

	Event:	60M dash **actually only 55M were run so no records are recorded					
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	52	Heather	Passmore	Alexandria	9.66
F			52	Brooke	Gaynor	Arlington	DNP
F			54	Melissa	Czarnecki	Burke	DNP
F	55-59	Gold	56	Sylvie	Mortimer	Arlington	9.31
F		Silver	59	Dziem	Nguyen	Fairfax	10.88
F			57	Jennifer	Beck-Wilson	Fairfax	DNP
F			59	Susanna	Brown	Aldie	DNP
F	60-64	Gold	61	Laurie	Seaton	Fairfax	10.13
F		Silver	61	Holly	Giehler	Manassas Park	11.92
F			63	Amy	Knieriem	Falls Church	DNP
F			64	Vanstacia	Jackson	Alexandria	DNP
F	65-69	Gold	69	Keg	Good	Woodbridge	11.04
F		Silver	65	Karen	Weinberg	Fairfax	13.72
F	70-74	Gold	71	Lisa	Linton	Broad Run	10.14
F			74	Elizabeth	Hancock	Falls Church	DNP
F	75-79	Gold	75	Louise	DiCaprio	Fairfax	12.81
F	80-84		80	Debbie	Ziegler	Arlington	DNP
F	85-89	Gold	86	Mandy	Whalen	Falls Church	19.23
F	90-94	Gold	93	Alease	Brooks	Arlington	32.72
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Greg	Diephouse	Falls Church	8.37
M		Silver	51	Eugene	Purvis	Centreville	8.56
M		Bronze	50	Carter	Wilkinson	Arlington	8.59
M		4	51	Sid	Paralkar	Oakton	9.25
M	55-59	Gold	56	Todd	Anthony	Aldie	8.14
M		Silver	58	Jim	Simcox	Falls Church	8.61
M		Bronze	55	C.J.	Sovada	Arlington	11.88
M			57	Christoph	Englert	Springfield	DNP
M			59	Sam	Gray	Fairfax	DNP

[illegible]

M	80-84	Gold	83	Daniel	Durante	Gainesville	10.87
M		Silver	80	Terrence	Modglin	Falls Church	11.37
M		Bronze	82	Mike	Bresner	Ashburn	13.47
M		4	80	John	Cordyack	Reston	18.18
M			80	James	Etter	Fairfax	DNP
M			82	Jerry	Mullins	Clifton	DNP
M	85-89	Gold	88	William (Bill)	Bahnmaier	Fort Belvoir	10.94
M		Silver	85	Karl	Lady	Alexandria	11.01
M		Bronze	87	Carlos	Rodriguez	Dumfries	21.30
M			86	Ken	Morrison	Manassas	DNP
M			86	Richard	Ronollo	Vienna	DNP
M			87	Amnon	Golan	Arlington	DNP
M	90-94	Gold	91	Hyung	Park	McLean	22.83
M		Silver	90	Stan	Dobson	Arlington	24.28