

			EVENT:		Cycling 20K Time Trial		
	Women Record Holders						
	CYCLING – 20K Time Trial – WOMEN (Held at Vint Hill Village Green in 2016-2025)						
	50-54	May Ton		Burke	38:43	2021	
	55-59	Betty Francis		Warrenton	36:38.4	2019	
	60-64	Deb Wolfe		Gainesville	38:43.15	2019	
	65-69	Trish LeBlanc		Alexandria	49:34	2021	
	70-74	Lynn Saunders		Gainesville	43:19	2016	
	75-79	Ruth Hamilton		McLean	44:50	2022	
	80 -84	Joyce Tobias		Haymarket	1:01.07	2021	
	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	46:51
F		Silver	60	Susan	Dodson	Midland	61:15
F			61	Ann	Chaney	Bristow	DNP
F	65-69	Gold	69	Melissa	Hopkins	Dumfries	58:30
F	70-74	Gold	70	Edith	Brashares	Arlington	44:23
F		Silver	74	Elena	Brown	Falls Church	46:36
F		Bronze	74	Isabel	Gates	Dumfries	51:54
F	75-79	Gold	79	Ruth	Hamilton	McLean	46:56
F		Silver	76	Virginia	Grevett	Alexandria	50:47

``	Men Record Holders						
	CYCLING – 20K Time Trial – MEN (Held at int Hill Village Green in 2016-2025)						
	50-54	Tony Lang		Alexandria	29:11	2018	
	55-59	Eric Lengel		Fairfax	28:25	2016	
	60-64	Michael Price		Woodbridge	29:47	2024	
	65-69	James Degoey		Reston	31:31	2016	
	70-74	Mark Holt		Arlington	32:30	2021	
	75-79	Robert Causseaux		Marshall	36.22	2022	
	80-84	Bill Vest		Reston	35:42	2016	
	85-89	William Vest		Gainesville	37:37	2021	
	90-94	William Vest		Gainesville	42:11	2026*	
	List of Participants 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	50-54	Gold	53	Patrick	Fry	Falls Church	39:28
M	55-59	Gold	56	Wali	Shaaker	Sterling	39:14
M			55	C.J.	Sovada	Arlington	DNP
M			59	Stephen	Eid	Ashburn	DNP
M	60-64	Gold	60	John	Dunne	Arlington	32:25
M		Silver	64	Steven	Triantafell	Marshall	35:18
M		Bronze	60	Dave	Moston	Bristow	41:33
M		4	63	Stephen	Young	Arlington	42:54
M		5	60	Michael	Sultan	Springfield	53:15
M			61	Steve	Gurney	Reston	DQ for drafting
M			63	Henry	Sobieski	Centreville	DNP
M	65-69	Gold	67	Jeffrey	Schnur	Alexandria	33:19
M		Silver	68	Mike	Emerson	Hillsboro	37:23
M		Bronze	67	Slawomir	Olender	McLean	45:45
M			65	Michael	Rampino	Annandale	DNP
M			66	Scott	MacEwen	Arlington	DNP
M			66	Roger	Aberth	Arlington	DNP
M			68	Terry	Green	McLean	DNP
M	70-74	Gold	71	Alvin	Brenneman	Catlett	39:13
M		Silver	73	Max	Rogozinski	Woodbridge	41:54
M		Bronze	71	Jesse	Citizen	Southbridge	43:52
M		4	70	John	Jeffers	Springfield	45:41
M		5	70	Don	Ewen	Leesburg	52:25
M			71	David	Tomkinson	Springfield	DNP
M	75-79	Gold	76	William	McKeague	Chantilly	37:25
M		Silver	75	John	Gates	Dumfries	44:33
M		Bronze	76	David	Pomeroy	Arlington	45:26
M		4	79	Robert	Fawcett	Sterling	45:28

M	80-84	Gold	84	John	McCracken	Reston	40:30
M		Silver	80	Frank	Nutter	McLean	43:45
M		Bronze	81	Robert	Causseaux	Herndon	44:37
M			81	Gary	Hopkins	Dumfries	DNF
M			80	Thomas	Stanton	Woodbridge	DNP
M	90-94	Gold	90	William	Vest	Gainesville	42:11*