

Madison HS

Vienna, VA

10/6/24

Memorial Wood and Good One Hour Race Walk

Men

1. Tim Chelius M68 8481m
2. John Gersh M77 6647m
3. Terry McLaughlin M65 7827m

Women

1. Liza Recto F68 7662m
2. Keg Good F67 7093m
3. Elizabeth Hancock F71 5680m

5k run:

1. Yuko Whitestone W52 Fairfax, VA 23:44.2
2. Terry McLaughlin M64 Spotsylvania, VA 23:53.9
3. Ted Poulos M62 McLean, VA 25:57.7
4. James Scarborough M66 Arlington, VA 27:48.0