

	Event:	800M Walk					
	Women Record Holders						
	800 METER WALK - INDOOR TRACK – WOMEN						
	50 – 54	Yuko Whitestone		Fairfax	5:23.12	2026*	
	55 - 59	Maureen Ruel		Ashburn	5:20.00	2011	
	60 – 64	Keg Good		Woodbridge	5:27	2018	
	65 - 69	Hannah Phillips		Alexandria	5:01	2018	
	70 - 74	Hannah Phillips		Alexandria	5:55.397	2025	
	75 – 79	Dorothy Skinner		Alexandria	5:59	2009	
	80 - 84	Mary Boska		Alexandria	6:32	2007	
	85 - 89	Janine Bland		Arlington	7:23	2019	
	90 - 94	Mary Lathram		Falls Church	7:29.00	2008	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	54	Yuko	Whitestone	Fairfax	5:23.12*
F		Silver	54	Melissa	Czarnecki	Burke	6:32.36
F			52	Heather	Passmore	Alexandria	DNP
F	55-59	Gold	59	Dziem	Nguyen	Fairfax	6:17.14
F		Silver	58	Laura	Wissing	Ashburn	7:46.85
F			59	Susanna	Brown	Aldie	DNP
F	60-64	Gold	61	Holly	Giehler	Manassas Park	5:32.46
F		Silver	62	Kathy	Moston	Bristow	6:50.66
F		Bronze	62	Margaret	Miller	Arlington	7:40.07
F		4	61	Heather	McDaniel	Arlington	7:42.99
F			63	Amy	Knieriem	Falls Church	DNP
F			64	Vanstacia	Jackson	Alexandria	DNP
F	65-69	Gold	69	Keg	Good	Woodbridge	6:16.58
F		Silver	67	Noela	Francis	Alexandria	6:37.23
F		Bronze	66	Deborah	Tate	Arlington	6:51.66
F		4	66	Tamara	Shepherd	Springfield	7:16.42
F		5	67	Sally	Mahoney	Arlington	8:43.47
F	70-74	Gold	73	Karen	Rudat	Sterling	7:00.04
F			74	Elizabeth	Hancock	Falls Church	DNP
F	75-79	Gold	79	Beverly	Johnson	Arlington	8:15.20
F			76	Barbara	Studenmund	Falls Church	DNP

F	80-84	Gold	80	Beth	Baynes	Alexandria	6:43.83
F		Silver	80	Lorie	Brush	Falls Church	7:42.07
F		Bronze	80	Rosella Francesca	Wertheim	Hamilton	7:50.75
F			80	Joan	Trabandt	Falls Church	DNP
F			80	Debbie	Ziegler	Arlington	DNP
F			83	Mary Jay	Michel	Alexandria	DNP
F			84	Karen	Levitan	Arlington	DNP
F	90-94		90	Annmarie	Pittman	Alexandria	DNP
F	95-99	Gold	95	Janine	Bland	Arlington	8:16.72
	Men Record Holders						
	800 METER WALK - INDOOR TRACK – MEN						
	50 - 54	Harold Dockins		Fairfax	4:35.84	2014	
	55 - 59	Peter Blank		Annandale	4:13	2009	
	60 - 64	David Mickalonis		Burke	4:47.40	2026*	
	65 - 69	Victor Litwinski		McLean	4.46	2009	
	70 - 74	Shabeg Singh		Haymarket	4:44.9	2023	
	75 - 79	Jeffrey Klem		McLean	5:27.53	2026*	
	80 - 84	Amnon Golan		Arlington	5:46	2021	
	85 – 89	Gerald Dahlin		Manassas	5:15.03	2024	
	90 - 94	Thomas Tobias		Haymarket	6:37.68	2023	
	95 – 99	Chester Christenson		Falls Church	13:07	2009	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	51	Greg	Diephouse	Falls Church	5:18.61
M	55-59		55	C.J.	Sovada	Arlington	DNP
M			56	Todd	Anthony	Aldie	DNP
M			58	Barrett	Tripp	Falls Church	DNP
M	60-64	Gold	61	David	Mickalonis	Burke	4:47.40*
M			60	Dave	Moston	Bristow	DNP
M			62	Stephen	Neal	Chantilly	DNP
M			63	Henry	Sobieski	Centreville	DNP
M			64	Charles	Sheffield	Vienna	DNP
M	65-69	Gold	67	John	Sullivan	Fairfax	5:33.05
M		Silver	65	Mahesh	Kelkar	Herndon	6:18.29
M		Bronze	66	James	Doperalski	Alexandria	6:35.71
M		4	69	Robert	Roll	Arlington	7:46.81
M			66	Jon	Berglund	Springfield	DNP

M	70-74	Gold	73	Mohammad Javed	Karimullah	Manassas	6:20.78
M		Silver	73	Art	Rudat	Sterling	7:45.13
M		Bronze	73	Ken	Freund	Alexandria	7:49.91
M			70	Muraji	Nakazawa	Great Falls	DNP
M			74	Alvin	Brockway	Reston	DNP
M	75-79	Gold	75	Jeffrey	Klemm	McLean	5:27.53*
M		Silver	76	Thomas	Augustine	Woodbridge	5:49.75
M		Bronze	75	Allan	Dosik	Arlington	6:22.71
M		4	76	James	Enright	Alexandria	7:29.46
M			75	Nathan	Granger	Sterling	DNP
M			77	Randall	McCathren	Arlington	DNP
M			78	William	Guey-Lee	Arlington	DNP
M			78	David	Saah	Fairfax	DNP
M	80-84	Gold	83	David A.	Endres	Tysons	6:20.93
M		Silver	82	Chuck	Kleymeyer	Arlington	7:31.11
M		Bronze	83	Hugh	Haworth	Alexandria	7:46.73
M			80	Gholam	Atashbarghi	Fairfax	DNP
M			80	John	Cordyack	Reston	DNP
M			84	Andrzej	Pronczuk	Arlington	DNP
M	85-89	Gold	87	Amnon	Golan	Arlington	7:03.31
M		Silver	85	Garry	Nooger	Falls Church	8:38.76
M			87	Carlos	Rodriguez	Dumfries	DNP
M	90-94	Gold	90	Stan	Dobson	Arlington	9:41.26