

	Event:	5K Trail Race					
Women Recod Holders							
	5K TRAIL RACE – WOMEN (Bon Air to Benjamin Banneker, Four Mile Run Trail (New in 2024)						
	50-54	Yuko Whitestone	Fairfax	23:17.77	2025*		
	55-59	Sylvie Mortimer	Arlington	26:09.93	2025*		
	60-64	Pamela Ricker	Arlington	23:26	2024		
	65-69	Ida Draim	Alexandria	27:31	2024		
	70-74	Susan Aaronson	Arlington	27:44	2024		
	80-84	Zenobia Evans	Lorton	1:18:13	2024		
List of Participants 2025							
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	1	53	Yuko	Whitestone	Fairfax	23:17.77*
F	50-54	2	54	Cathy	Ross	Burke	23:59.80
F	50-54	3	51	Heather	Passmore	Alexandria	30:51.45
F	50-54	4	52	Gladis	Bourdouane	Falls Church	35:29.33
F	50-54	5	54	Sharen	Sheehan	Springfield	1:03:39.85
F	50-54	DNP	53	Priscilla	Sandoli	Arlington	DNP
F	55-59	1	55	Sylvie	Mortimer	Arlington	26:09.93*
F	55-59	2	57	Tabitha	Hendershot	Arlington	28:32.47
F	55-59	3	59	Susan	Dodson	Midland	41:40.00
F	55-59	4	57	Kiki	Ross	Gainesville	1:03:51.98
F	55-59	5	56	Jennifer	Beck-Wilson	Fairfax	1:03:03.00
F	55-59	DNP	55	Lisa	Crouse	Fairfax Station	DNP
F	60-64	1	60	Branka	Bowman	Burke	45:21.33
F	65-69	1	67	Barbara	Smith	Fairfax	31:10.33
F	65-69	2	68	Robyn	DeSeve	Manassas	31:37.60
F	65-69	3	68	Rosanna	Hwu-Yun	Clifton	36:17.86
F	65-69	4	66	Duk	Ro	Nokesville	53:23.04
F	65-69	DNP	65	Lauralea	Gilpin	Alexandria	DNP
F	65-69	DNP	67	Liz	Salak	Falls Church	DNP
F	65-69	DNP	66	Mary Catherine	Malin	Arlington	DNP
F	70-74	1	70	Ida	Draim	Alexandria	27:55.55
F	70-74	2	71	Susan	Aaronson	Arlington	28:28.73
F	70-74	3	72	Andrea Lee	Negroni	Arlington	42:27.51
F	75-79	DNP	79	Teresa	Revanna	Falls Church	DNP

Men Record Holder							
5K TRAIL RACE – MEN (Bon Air to Benjamin Banneker, Four Mile Run Trail (New in 2024)							
	50-54	Michael Wardian		Arlington	19:23.49	2025*	
	55-59	Sam Gray		Fairfax	22:46	2024	
	60-64	Jeff Farr		Vienna	25:04.27	2025*	
	65-69	Gordon Smith		Alexandria	26:28.39	2025*	
	70-74	Robert Drain		Alexandria	24:15	2024	
	75-79	Doyle Talkington		Haymarket	34:40	2024	
	80-84	Bill Hill		Reston	27:57	2024	
	85-89	Karl Mueller		Alexandria	31:00.64	2025*	
List of Participants							
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Michael	Wardian	Arlington	19:23.49*
M	50-54	Silver	52	Patrick	Fry	Falls Church	27:39.03
M	50-54	DNP	52	Aaron	Bee	Fairfax	DNP
M	55-59	Gold	58	Paul	Cachion	Arlington	23:01.13
M	55-59	DNP	59	Martin	Bergmann	Arlington	DNP
M	55-59	DNP	59	Ronald	Molteni	Arlington	DNP
M	60-64	Gold	63	Jeff	Farr	Vienna	25:04.27*
M	60-64	Silver	64	Ted	Poulos	McLean	30:48.20
M	60-64	Bronze	61	Ben	Bowman	Burke	43:51.24
M	60-64	4	60	Mark	Ross	Gainesville	53:18.98
M	60-64	DNP	62	Antonio	de la Serna`	Reston	DNP
M	60-64	DNP	62	Henry	Sobieski	Centreville	DNP
M	60-64	DNP	64	Richard	Viola	Arlington	DNP
M	65-69	Gold	67	Gordon	Smith	Alexandria	26:28.39*
M	65-69	Silver	65	Stephen	Shepherd	Springfield	27:31.57
M	65-69	Bronze	66	Bob	Seal	Ashburn	28:39.16
M	65-69	4	69	Jose	Ceppi	Falls Church	31:14.72
M	65-69	DNP	65	Uttam	Dhillon	McLean	DNP
M	70-74	Gold	71	Bob	Draim	Alexandria	25:08.81
M	70-74	Silver	71	Steven	Vito	Reston	26:32.06
M	70-74	Bronze	72	Dale	Howell	Burke	31:32.93
M	70-74	4	70	Kap	Ro	Nokesville	35:02.96
M	70-74	5	74	Allan	Dosik	Arlington	41:02.38
M	70-74	6	72	William	Tracy	Burke	53:38.47
M	70-74	DNP	74	James	Carboni	Oak Hill	DNP
M	70-74	DNP	74	Jeffrey	Klemm	McLean	DNP
M	75-79	Gold	78	Doyle	Talkington	Haymarket	35:51.36
M	75-79	Silver	79	James	Mort	Burke	36:11.08
M	75-79	DNP	79	Hossain	Atashbarghi	Fairfax	DNP
M	75-79	DNP	76	James	Lengle	Tysons	DNP
M	75-79	DNP	75	Michael	McCormick	Alexandria	DNP
M	75-79	DNP	78	Don	Sodo	Dumfries	DNP

M	80-84	Gold	81	Bill	Hill	Reston	29:01.38
M	80-84	Silver	83	Dennis	Morin	Sterling	54:18.05
M	80-84	DNP	82	Krupakar	Revanna	Falls Church	DNP
M	80-84	DNP	81	Eric	Samuel	Arlington	DNP
M	85-89	Gold	85	Karl	Mueller	Alexandria	31:00.64*
M	85-89	Silver	86	Amnon	Golan	Arlington	43:44.26
M	85-89	Bronze	85	Ken	Morrison	Manassas	57:33.60