

29<sup>th</sup> Annual  
NORTHERN VIRGINIA  
SENIOR OLYMPICS  
September 17 - September 28, 2011

**2011**  
**EVENT RESULTS**

Sponsored by  
City of Alexandria— City of Fairfax—City of Falls Church –  
Arlington County—Fairfax County—Fairfax County Park Authority—  
Fauquier County—Loudoun County—Prince William County

*Northern Virginia Senior Olympic Committee*  
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*Merrifield, VA 22116-9998*  
*703-228-3300, ext. 9996*  
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## **2011 EVENT RESULTS**

# **29<sup>th</sup> Annual NORTHERN VIRGINIA SENIOR OLYMPICS September 17 – September 28, 2011**

### **Sponsored by:**

Northern Virginia Senior Olympic Committee:  
City of Alexandria Department of Recreation, Parks, and Cultural Activities  
Arlington County Department of Parks, Recreation and Cultural Resources  
Fairfax County Department of Community and Recreation Services  
Fairfax County Park Authority  
City of Fairfax Parks and Recreation Department  
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Prince William County Area Agency on Aging

### **2011 GOLD Patrons**

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### **2011 Silver Patrons**

Debbie Miller, Realtor; McEneaney Associates, Inc.; Westminster at Lake Ridge; The  
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### **2011 Bronze Patrons**

Marge Davenport; Steve Mandes; Maryann Schwab

### **EVENTS**

Badminton  
Basketball Free Throw  
Basketball 3 on 3 (men)  
Bowling  
Bridge, Duplicate  
Bunco  
Cribbage  
Cycling  
Diving  
Eight Ball Pool  
Frisbee Throw  
Golf  
Horseshoes  
Line Dancing (team)

Miniature Golf  
Pickleball  
Racquetball  
Scrabble  
Softball Hit  
Softball Throw  
Swimming – Backstroke  
Swimming – Breaststroke  
Swimming – Freestyle  
Swimming – ½ Mile  
Table Tennis  
Tennis  
Volleyball  
Wii Bowling  
Yo-Yo

### **Track & Field Events:**

Long Jump, Standing  
Long Jump, Running  
Mini Javelin Throw  
Shot Put  
60 Meter Dash  
200 Meter Run  
400 Meter Run  
800 Meter Run  
1600 Meter Run  
800 Meter Walk  
1600 Meter Walk  
3 Mile Walk

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“Asterisk (\*) indicates tied or established new NVSO record

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>BADMINTON – SINGLES - WOMEN</b>				
50-59	Gold	Gwen Liang	Alexandria	
60-69	Gold	Sucha Collins	Leesburg	
	Silver	Hermamalini Srinivasan	Herndon	
<b>BADMINTON – SINGLES - MEN</b>				
50-59	Gold	Richard Thompson	Leesburg	
	Silver	David Adcock	Leesburg	
60-69	Gold	Ken Meyercord	Reston	
	Silver	James Spencer	Alexandria	
	Bronze	Gerald Rhoads	Burke	
<b>BADMINTON – DOUBLES - WOMEN</b>				
60-69	Gold	Sucha Collins Hermamalini Srinivasan	Leesburg Herndon	
<b>BADMINTON – DOUBLES - MEN</b>				
50-59	Gold	David Adcock Richard Thompson	Leesburg Leesburg	
	Silver	Anwar Hussain Igor Lazarev	Alexandria Annandale	
	60-69	Gold	Rajendra Prasad Ken Meyercord	Sterling Reston
<b>BADMINTON – MIXED DOUBLES</b>				
60-69	Gold	Richard Thompson Hermamalini Srinivasan	Leesburg Herndon	
	Silver	Anwar Hussain Gwen Liang	Alexandria Alexandria	
<b>BASKETBALL FREE THROW – WOMEN</b>				
50-59	Gold	Helen White	Arlington	12/25
60-69	Gold	Margaret Carnes	Annandale	16/25
70-79	Gold	Cecile Coles	Leesburg	6/25

