

	Event:	800M Walk					
	Women Record Holders						
	800 METER WALK - INDOOR TRACK – WOMEN						
	50 – 54	Yuko Whitestone	Fairfax	5:38.215	2025*		
	55 - 59	Maureen Ruel	Ashburn	5:20.00	2011		
	60 – 64	Keg Good	Woodbridge	5:27	2018		
	65 - 69	Hannah Phillips	Alexandria	5:01	2018		
	70 - 74	Hannah Phillips	Alexandria	5:55.397	2025*		
	75 – 79	Dorothy Skinner	Alexandria	5:59	2009		
	80 - 84	Mary Boska	Alexandria	6:32	2007		
	85 - 89	Janine Bland	Arlington	7:23	2019		
	90 - 94	Mary Lathram	Falls Church	7:29.00	2008		
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	53	Yuko	Whitestone	Fairfax	5:38.215*
F		Silver	52	Shelley	Verdejo	Burke	6:31.285
F	55-59	Gold	55	Kimberley	Williams	Burke	6:24.139
F		Silver	57	Laura	Wissing	Ashburn	6:46.079
F		Bronze	57	Sue	Clasby	McClean	6:54.693
F		4	58	Susanna	Brown	Aldie	7:51.752
F			55	Lisa	Borges	Burke	DNP
F	60-64	Gold	63	Freyja	Bergthorson	Sterling	6:14.098
F		Silver	63	Betsy	Berglund	Springfield	6:22.263
F		Bronze	63	Vanstacia	Jackson	Alexandria	6:25.625
F		4	60	Heather	McDaniel	Arlington	7:59.605
F			62	Karen	Jarzynka-Hernandez	Arlington	DNF
F			60	Branka	Bowman	Burke	DNP
F			60	Jennifer	McClennan	Arlington	DNP
F	65-69	Gold	68	Keg	Good	Woodbridge	6:02.442
F		Silver	68	Julia	Fauntleroy	Arlington	6:22.951
F		Bronze	67	Nancy	Waxler	Annandale	6:23.241
F		4	65	Deborah	Tate	Arlington	6:46.761
F			65	Lauralea	Gilpin	Alexandria	DNP
F	70-74	Gold	73	Hannah	Phillips	Alexandria	5:55.397*
F		Silver	72	Mary	Walls	Arlington	6:20.484
F			70	Doris	Granger	Sterling	DNP
F			73	Meena	Bhagat	Ashburn	DNP
F			74	Louise	DiCaprio	Fairfax	DNP
F	75-79	Gold	78	Barbara	Quantrille	Burke	6:31.946
F		Silver	79	Beth	Baynes	Alexandria	6:41.380
F		Bronze	78	Darlene	Russ-Eft	Arlington	7:03.098
F			79	Lorie	Brush	Falls Church	DNP
F			79	Teresa	Revanna	Falls Church	DNP
F			79	Debbie	Ziegler	Arlington	DNP
F	80-84	Gold	84	Susan	Kilpatrick	Falls Church	9:01.316
F	85-89	Gold	86	Judy	Gallagher	Falls Church	7:28.59
F		Silver	85	Mandy	Whalen	Falls Church	7:30.303
F			87	Sonia	Scadden	Arlington	DNP

F	90-94	1	94	Janine	Bland	Arlington	7:51.027	
	Men Record Holders							
	800 METER WALK - INDOOR TRACK – MEN							
	50 - 54	Harold Dockins		Fairfax		4:35.84	2014	
	55 - 59	Peter Blank		Annandale		4:13	2009	
	60 - 64	Thomas Augustine		McLean		5:01.24	2014	
	65 - 69	Victor Litwinski		McLean		4:46	2009	
	70 - 74	Shabeg Singh		Haymarket		4:44.9	2023	
	75 - 79	Bill Palmer		Arlington		5:40.50	2022	
	80 - 84	Amnon Golan		Arlington		5:46	2021	
	85 – 89	Thomas Tobias		Haymarket		6:06.06	2021	
	90 - 94	Thomas Tobias		Haymarket		6:37.68	2023	
	95 – 99	Chester Christenson		Falls Church		13:07	2009	
	List of Participants 2025							
M	50-54	Gold	50	Greg	Diephouse	Falls Church	5:12.086	
M		Silver	51	Michael	Wardian	Arlington	5:12.130	
M	55-59	Gold	57	Barrett	Tripp	Falls Church	5:26.278	
M	60-64	Gold	63	Kit	Sheffield	Vienna	5:21.664	
M		Silver	62	Henry	Sobieski	Centreville	7:07.332	
M			60	Joseph	Czopek	Annandale	DNP	
M			60	David	Mickalonis	Burke	DNP	
M			61	Stephen	Neal	Chantilly	DNP	
M			62	Antonio	de la Serna	Reston	DNP	
M	65-69	Gold	66	John	Sullivan	Fairfax	5:43.824	
M		Silver	67	Patrick	Melbourne	Haymarket	6:03.970	
M		Bronze	66	Dean	Thomas	Arlington	6:15.349	
M		4	65	Jon	Berglund	Springfield	6:28.724	
M		5	68	Robert	Roll	Arlington	7:31.917	
M	70-74	Gold	74	Jeffrey	Klemm	McLean	5:38.99	
M		Silver	74	Nathan	Granger	Sterling	5:53.146	
M		Bronze	71	AJ	Donelson	Fairfax Station	6:27.000	
M		4	74	Allan	Dosik	Arlington	6:31.127	
M		5	72	Mohammad	Karimullah	Manassas	6:34.597	
M		6	72	Ken	Freund	Alexandria	7:31.877	
M			70	Benjamin	Viellieu	Burke	DNP	
M			71	Shaning	Yu	Chantilly	DNP	
M	75-79	Gold	75	Tom	Augustine	Woodbridge	5:56.181	
M		Silver	77	William	Guey-Lee	Arlington	6:26.400	
M		Bronze	75	James	Enright	Alexandria	6:52.389	
M		4	77	David	Saah	Fairfax	6:57.173	
M		5	79	Ted	Ringelheim	Springfield	7:07.593	
M	80-84	Gold	82	Dave	Endres	McLean	5:52:458	
M		Silver	81	Chuck	Kleymeyer	Arlington	7:40.336	
M		Bronze	82	Hugh	Haworth	Alexandria	7:42.197	
M		4	84	Gary	Nooger	Falls Church	8:09.846	

M			81	Eric	Samuel	Arlington	DNP	
M			81	James	Sharpe	Falls Church	DNP	
M	85-89	Gold	86	Amnon	Golan	Arlington	7:11.492	
M		Silver	88	Roger	Webb	Ashburn	8:01.857	
M			86	Gerald	Dahlin	Manassas	DNP	
M			86	Carlos	Rodriguez	Dumfries	DNP	
M			88	John	McNerney	Mc Lean	DNP	
M	90-94	Gold	92	Thomas	Tobias	Haymarket	7:35.636	