

10/22/23
Madison HS
Vienna, VA
5k run:

1. Terry McLaughlin	M63 Spotsylvania, VA	21:42.3
2. Yuko Whitestone	W51 Fairfax, VA	21:48.1
3. James Scarborough	M65 Arlington, VA	25:26.9
4. Ted Poulos	M61 McLean, VA	26:37.8

plus the Hour walk results below

Thanks!

Craig

Memorial Wood and Good One Hour Race Walk

1. Craig Chasse	M54	8430m
2. Jim Wass	M71	8343m
3. John Gersh	M76	7884m
4. Tom Augustine	M73	7800m
5. Terry McLaughlin	M63	7727m
6. Liza Recto	F67	7673m
7. Keg Good	F66	6337m
8. Elizabeth Hancock	F70	6111m