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>BASKETBALL FREE THROW – MEN</b>				
50-59	Gold	Peter Brewington	Centreville	20/25
	Silver	Ramon Torres	Leesburg	17/25
	Bronze	Edward Douthett	Warrenton	10/25
60-69	Gold	John Stavropoulos	Annandale	17/25
	Silver	Sam Slowinski	Gainesville	15/25
	Bronze	Dugald Gillies	Arlington	10/25
70-79	Gold	Herb Levitan	Arlington	21/25
	Silver	Harold Skeins	Fairfax	19/25
	Bronze	Charles Toftoy	Arlington	14/25
		Del Wilson	Burke	14/25
<b>BASKETBALL 3x3 – MEN</b>				
50-59	Gold	<u>OG's 50's</u> Steve Lepage John Kuntz Jesse Robinson	Herndon Burke Fredericksburg	
	Silver	<u>The Ballbusters</u> Peter Brewington Roger Gulick Ed Douthett Bob McManus	Centreville Casanova Warrenton Warrenton	
60-69	Gold	<u>Busch Players</u> Jim Viggiani Kai-Peter Koenig John Stavropolous Don Greene Joe Madigan	Manassas Monclair Annandale Dale City Centreville	
	Silver	<u>The Hawks</u> Del Wilson Bill Schipper Bill Richardson Ralph Greenwood Rosario Rausa	Burke Alexandria Fairfax Station Reston Vienna	

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>BOWLING - TEN PIN – WOMEN</b>				
60-64	Gold	Vera Graham	Alexandria	561
	Silver	Rachel Frantum	Annandale	517
	Bronze	Linda Baumbusch	Fairfax	495
65-69	Gold	Marcia Sessions	Dumfries	545
	Silver	Mary Johnson	Woodbridge	496
70-74	Gold	Jo Ferry	Alexandria	611
	Silver	Patricia Collins	Alexandria	566
	Bronze	Betty Stephens	Alexandria	512
75-79	Gold	Vandelyn Czika	Annandale	625
	Silver	Blanche McQuade	Falls Church	603
	Bronze	Emily Fern	Alexandria	565
80-84	Gold	Nancy Leary	Alexandria	589
	Silver	Sue Toma	Falls Church	578
	Bronze	Marjorie Burts	Alexandria	558
85-89	Gold	Marge McNare	Falls Church	520

**BOWLING - TEN PIN – MEN**

55-59	Gold	Michael Knight	Falls Church	700
60-64	Gold	Jerome Jackson	Fairfax	618
	Silver	Lawrence Walker	Alexandria	610
	Bronze	Charles Reese, Jr.	Springfield	607
65-69	Gold	Ted Crews	Springfield	667
	Silver	Robert Foor	Alexandria	610
	Bronze	Richard Markle	Alexandria	583
70-74	Gold	William McSweeney	Centreville	580
	Silver	Willie Jelks	Alexandria	567
	Bronze	Michael Coyne	Dumfries	566
75-79	Gold	Donald Beveridge	Arlington	557
	Silver	Rick Renninger	Springfield	484
	Bronze	Clifford Nolan	Bristow	481
80-84	Gold	John Shepherd	Falls Church	696
	Silver	Leonard Kalkwarf	Springfield	601
85-89	Gold	Jim Willcock	Falls Church	630
	Silver	Gordon Causey	Falls Church	612

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>BRIDGE, DUPLICATE</b>				
<b>NORTH/ SOUTH</b>	Gold	Erven Meyer Karl Van Newkirk	Annandale Annandale	
	Silver	Linda Burton Marvin Raines	Alexandria Alexandria	
	Bronze	George Tateosian Mike Lowe	Springfield Springfield	
<b>EAST/ WEST</b>	Gold	Andre L'Heureux Mickey Hughes	Alexandria Falls Church	
	Silver	Betty Bonifer Don McKenzie	Alexandria Alexandria	
	Bronze	John Cook Pat Cook	Falls Church Falls Church	
<b>BUNCO</b>				
All	Gold	Anne Zvisac	Burke	
	Silver	Russell Allen	Alexandria	
	Bronze	Julia Duncan	Alexandria	
<b>BUNCO (Game Winners)</b>				
All	Gold	Dorothy Rollins	Alexandria	
	Silver	Sue Thaler	Alexandria	
	Bronze	Marianne Graves	Arlington	
<b>CRIBBAGE – MIXED</b>				
All	Gold	Paul McFarland	Springfield	12
	Silver	Anne Christenson	Falls Church	7
	Bronze	Janet Viands	Reston	7
<b>CYCLING – WOMEN</b>				
50-54	Gold	Ricki Gold	Arlington	18.19
	Silver	Patricia Van Houten	Oakton	19.15
	Bronze	Susan Bleistein	Springfield	22.11
55-59	Gold	Hannah Phillips	Alexandria	21.31
60-64	Gold	Rebecca Kite	Leesburg	22.04
64-69	Gold	Barbara Happ	Gainesville	22.43
	Silver	Isabelle Raines	Sterling	27.22
	Bronze	Maria Norris	Haymarket	30.53
70-74	Gold	Joyce Tobias	Haymarket	25.30

