

	EVENT: 3 Mile Power Walk						
	Women's Record Holders						
	"3 MILE" POWER WALK (4800 M) - Outdoor Track - WOMEN						
	50 - 54	Mary Ann Schwab	Fairfax	34:07.00	2006		
	55 - 59	Dot Michaels	Arlington	32:30.00	1983		
	60 - 64	Jean Wood	Springfield	34:25.00	1986		
	65 - 69	Hannah Phillips	Alexandria	35:49.5	2021		
	70 - 74	Mary Boska	Alexandria	35:45.70	1999		
	75 - 79	Eloise Over	Alexandria	37:37.80	1997		
	80 - 84	Mary Lathram	Falls Church	40:25.98	1995		
	85 +	Mary Lathram	Falls Church	43:17.89	2000		
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54	Gold	51	Robin	Dennis	Chantilly	35:31
F		Silver	52	Miki	Welck	Falls Church	43:03
F		Bronze	54	Melissa	Czarnecki	Burke	45:27
F		4	51	Christine	Hopper	Woodbridge	47:53
F			53	Lani	Lewton	Vienna	DNP
F	55-59	Gold	59	Anju	Vajja	Vienna	40:38
F		Silver	59	Ky	De Ros	Arlington	43:16
F		Bronze	58	Laura	Wissing	Ashburn	43:19
F		4	58	Karen	Sheffield	Vienna	44:33
F		5	56	Karen	Leiser	Falls Church	45:14
F		6	55	Vicky	Carmody	Falls Church	45:52
F			56	Theresa	Akin	Fairfax Station	DNP
F			57	Jennifer	Beck-Wilson	Fairfax	DNP
F			59	Susanna	Brown	Aldie	DNP
F			55	Anita	Mittal	Sterling	DNP
F	60-64	Gold	62	Kathy	Moston	Bristow	45:32
F		Silver	61	Heather	McDaniel	Arlington	50:04
F			61	Janet	Walsh	Lorton	DNP

F	65-69	Gold	66	Pamela	McKinley	Alexandria	44:26
F		Silver	66	Tamara	Shepherd	Springfield	48:05
F			65	Caroline	Emmerson	Falls Church	DNP
F			66	Donna	Loop	Arlington	DNP
F	70-74	Gold	74	Joan	Kische	Falls Church	48:07
F		Silver	72	Nada	Dabbagh	Fairfax	48:18
F		Bronze	71	Marjorie	DuVall	Reston	48:24
F		4	74	Jean	Agress	Vienna	50:24
F			70	Linda	Andrews	Fairfax	DSQ *
F			71	Doris	Granger	Sterling	DNP
F			73	Jane	Mwangi	Vienna	DNP
F			73	Karen	Rudat	Sterling	DNP
F	75-79	Gold	75	Marie	Sapol-Buck	Herndon	42:22
F		Silver	79	Ruth	Hamilton	McLean	42:49
F		Bronze	76	Virginia	Grevett	Alexandria	46:21
F		4	79	Carol	Wright	Herndon	51:28
F	80-84	Gold	80	Beth	Baynes	Alexandria	41:54
		Silver	83	Sally	Werntz	Reston	47:29
		Bronze	80	Lynn	Magrum	Fairfax	48:21
			81	Karen	Pyeatt	Falls Church	DNF **
F	85-89	Gold	87	June	Gallagher	Arlington	49:06
			86	Mandy	Whalen	Falls Church	DNP
	* Disqualified for being an unregistered participant						
	** Did not finish - completed 8 laps						

Men's Record Holders							
"3 MILE" POWER WALK (4800M) - Outdoor Track – MEN							
50 - 54	Bob Ryan	Ashburn	32:09.70	1999			
55 - 59	S. J. Miller	Woodbridge	29:18.91	1991			
60 - 64	Victor Litwinski	McLean	28:14.00	2005			
65 - 69	Ralph Driscoll	Alexandria	29:53.47	1991			
70 - 74	Edward Seegar	Falls Church	31:00.00	1985			
75 - 79	John Allums	Falls Church	33:02.00	1990			
80 - 84	Edward Seegar	Falls Church	34:57.90	1997			
85 - 89	Edward Seegar	Falls Church	38:39.47	2000			
90 - 95	Thomas Tobias	Haymarket	39:47	2023			
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	55-59	Gold	58	Barrett	Tripp	Falls Church	35:46
M			56	Todd	Anthony	Aldie	DNP
M	60-64	Gold	61	David	Mickalonis	Burke	32:54
M		Silver	60	Anthony	Quan	Herndon	36:47
M		Bronze	64	Charles	Sheffield	Vienna	37:04
M		4	60	Dave	Moston	Bristow	39:29
M			64	Dean	Chang	Arlington	DNP
M			62	Ravindra	Garg	Chantilly	DNP
M			63	Henry	Sobieski	Centreville	DNP
M	65-69	Gold	67	Gopal	Menon	Lorton	36:40
M		Silver	67	John	Sullivan	Fairfax	37:01
M		Bronze	65	Eric	Freiwald	Vienna	38:59
M		4	66	Stephen	Shepherd	Springfield	38:56 *
M		5	65	Mahesh	Kelkar	Herndon	41:50
M		6	67	David	Duda	Lorton	44:00
M		7	66	Ravi	Jadhav	Chantilly	45:02
M	70-74	Gold	74	Shabeg	Singh	Haymarket	34:58
M		Silver	74	Alvin	Brockway	Reston	41:08
M		Bronze	73	Mohammad Javed	Karimullah	Manassas	41:24

M	75-79	Gold	75	Jeffrey	Klemm	McLean	36:17
M		Silver	75	William	Leggett	Woodbridge	38:26
M		Bronze	76	Thomas	Augustine	Woodbridge	39:34
M		4	79	Robert	Fawcett	Sterling	42:28
M		5	76	Raj	Richardson	Annandale	43:50
M		6	78	David	Saah	Fairfax	48:41
M			76	John	Ambrose	Arlington	DNP
M			75	Nathan	Granger	Sterling	DNP
M			76	Jorge	Venegas	Arlington	DNP
M			77	Randall	McCathren	Arlington	DSQ **
M	80-84	Gold	80	Gholam	Atashbarghi	Fairfax	45:02
M		Silver	80	Edd	Shoemaker	Burke	48:49
M		DNP	83	David A.	Endres	Tysons	
M		DNP	82	Glen	Sickels	Haymarket	
M		DNP	80	Thomas	Stanton	Woodbridge	
M	85-89	Gold	87	Amnon	Golan	Arlington	44:39
M		Silver	88	William (Bill)	Bahnmaier	Fort Belvoir	47:17
M		Bronze	87	Carlos	Rodriguez	Dumfries	59:00
	* Penalized one place for running into the finish						
	** Disqualified at 25 minutes						