

	Event.	Track 200M Run					
	Women Record Holders						
	200 METER RUN - INDOOR TRACK – WOMEN						
	50 - 54	Saskia Estupian-Day	McLean	34.3	2009		
	55 - 59	Sylvia Mortimer	Arlington	34.777	2025*		
	60 - 64	Mary White	Arlington	37.2	2009		
	65 - 69	Hannah Phillips	Alexandria	36.21	2018		
	70 - 74	Lisa Linton	Broad Run	38.139	2025*		
	75 - 79	Mary White	Arlington	47.96	2021		
	80 - 84	Josephine Stewart	Manassas	46.4	2008		
	85 - 89	Josephine Stewart	Manassas	51.72	2012		
	90 – 94	Josephine Stewart	Manassas	51.0	2013		
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	55-59	Gold	55	Sylvie	Mortimer	Arlington	34.777*
F		Silver	58	Susanna	Brown	Aldie	53.758
F			55	Lisa	Crouse	Fairfax Station	DNP
F	60-64	Gold	60	Helen	Tiene	Arlington	37.937
F		Silver	60	Laurie	Seaton	Fairfax	40.028
F		Bronze	64	Joanne	Shabelski	Springfield	45.648
F		4	63	Freyja	Bergthorson	Sterling	46.278
F			62	Amy	Knieriem	Falls Church	DNP
F			61	Amy	Levinrad	Ashburn	DNP
F	65-69	Gold	66	Mary Catherine	Malin	Arlington	42.831
F		Silver	68	Keg	Good	Woodbridge	43.177
F		Bronze	67	Barbara	Smith	Fairfax	47.075
F			69	Dixie	Duncan	Arlington	DNP
F	70-74	Gold	70	Lisa	Linton	Broad Run	38.139*
F		Silver	73	Hannah	Phillips	Alexandria	42.720
F		Bronze	73	Barbara	Bauer	Arlington	43.947
F			74	Louise	DiCaprio	Fairfax	DNP
F			70	Doris	Granger	Sterling	DNP
F	75-79	Gold	79	Gloria (Jeannie)	Raddatz	Leesburg	1:06.103
F			79	Mary	White	Arlington	DNP
F	85-89	Gold	85	Mandy	Whalen	Falls Church	1:26.105

	Men Record Holders						
	200 METER RUN - INDOOR TRACK – MEN						
	50 - 54	Robert Forsythe		Annandale	28.00	2019	
	55 - 59	Robert Forsythe		Annandale	28.37	2021	
	60 - 64	Schuyler Webb		Arlington	27.68	2014	
	65 - 69	Schuyler Webb		Arlington	27.31	2016	
	70 - 74	Arnie Figueroa		Fairfax	33.21	2024	
	75 - 79	Hal Goolsby		McLean	35.69	2007	
	80 – 84	Daniel Durante		Gainesville	39.75	2023	
	85 – 89	Peter Han		Alexandria	44.41	2017	
	90 - 94	Kent Halstead		Ashburn	1:04.63	2021	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	50	Greg	Diephouse	Falls Church	30.473
M		Silver	51	Brian	Dauernheim	Vienna	31.367
M		Bronze	51	Michael	Wardian	Arlington	35.188
M		4	53	Justin	Crandol	Springfield	40.289
M			52	Aaron	Bee	Fairfax	DNP
M			52	Mauricio	Calderon	Ashburn	DNP
M	55-59	Gold	59	Robert	Forsythe	Annandale	29.943
M		Silver	59	David	Paletz	Burke	32.155
M		Bronze	57	Chris	Cuozzo	Leesburg	34.429
M			59	Ronald	Molteni	Arlington	DNP
M	60-64	Gold	62	Rich	Taylor	Arlington	31.120
M		Silver	63	Jeff	Farr	Vienna	32.027
M		Bronze	62	Stephen	Young	Arlington	37.380
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	36.672
M		Silver	67	Ron	Workman	Sterling	36.965
M		Bronze	65	Jon	Berglund	Springfield	46.742
M			65	Jerry	Cuffee	Montclair	DNP
M			65	Uttam	Dhillon	McLean	DNP
M			68	Gracus	Dunn	Woodbridge	DNP
M			67	Zhigang	Li	Ashburn	DNP
M			69	Steven	Smith	McLean	DNP

M	70-74	Gold	71	Arnie	Figueroa	Fairfax	33.434
M		Silver	70	Michael	Blount	Haymarket	34.719
M		Bronze	74	Nathan	Granger	Sterling	35.167
M		4	72	Michael	Emery	Burke	40.259
M		5	74	James	Carboni	Oak Hill	42.940
M		6	72	Mohammad	Karimullah	Manassas	50.752
M			72	David	Black	Clifton	DNP
M			70	David	Linton	Broad Run	DNP
M			71	Shaning	Yu	Chantilly	DNP
M	75-79	Gold	75	Michael	McCormick	Alexandria	39.551
M		Silver	77	Eiji	Yasuhara	Sterling	42.613
M		Bronze	76	Robert	Baldassano	Alexandria	43.866
M		4	79	Terrence	Modglin	Falls Church	44.149
M		5	78	Doyle	Talkington	Haymarket	50.706
M		6	79	Hossain	Atashbarghi	Fairfax	52.665
M		7	79	James	Mort	Burke	55.302
M		8	75	Rick	Bender	Reston	1:17.271
M			76	Alessandro	Sacilotto	Fairfax	DNP
M	80-84	Gold	82	Daniel	Durante	Gainesville	42.250
M		Silver	84	Karl	Lady	Alexandria	43.313
M		Bronze	80	Justin	O'Hara	Farifax Station	43.391
M		4	81	Don	Meli	Annandale,	50.762
M		5	82	Alphonse	Piekut	Vienna	51.684
M		6	81	Eric	Samuel	Arlington	56.13
M			81	naresh	bhagat	Aashburn	DNP
M			82	Krupakar	Revanna	Falls Church	DNP
M	85-89	Gold	86	Amnon	Golan	Arlington	57.486
M		Silver	85	Ken	Morrison	Manassas	59.184
M		Bronze	86	Carlos	Rodriguez	Dumfries	1:12.706
M		4	86	Gerald	Dahlin	Manassas	1:13.936
M		5	88	John	McNerney	Mc Lean	1:41.059
M			87	William (Bill)	Bahnmaier	Fort Belvoir	DNP
M	90-94	Gold	90	Hyung	Park	McLean	1:29.492
M		Silver	91	Robert	Hannah	Oakton	1:54.439
M			90	Jerry	Bradley	Oakton	DNP