

[illegible]

	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	Nathan Granger		Sterling	35.00	2026*	
	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 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Greg	Diephouse	Falls Church	30.00
M			50	Carter	Wilkinson	Arlington	DNP
M			51	Christopher	Holland	Alexandria	DNP
M			51	Sid	Paralkar	Oakton	DNP
M	55-59	Gold	56	Todd	Anthony	Aldie	30.31
M			55	C.J.	Sovada	Arlington	DNP
M			57	Christoph	Englert	Springfield	DNP
M			58	Jim	Simcox	Falls Church	DNP
M			59	Sam	Gray	Fairfax	DNP
M	60-64	Gold	60	David	Paletz	Burke	32.68
M		Silver	60	Martin	Bergmann	Arlington	33.67
M		Bronze	61	John	Patten	Alexandria	34.57
M		4	63	Stephen	Young	Arlington	51.98
M			60	Robert	Forsythe	Annandale	DNP
M			62	Ravindra	Garg	Chantilly	DNP
M			62	Brian	Howard	Woodbridge	DNP
M			63	Henry	Sobieski	Centreville	DNP
M			63	Rich	Taylor	Arlington	DNP
M			64	Jeff	Farr	Vienna	DNP
M			64	William	Maurice	Manassas Park	DNP
M	65-69	Gold	65	Brian	Caskie	Ashburn	33.87
M		Silver	65	Robert	Higgins	Leesburg	33.93
M		Bronze	67	Alan	Boyd	Annandale	35.67
M		4	66	A. Marty	Willis	Baileys Crossroads	44.93
M			66	Jon	Berglund	Springfield	DNP
M			67	Chris	Collins	Annandale	DNP
M			69	Gracus	Dunn	Woodbridge	DNP

M	70-74	Gold	71	Michael	Blount	Haymarket	35.30
M		Silver	70	Severt	Shands	Springfield	36.30
M		Bronze	71	Kap	Ro	Nokesville	45.75
M		4	74	Alvin	Brockway	Reston	46.48
M		5	73	Mohammad Javed	Karimullah	Manassas	53.86
M			70	Muraji	Nakazawa	Great Falls	DNP
M			72	Carlos	Perez	Fairfax	DNP
M			73	Thomas	Berge	Arlington	DNP
M			73	David	Black	Clifton	DNP
M			73	Michael	Emery	Burke	DNP
M			74	Bruce	Weiner	Arlington	DNP
M	75-79	Gold	75	Nathan	Granger	Sterling	35.00*
M		Silver	76	Rick	Bender	Reston	38.62
M		Bronze	76	Michael	McCormick	Alexandria	43.72
M			75	Schuyler	Webb	Arlington	DNP
M			76	John	Ambrose	Arlington	DNP
M			76	Jim	Frison	Arlington	DNP
M			77	Robert	Baldassano	Alexandria	DNP
M			77	Alessandro	Sacilotto	Fairfax	DNP
M			79	William	Hudson	Alexandria	DNP
M			79	Pete	Kelly	Catlett	DNP
M			79	Doyle	Talkington	Haymarket	DNP
M	80-84	Gold	80	Terrence	Modglin	Falls Church	45.51
M		Silver	82	Jason	Page	Hamilton	46.04
M		Bronze	80	James	Mort	Burke	1:03.81
M			80	John	Cordyack	Reston	DNP
M			80	James	Etter	Fairfax	DNP
M			83	Daniel	Durante	Gainesville	DNP
M	85-89	Gold	85	Karl	Lady	Alexandria	48.80
M		Silver	87	Amnon	Golan	Arlington	57.63
M		Bronze	87	Carlos	Rodriguez	Dumfries	1:31.54
M			86	Ken	Morrison	Manassas	DNP
M	90-94	Gold	90	Stan	Dobson	Arlington	1:49.19
M		Silver	91	Hyung	Park	McLean	1:51.34