

	Event:	Track 400M Run					
	Women Record Holders						
	400 METER RUN - INDOOR TRACK – WOMEN						
	50 - 54	Sylvie Mortimer		Arlington	1:18.77	2024	
	55 - 59	Sylvie Mortimer		Arlington	1:20.075	2025*	
	60 - 64	Hannah Phillips		Alexandria	1:23.10	2016	
	65 - 69	Hannah Phillips		Alexandria	1:25.00	2019	
	70 - 74	Lisa Linton		Broad Run	1:31.526	2025*	
	75 – 79	Ruth Hamilton		McLean	1:57.85	2022	
	80 – 84	Mandy Whelan		Falls Church	2:48.69	2021	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	53	Yuko	Whitestone	Fairfax	1:26.399
F	55-59	Gold	55	Sylvie	Mortimer	Arlington	1:20.075*
F		Silver	56	Jennifer	Beck-Wilson	Fairfax	1:52.307
F		Bronze	58	Susanna	Brown	Aldie	2:24.730
F	60-64	Gold	63	Freyja	Bergthorson	Sterling	1:50.497
F		Silver	64	Joanne	Shabelski	Springfield	1:45.932
F			62	Amy	Knieriem	Falls Church	DNP
F			61	Amy	Levinrad	Ashburn	DNP
F	65-69	Gold	66	Mary Catherine	Malin	Arlington	1:32.383
F		Silver	67	Barbara	Smith	Fairfax	1:47.187
F			65	Lauralea	Gilpin	Alexandria	DNP
F	70-74	Gold	70	Lisa	Linton	Broad Run	1:31.526*
F	85-89	Gold	85	Mandy	Whalen	Falls Church	3:25.808

	Men Record Holders						
	400 METER RUN - INDOOR TRACK - MEN						
	50 - 54	Robert Forsythe	Annandale	:58.99	2016		
	55 - 59	Robert Forsythe	Annandale	1:03.16	2021		
	60 - 64	Schuyler Webb	Arlington	1:06.19	2014		
	65 - 69	Schuyler Webb	Arlington	1:05.84	2016		
	70 - 74	Clarence John Wells-Martin	Herndon	1:18	2017		
	75 - 79	Hal Goolsby	McLean	1:30.17	2007		
	75 - 79	Clarence John Wells-Martin	Herndon	1:30.16	2021		
	80 - 84	Eamonn McEvilly	Springfield	1:35.16	2023		
	85 - 89	Amnon Golan	Arlington	2:20.721	2025*		
	90 - 94	Kent Halstead	Ashburn	3:03.53	2021		
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Brian	Dauernheim	Vienna	1:09.314
M		Silver	51	Michael	Wardian	Arlington	1:14.64
M		Bronze	53	Justin	Crandol	Springfield	1:35.03
M			52	Aaron	Bee	Fairfax	DNP
M	55-59	Gold	59	Robert	Forsythe	Annandale	1:05.379
M			59	Ronald	Molteni	Arlington	DNP
M	60-64	Gold	63	Jeff	Farr	Vienna	1:13.505
M		Silver	62	Rich	Taylor	Arlington	1:13.577
M		Bronze	62	Stephen	Young	Arlington	1:29.046
M			60	Joseph	Czopek	Annandale	DNP
M			62	Antonio	de la Serna	Reston	DNP
M			62	Henry	Sobieski	Centreville	DNP
M	65-69	Gold	66	Bob	Seal	Ashburn	1:27.544
M			65	Jon	Berglund	Springfield	DNP
M			65	Uttam	Dhillon	McLean	DNP
M			69	Steven	Smith	McLean	DNP
M			67	Ron	Workman	Sterling	DNP
M	70-74	Gold	70	David	Linton	Broad Run	1:21.253
M		Silver	74	Nathan	Granger	Sterling	1:22.350
M		Bronze	74	James	Carboni	Oak Hill	1:42.456
M			71	Shaning	Yu	Chantilly	DNP

M	75-79	Gold	75	Michael	McCormick	Alexandria	1:34.835
M		Silver	77	Eiji	Yasuhara	Sterling	1:49.524
M		Bronze	79	Terrence	Modglin	Falls Church	1:54.744
M		4	76	Robert	Baldassano	Alexandria	1:55.949
M		5	79	James	Mort	Burke	2:22.259
M		6	79	Hossain	Atashbarghi	Fairfax	2:23.205
M			75	John	Ambrose	Arlington	DNP
M			78	Pete	Kelly	Catlett	DNP
M			78	Doyle	Talkington	Haymarket	DNP
M	80-84	Gold	81	Jason	Page	Hamilton	1:40.568
M		Silver	82	Krupakar	Revanna	Falls Church	2:07.342
M		Bronze	81	Don	Meli	Annandale	2:12.113
M		4	81	Eric	Samuel	Arlington	2:48.323
M		5	84	Stan	Brown	Fairfax	2:50.240
M			81	Naresh	Bhagat	Ashburn	DNP
M	85-89	Gold	86	Amnon	Golan	Arlington	2:20.721*
M		Silver	85	Ken	Morrison	Manassas	2:30.177
		Bronze	86	Carlos	Rodriguez	Dumfries	2:49.781
M			88	John	McNerney	Mc Lean	4:12.323
M			86	Gerald	Dahlin	Manassas	DNP
M			90	Jerry	Bradley	Oakton	DNP