

	Event:	1600M run					
	Women Record Holders						
	1600 METER RUN – INDOOR TRACK – WOMEN (New in 2011)						
	50-54	Yuko Whitestone		Fairfax	6:33.07	2026*	
	55-59	Kathy Talman		Clifton	6:46.9	2021	
	60-64	Joanne Shabelski		Springfield	7:08.09	2021	
	65-69	Hannah Phillips		Alexandria	7:19	2017	
	70-74	Lisa Linton		Broad Run	7:59.18	2026*	
	75-79	Ruth Hamilton		McLean	8:50	2022	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	54	Yuko	Whitestone	Fairfax	6:33.07*
F		Silver	54	Melissa	Czarnecki	Burke	DNP
F	60-64	Gold	61	Holly	Giehler	Manassas Park	8:37.85
F	65-69	Gold	65	Joanne	Shabelski	Springfield	8:14.01
F		Silver	67	Duk	Ro	Nokesville	8:34.89
F		Bronze	65	Mimi	Joy	Alexandria	10:01.89
F	70-74	Gold	71	Lisa	Linton	Broad Run	7:59.18*
F	75-79	Gold	78	Carol	Morasch	Fairfax	10:37.23
F			79	Ruth	Hamilton	McLean	DNP
F	85-89		86	Mandy	Whalen	Falls Church	DNP
	Men Record Holders						
	1600 METER RUN – INDOOR TRACK – MEN (New in 2011)						
	50-54	Michal Wardian		Arlington	5:14.342	2025	
	55-59	David Pinkham		Leesburg	5:29.59	2018	
	60-64	Stephan Moretti		West Springfield	5:42	2018	
	65-69	Paul Ryan		Arlington	6:00	2016	
	70-74	David Linton		Broad Run	6:22.21	2026*	
	75-79	Alphonse Piekut		Vienna	8:04	2018	
	80-84	Jason Page		Hamilton	7:54.38	2024	
	85-89	Peter Han		Alexandria	8:02	2016	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Sid	Paralkar	Oakton	6:18.02

M	55-59	Gold	59	Paul	Cachion	Arlington	6:30.26
M	55-59	Silver	55	Carlos	Pellot	Fairfax	6:42.65
M	55-59	Bronze	55	C.J.	Sovada	Arlington	8:46.60
M	60-64		61	Steven	Lopes	Arlington	DNP
M	60-64		63	Henry	Sobieski	Centreville	DNP
M	60-64		64	Jeff	Farr	Vienna	DNP
M	65-69	Gold	68	James	Scarborough	Arlington	8:25.95
M	65-69	Silver	67	Alan	Boyd	Annandale	8:31.14
M	65-69	Bronze	66	A. Marty	Willis	Baileys Crossroads	10:44.06
M	65-69		65	Richard	Viola	Arlington	DNP
M	65-69		67	Chris	Collins	Annandale	DNP
M	70-74	Gold	71	David	Linton	Broad Run	6:21.21*
M	70-74	Silver	71	Kap	Ro	Nokesville	8:25.91
M	70-74	Bronze	73	Richard	Dauphinais	Arlington	8:37.62
M	70-74		73	Jon	Hiratsuka	Arlington	DNP
M	75-79	Gold	76	Michael	McCormick	Alexandria	9:18.90
M	75-79	Silver	75	Nathan	Granger	Sterling	9:30.11
M	75-79	Bronze	75	Jeffrey	Klemm	McLean	9:36.16
M	75-79	4	79	Doyle	Talkington	Haymarket	10:08.26
M	75-79	5	78	William	Guey-Lee	Arlington	14:03.60
M	75-79		77	Randall	McCathren	Arlington	DNP
M	75-79		79	Pete	Kelly	Catlett	DNP
M	80-84	Gold	82	Jason	Page	Hamilton	8:35.23
M	80-84	Silver	80	James	Mort	Burke	11:09.27
M	80-84	Bronze	84	Stuart	Searles	Arlington	12:04.70
M	85-89	Gold	87	Amnon	Golan	Arlington	11:33.77