

	Event:	5K Trailrun						
	Women Record Holders			* = new record				
5K TRAIL RACE – WOMEN (Bluemont Park, 2022, '23, 26)								
50-54	Cathy Ross			Burke	21:00	2022		
55-59	Carol Schaedel			Alexandria	23:34	2022		
60-64	Denice Tasker			South Riding	24:30	2022		
65-69	Mary Catherine Malin			Arlington	24:12	2026*		
70-74	Lisa Linton			Broad Run	26:37	2026*		
75-79	Carol Morasch			Fairfax	36:02	2026*		
80-84	Rosemary Schwartzbard			Arlington	39:04	2022		
	List of Participants 2026							
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results	
F	50-54	Gold	54	Yuko	Whitestone	Fairfax	22:14.0	
F		Silver	54	Hang	Nguyen	Alexandria	30:04.0	
F			52	Heather	Passmore	Alexandria	DNP	
F			53	Sue	Budd	Arlington	DNP	
F			54	Melissa	Czarnecki	Burke	DNP	
F	55-59	Gold	56	Sylvie	Mortimer	Arlington	26:26.0	
F			56	Karen F	Leiser	Falls Church	DNP	
F			57	Jennifer	Beck-Wilson	Fairfax	DNP	
F			58	Tabitha	Hendershot	Arlington	DNP	
F	60-64		60	Susan	Dodson	Midland	DNP	
F			61	Holly	Giehler	Manassas Pa	DNP	
F	65-69	Gold	67	Mary Catherine	Malin	Arlington	24:12.0	*
F		Silver	67	Duk	Ro	Nokesville	28:45.0	
F		Bronze	69	Ju bong	Lee	Fairfax	43:13.0	
F	70-74	Gold	71	Lisa	Linton	Broad Run	26:37.0	*
F		Silver	71	Ida	Drain	Alexandria	28:10.0	
F		Bronze	72	Susan	Aaronson	Arlington	29:45.0	
F		4	71	Elizabeth	Byrnes	Arlington	41:16.0	
F	75-79	Gold	78	Carol	Morasch	Fairfax	36:02.0	*
F			79	Ruth	Hamilton	McLean	DNP	

	Men Record Holders				* = new record			
5K TRAIL RACE – MEN (Bluemont Park, 2022, '23, '26)								
50-54	Guster Cunningham III			Alexandria	26:37	2023		
55-59	Carlos Pellot			Fairfax	22:21	2026*		
60-64	Gordon Smith			Alexandria	23:00	2022		
65-69	Charlie Thomas			Arlington	24:07	2022		
70-74	David Linton			Broad Run	22:01	2026*		
75-79	Pete Kelly			Catlett	32:02	2022		
80-84	Eamonn McEvilly			Springfield	26:29	2022		
85-89	Ken Quincy			Vienna	43:38	2022		
	List of Participants 2026							
Sex	Age Group	Place	Age	Firstname	Lastname	City		
M	50-54	Gold	53	Mark	English	Annandale	25:46.0	
M		Silver	53	Patrick	Fry	Falls Church	27:10.0	
M			51	Sid	Paralkar	Oakton	DNP	
M	55-59	Gold	55	Carlos	Pellot	Fairfax	22:21.0	
M		Silver	59	Paul	Cachion	Arlington	24:12.0	
M			55	C.J.	Sovada	Arlington	DNP	
M			59	Sam	Gray	Fairfax	DNP	
M	60-64	Gold	60	Martin	Bergmann	Arlington	23:24.0	
M		Silver	64	Jeff	Farr	Vienna	24:12.0	
M		Bronze	62	Steed	Harry	Arlington	24:57.0	
M		4	60	John	Lynch	Arlington	26:09.0	
M		5	64	Charles	Sheffield	Vienna	36:02.0	
M			64	Miguel	Guilarte	Springfield	DNP	
M	65-69	Gold	67	Douglas	Hartman	Ashburn	24:12.0	
M		Silver	65	Ted	Poulos	McLean	27:45.0	
M		Bronze	66	Stephen	Shepherd	Springfield	28:27.0	
M		4	65	Sheldon	Hervey	Lorton	32:50.0	
M		4	67	Gopal	Menon	Lorton	32:50.0	
M		4	67	Chris	Collins	Annandale	32:50.0	
M		7	66	A. Marty	Willis	Baileys Cross	36:02.0	
M		8	69	Byung do	Lee	Fairfax	43:13.0	
M			67	John	Sullivan	Fairfax	DNP	
M			67	Alan	Boyd	Annandale	DNP	
M			68	Stephen	Wintermeyer	Alexandria	DNP	
M			65	Richard	Viola	Arlington	DNP	
M			68	Terry	Green	McLean	DNP	

M	70-74	Gold	71	David	Linton	Broad Run	22:01.0	*
M		Silver	72	Bob	Draim	Alexandria	24:36.0	
M		Bronze	71	Kap	Ro	Nokesville	28:45.0	
M		4	73	Richard	Dauphinais	Arlington	29:34.0	
M		5	73	Bill	Tracy	Burke	29:45.0	
M		6	72	Jim	Mihalich	Falls Church	36:01.0	
M			73	David	Kravitz	Arlington	DNP	
M			73	Dale	Howell	Burke	DNP	
M	75-79	Gold	75	James	Carboni	Oak Hill	32:50.0	
M		Silver	79	Doyle	Talkington	Haymarket	33:30.0	
M		Silver	79	Pete	Kelly	Catlett	33:30.0	
M		4	75	Allan	Dosik	Arlington	41:16.0	
M		4	79	George	Dellagiarino	Reston	41:16.0	
M			75	William	Leggett	Woodbridge	DNP	
M			76	John	Ambrose	Arlington	DNP	
M			77	Randall	McCathren	Arlington	DNP	
M			77	Carl	Josefson	Reston	DNP	
M	80-84	Gold	82	Bill	Hill	Reston	28:45.0	
M		Silver	80	James	Mort	Burke	37:24.9	
M		Bronze	80	Gholam	Atashbarghi	Fairfax	41:16.0	
M			80	Thomas	Stanton	Woodbridge	DNP	
M			84	Dennis	Morin	Sterling	DNP	
M	85-89		86	Ken	Morrison	Manassas	DNP	
M			87	Amnon	Golan	Arlington	DNP	