville	DNP

M	65-69	Gold	68	Steven	Rogers	Warrenton	16:55
M		Silver	65	Scott	MacEwen	Arlington	17:31
M		Bronze	68	Richard	Luttrell	Bristow	17:44
M			66	Slawomir	Olender	McLeqn	DNP
M			69	John	Jeffers	Springfield	DNP
M	70-74	Gold	70	Peter	Czapiewski	Alexandria	17:16
M		Silver	70	Alvin	Brenneman	Catlett	18:42
M		Bronze	70	David	Tomkinson	Springfield	22:29
M			72	Ken	Freund	Alexandria	DNP
M	75-79	Gold	75	Charles	Baughman	Arlington	20:21
M		Silver	79	Franklin	Nutter	McLean	29:21
M			75	John	Ambrose	Arlington	DNP
M	80-84	Gold	83	John	McCracken	Reston	19:53
M		Silver	80	Robert	Causseaux	Marshall	20:05
		Bronze	82	Dave	Endres	McLean	23:40
M	85-89	Gold	89	Bill	Vest	Gainesville	20:55
M		Silver	86	Herbert	Levitan	Arlington	32:19
M	90-94		90	Roy	Huffman	Gainesville	DNP
M			92	Thomas	Tobias	Haymarket	DNP