

[illegible]

	Men Record Holders						
	400 METER RUN - INDOOR TRACK - MEN						
	50 - 54	Robert Forsythe		Annandale	:58.99	2016	
	55 - 59	Robert Forsythe		Annandale	1:03.16	2021	
	60 - 64	Schuyler Webb		Arlington	1:06.19	2014	
	65 - 69	Schuyler Webb		Arlington	1:05.84	2016	
	70 - 74	David Linton		Broad Run	1:17.90	2026*	
	75 - 79	Nathan Granger		Sterling	1:27.60	2026*	
	75 - 79	Clarence John Wells-Martin		Herndon	1:30.16	2021	
	80 - 84	Eamonn McEvilly		Springfield	1:35.16	2023	
	85 - 89	Amnon Golan		Arlington	2:20.721	2025	
	90 - 94	Kent Halstead		Ashburn	3:03.53	2021	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Greg	Diephouse	Falls Church	1:09.04
M			51	Christopher	Holland	Alexandria	DNP
M			51	Sid	Paralkar	Oakton	DNP
M	55-59	Gold	56	Todd	Anthony	Aldie	1:13.99
M			55	C.J.	Sovada	Arlington	DNP
M			57	Christoph	Englert	Springfield	DNP
M			59	Sam	Gray	Fairfax	DNP
M	60-64		60	Martin	Bergmann	Arlington	DNP
M			60	Robert	Forsythe	Annandale	DNP
M			61	Steven	Lopes	Arlington	DNP
M			62	Brian	Howard	Woodbridge	DNP
M			63	Henry	Sobieski	Centreville	DNP
M			63	Rich	Taylor	Arlington	DNP
M			63	Stephen	Young	Arlington	DNP
M			64	Jeff	Farr	Vienna	DNP
M			64	William	Maurice	Manassas Park	DNP
M			64	James	Patteson	Fairfax	DNP
M	65-69	Gold	65	Robert	Higgins	Leesburg	1:21.37
M		Silver	67	Alan	Boyd	Annandale	1:31.00
M			66	Jon	Berglund	Springfield	DNP
M			66	A. Marty	Willis	Baileys Crossroads	DNP
M			67	Chris	Collins	Annandale	DNP
M			69	Ed	Binczewski	Arlington	DNP
M			69	Gracus	Dunn	Woodbridge	DNP

M	70-74	Gold	71	David	Linton	Broad Run	1:17.90*
M			70	Muraji	Nakazawa	Great Falls	DNP
M			72	Carlos	Perez	Fairfax	DNP
M			72	Michael	Southwood	Fairfax	DNP
M			74	Alvin	Brockway	Reston	DNP
M			74	Bruce	Weiner	Arlington	DNP
M	75-79	Gold	75	Nathan	Granger	Sterling	1:27.60*
M		Silver	76	Michael	McCormick	Alexandria	1:54.87
M		Bronze	79	Doyle	Talkington	Haymarket	1:59.93
M			76	John	Ambrose	Arlington	DNP
M			76	Rick	Bender	Reston	DNP
M			77	Randall	McCathren	Arlington	DNP
M			79	Robert	Fawcett	Sterling	DNP
M			79	Pete	Kelly	Catlett	DNP
M	80-84	Gold	80	Terrence	Modglin	Falls Church	1:58.27
M		Silver	80	James	Mort	Burke	2:31.45
M			80	John	Cordyack	Reston	DNP
M			80	James	Etter	Fairfax	DNP
M			82	Jason	Page	Hamilton	DNP
M	85-89	Gold	87	Amnon	Golan	Arlington	2:45.66
M			86	Ken	Morrison	Manassas	DNP