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>CYCLING – MEN</b>				
55-59	Gold	Howard Van Houten	Oakton	15.14
	Silver	Christopher Dettmar	Reston	15.28
	Bronze	Raymond Carlston	Oakton	16.00
60-64	Gold	Charles Baughman	Arlington	17.42
	Silver	Leander Aulisio	Arlington	18.10
	Bronze	Robert Eaheart	Springfield	18.39
65-69	Gold	David Jerome	Haymarket	16.39
	Silver	James Briggs	Arlington	17.23
	Bronze	John Cruden	Annandale	21.27
70-74	Gold	Herb Levitan	Arlington	19.40
	Silver	Richard Eimas	Reston	21.12
80-84	Gold	Walter Wingo	Arlington	20.15
<b>DIVING – WOMEN</b>				
50-54	Gold	Marion Marrs	Sterling	127.15
60-64	Gold	Carol Mackela	Arlington	154.85*
	Silver	Cammie Niles	Arlington	119.75
<b>DIVING – MEN</b>				
50-54	Gold	Roy Lewis	Arlington	169.90*
55-59	Gold	Bobby Meeks	Arlington	220.90*
65-69	Gold	Duane Clayton-Cox	Fairfax	166.70*
70-74	Gold	Kim Alderman	Arlington	154.75*
	Silver	Carlos Rodriguez	Dumfries	106.30
75-79	Gold	John Gouldin	Annandale	59.05
<b>8 BALL POOL – WOMEN</b>				
50-59	Gold	Linda Scholl	Arlington	
60-69	Gold	Shelly Wade	Arlington	
	Silver	Pauline Masquith	Ashburn	
70-79	Gold	Yvonne Lockett	Arlington	
	Silver	Diane Hill	Springfield	
80-89	Gold	Elizabeth (Betty) Roadcap	Ashburn	
	Silver	Margaret Toth	Annandale	
90-99	Gold	Cora Parsons	Ashburn	



**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>8 BALL POOL – MEN</b>				
60-69	Gold	James Westray	Arlington	
	Silver	John (Jack) Kraus	Fairfax	
	Bronze	Cornelius Davis, Jr.	Bristow	
70-79	Gold	Joseph Clement	Springfield	
	Silver	Yining Wang	Fairfax	
	Bronze	Nicholas Fidandis	Alexandria	
80-89	Gold	Joseph Griffin	Falls Church	
	Silver	Maxwell Gainer	Alexandria	
	Bronze	William Preston	Arlington	
90-99	Gold	Trong Trongtonil	Alexandria	
<b>FRISBEE THROW – WOMEN</b>				
50-59	Gold	Marianne Simonton	Vienna	52'
60-69	Gold	Aurora Tapp	Warrenton	47'
70-79	Gold	Alease Brooks	Arlington	33'
80-89	Gold	Marie Warnock	Springfield	54'
	Silver	Vivian Nielsen	Springfield	25'
90-99	Gold	Carla Convery	Alexandria	17'
<b>FRISBEE THROW – MEN</b>				
50-59	Gold	Marty Willis	Falls Church	108'9"
60-69	Gold	Charles Kleymeyer	Arlington	98'6"
	Silver	Kai-Peter Koenig	Mont Clair	95'3"
	Bronze	Ralph Tapp	Warrenton	79'6"
70-79	Gold	Herb Levitan	Arlington	87'6"
	Silver	Carlos Rodriguez	Dumfries	65'
	Bronze	Richard Stohr	Springfield	63'3"
80-89	Gold	Dante Simbulan	Burke	54'3"
90-99	Gold	J.R. Cassidy	Manassas	41'

