

	Event:	1600M Walk					
	Women Record Holders						
	1600 METER WALK - INDOOR TRACK – WOMEN						
	50 - 54	Yuko Whitestone	Fairfax	11:16.73	2026*		
	55 - 59	Maryann Schwab	Fairfax	11:01	2007		
	60 – 64	Monica Hill	Woodbridge	11:39.0	2021		
	65 – 69	Hannah Phillips	Alexandria	10:54	2018		
	70 - 74	Dorothy Skinner	Alexandria	12:02	2007		
	75 – 79	Beth Baynes	Alexandria	12:41.5	2021		
	75 - 79	Mandy Whalen	Falls Church	12:48.0	2015		
	80 - 84	Beth Barnes	Alexandria	13:25.98	2026*		
	85 – 89	Efthalia Papailias	Arlington	14:44	2017		
	90 – 94	Janine Bland	Arlington	15:40.0	2021		
	95 - 99	Elmyra Kearns	Woodbridge	28:41.93	2024		
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	54	Yuko	Whitestone	Fairfax	11:16.73*
F		Silver	54	Melissa	Czarnecki	Burke	13:31.95
F	55-59	Gold	58	Laura	Wissing	Ashburn	12:19.51
F		Silver	58	Karen	Sheffield	Vienna	13:57.36
F	60-64	Gold	61	Holly	Giehler	Manassas Park	11:39.53
F		Silver	62	Kathy	Moston	Bristow	15:39.36
F		Bronze	61	Heather	McDaniel	Arlington	15:45.68
F		4	64	Brenda	Allen	Lorton	15:54.10
F			60	Marcia	Moore	Oakton	DNP
F			64	Vanstacia	Jackson	Alexandria	DNP
F	65-69	Gold	69	Keg	Good	Woodbridge	12:49.56
F		Silver	67	Noela	Francis	Alexandria	13:37.91
F		Bronze	66	Deborah	Tate	Arlington	13:50.13
F		4	66	Tamara	Shepherd	Springfield	15:07.48
F		5	67	Sally	Mahoney	Arlington	16:37.26
F	70-74	Gold	74	Elizabeth	Hancock	Falls Church	16:11.36
F			71	Sue	Thaler	Arlington	DNP
F	75-79	Gold	79	Cynthia	Davis	Arlington	17:03.90
F			78	Laura	Fitch	Arlington	DNP

F	80-84	Gold	80	Beth	Baynes	Alexandria	13:25.98*
F		Silver	84	Karen	Levitan	Arlington	15:30.71
F		Bronze	80	Lorie	Brush	Falls Church	15:40.65
F		4	80	Debbie	Ziegler	Arlington	20:57.31
F	90-94	Gold	90	Annmarie	Pittman	Alexandria	15:47.31
F	95-99		95	Janine	Bland	Arlington	DNP
	Men Record Holders						
	1600 METER WALK - INDOOR TRACK – MEN						
	50 - 54	Peter Blank		Annandale	9:47	2007	
	55 – 59	Peter Blank		Annandale	9:07.8	2009	
	60 – 64	David Mickalonis		Burke	9:50.30	2026*	
	65 - 69	Steven Meredith		Amissville	10:17	2019	
	70 - 74	Jeffrey Klemm		McLean	10:53	2023	
	70 – 74	Shabeg Singh		Haymarket	10:36.492	2025	
	75 - 79	James W.C. Chang		Oakton	11:44	2012	
	80 – 84	Dave Endres		McLean	12:01.925	2025	
	85 - 89	Thomas Tobias		Haymarket	12:28.04	2021	
	90 – 94	Thomas Tobias		Haymarket	13:17.50	2023	
	95 – 99	Julius Delpizzo		Springfield	15:46.87	2021	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54		51	Greg	Diephouse	Falls Church	DNP
M			52	Jeff	Price	Arlington	DNP
M	55-59	Gold	55	C.J.	Sovada	Arlington	11:44.68
M			56	Todd	Anthony	Aldie	DNP
M			58	Barrett	Tripp	Falls Church	DNP
M	60-64	Gold	61	David	Mickalonis	Burke	9:50.30*
M	60-64	Silver	64	Charles	Sheffield	Vienna	11:14.01
M	60-64	Bronze	63	Stephen	Young	Arlington	11:24.97
M	60-64	4	60	Dave	Moston	Bristow	11:49.03
M	60-64		62	Stephen	Neal	Chantilly	DNP
M	60-64		63	Henry	Sobieski	Centreville	DNP
M	65-69	Gold	67	John	Sullivan	Fairfax	11:35.54
M	65-69	Silver	65	Mahesh	Kelkar	Herndon	12:44.09
M	65-69	Bronze	69	Robert	Roll	Arlington	13:58.24
M	65-69		66	Jon	Berglund	Springfield	DNP
M	70-74	Gold	74	Shabeg	Singh	Haymarket	11:58.22
M	70-74	Silver	74	Alvin	Brockway	Reston	12:45.12
M	70-74	Bronze	73	Mohammad Javed	Karimullah	Manassas	12:55.94
M	70-74	4	70	Muraji	Nakazawa	Great Falls	13:26.09

M	75-79	Gold	75	Nathan	Granger	Sterling	12:19.52
M	75-79	Silver	76	Thomas	Augustine	Woodbridge	12:31.67
M	75-79	Bronze	75	Allan	Dosik	Arlington	13:04.14
M	75-79	4	79	George	Dellagiarino	Reston	14:11.89
M	75-79	5	78	William	Guey-Lee	Arlington	14:48.94
M	75-79	6	78	David	Saah	Fairfax	15:06.37
M	75-79		75	Jeffrey	Klemm	McLean	DNF
M	75-79		75	William	Leggett	Woodbridge	DNF
M	75-79		77	Randall	McCathren	Arlington	DNP
M	80-84	Gold	83	David A.	Endres	Tysons	12:54.51
M	80-84	Silver	80	Gholam	Atashbarghi	Fairfax	13:45.91
M	80-84	Bronze	84	Andrzej	Pronczuk	Arlington	14:03.59
M	80-84		80	John	Cordyack	Reston	DNP
M	85-89	Gold	87	Amnon	Golan	Arlington	13:40.37
M	85-89	Silver	85	Garry	Nooger	Falls Church	16:56.37
M	90-94	Gold	92	Lincoln	Cummings	Arlington	18:36.03