

Good and Wood Memorial One Hour Walk and 5000m Run					
	Potomac Valley Track Club				
	James Madison HS, Vienna, VA			13-Sep-26	
5000m run	~3:45PM	hot and humid			
	Terry McLaughlin, 65	27:46.9			
	Ted Poulos, 64	28:34.4			
	James Scarborough, 68	28:51			
One Hour Walk ~2:00pm		very hot and humid			
		meters	full laps	extra feet	
	Andrew Liles, 63	9288	23	290	9288.392
	Yuko Whitestone, 54	7949	19	1147	7949.6056
	John Morrison, 77	7431	18	760	7431.648
	Tom Augustine, 76	5646	14	154	5646.9392
	Terry McLaughlin, 65	2400	6	0	2400