

			EVENT:		Cycling 10K Time Trial		
	Women Record Holders						
	CYCLING – 10K Time Trial – WOMEN (Held at Vint Hill Village Green in 2016-2025)						
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54		54	Melissa	Czarnecki	Burke	DNP
F	60-64	Gold	63	Lois	Groth	Fairfax Station	22:12
F		Silver	60	Susan	Dodson	Midland	29:45
F			61	Ann	Chaney	Bristow	DNP
F	65-69	Gold	67	Pam	Mahone	Manassas	29:03
F	70-74		72	Nada	Dabbagh	Fairfax	DNP
F	75-79	Gold	79	Ruth	Hamilton	McLean	22:25*

	Men Record Holders						
	CYCLING – 10K Time Trial – MEN (Held at Vint Hill Village Green in 2016-2025)						
	50-54	Tony Lang		Alexandria	14:41	2018	
	55-59	Michael Emerson		Leesburg	14:52	2016	
	60-64	Jim Crowley		Alexandria	15:04	2017	
	65-69	James Degoey		Reston	15:42	2016	
	70-74	Mark Holt		Arlington	15:43	2021	
	75-79	John McCracken		Reston	18:28	2021	
	80-84	Bill Vest		Reston	18:07	2016	
	85-89	William Vest		Gainesville	18:56	2021	
	90-94	William Vest		Gainesville	21:30	2026*	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	55-59	Gold	59	Jeffrey	Del Vecchio	Clifton	21:33
M	60-64	Gold	63	Stephen	Young	Arlington	20:27
M		Silver	60	Michael	Sultan	Springfield	27:09
M			63	Henry	Sobieski	Centreville	DNP
M	65-69	Gold	68	Mike	Emerson	Hillsboro	18:17
M		Silver	66	Scott	MacEwen	Arlington	18:38
M		Bronze	67	Slawomir	Olender	McLean	22:00
M	70-74	Gold	71	Alvin	Brenneman	Catlett	19:31
		Silver	71	Jesse	Citizen	Southbridge	20:26
M		Bronze	73	Max	Rogozinski	Woodbridge	21:07
M			4 70	John	Jeffers	Springfield	22:16
M			5 71	Sherman	Boone	Clifton	22:18
M			71	David	Tomkinson	Springfield	DNP
M			73	Ken	Freund	Alexandria	DNP
M	75-79	Gold	76	William	McKeague	Chantilly	19:08
M		Silver	79	Robert	Fawcett	Sterling	22:33
M		Bronze	76	David	Pomeroy	Arlington	25:59
M	80-84	Gold	84	John	McCracken	Reston	20:17
M		Silver	81	Robert	Causseaux	Herndon	20:57
M		Bronze	80	Frank	Nutter	McLean	21:25
M			80	Thomas	Stanton	Woodbridge	DNP
M	85-89		85	Martin	Sultan	Ashburn	DNP
M	90-94	Gold	90	William	Vest	Gainesville	21:30*