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>GOLF - WOMEN</b>				
50-59	Gold	Mary Ann Henry	Annandale	70
	Silver	Teresa Hannon	Manassas	76
60-69	Gold	Judy Landolt-Korns	Clifton	73
	Silver	Sue Thompson	Alexandria	75
70-79	Gold	Margaret Denise	Annandale	65
	Silver	Maureen Doherty	Manassas	76
	Bronze	Barbara Klementz	Annandale	76
<b>GOLF – MEN</b>				
50-59	Gold	Chris Smith	Annandale	72
	Silver	Dushan Cvijanovic	Falls Church	73
	Bronze	Mark Westerfield	Annandale	74
60-69	Gold	William Somers, Jr.	Arlington	64
	Silver	John DeRosa	Arlington	70
	Bronze	James Ivery	Alexandria	72
70-79	Gold	George Mazuzan	Springfield	69
	Silver	Michael Robertson	Springfield	71
	Bronze	James Taylor	Arlington	72
<b>HORSESHOES – WOMEN</b>				
60-64	Gold	Carol Cooke	Alexandria	
65-69	Gold	Aurora Tapp	Warrenton	
70-74	Gold	Shirley VanEss	Woodbrige	
<b>HORSESHOES – MEN</b>				
60-64	Gold	Bruce Fisher	Fairfax	
	Silver	Jerome Jackson	Fairfax	
65-69	Gold	Ralph Tapp	Warrenton	
	Silver	Gerald Rhoads	Burke	
70-74	Gold	Frederick Walker	Fairfax	
	Silver	Carlos Rodriguez	Dumfries	
	Bronze	Richard Stohr	Springfield	
75-79	Gold	Robert Stotz	McLean	
80-84	Gold	Leonard Kalkwarf	Springfield	

Age	Place	2011 Events Results Book Winners	Locality	Score/Time
<b>LINE DANCING (TEAM)</b>				
50-79	Gold	<u>Silver Diamonds (Lorton)</u> Susie Thomas Jung O Nam Vivian Chon Young Sook Chon Hee Ja Pak June Campany Yeon Hioa Kim		
	Silver	<u>Symmetry In Motion (Alexandria)</u> Julian Haley, Jr. Danita Moses William Baker Rokell Person Joyce Hughes Darlene Thomas Joselyn Schmidt-Jones		
	Bronze	<u>Gold Crown (Lincolnia)</u> Sung Hee Woo Mi Young Lee Ann Choi Chung Sun Yang Ui S Chu Chung Byon Young OK Kim Ki Sook Garber		
80+	Gold	<u>Heatherwood Hotties (Burke)</u> Rita Marie Caruso Connie Connell Hilda Petersen Jean Andrews Dorothy Habermehl Louise Fahey		

**MINIATURE GOLF – WOMEN**

60-69	Gold	Margaret Carnes	Annandale	47
	Silver	Linda Baumbusch	Fairfax	49
	Bronze	Dorothy Neumann	Arlington	53

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>MINIATURE GOLF – MEN</b>				
50-59	Gold	Christopher Dettmar	Reston	40
60-69	Gold	Ralph Tapp	Warrenton	42
	Silver	Jack Kraus	Fairfax	43
	Bronze	George Deyman	Annandale	44
70-79	Gold	Richard Fitzgerald	Alexandria	47+2
	Silver	Richard Stohr	Springfield	47+3
	Bronze	Donald Beveridge	Arlington	60
80-89	Gold	Dante Simbulan	Burke	46
	Silver	John Gouldin	Annandale	56
<b>PICKLEBALL - DOUBLES – WOMEN</b>				
50-59	Gold	Jackie Cubero	Arlington	
		Wendy Sparrow	Alexandria	
	Silver	Helen White	Arlington	
		Marta Cahill	Arlington	
Bronze	Sue Thaler	Arlington		
	Fran Dudick	Arlington		
60-69	Gold	Marian Lapp	Arlington	
	Silver	Karen Pearson	McLean	
		Lynn O’Connor	Springfield	
70-79	Gold	Wendy Straub	Springfield	
		Toby Urbach	Annandale	
		Alease Brooks	Arlington	
	Silver	Jo Ferry	Alexandria	
		Sue Zajac	Arlington	
<b>PICKLEBALL - DOUBLES – MEN</b>				
50-59	Gold	Michael Knight	Falls Church	
		Mike Thaler	Arlington	
	Silver	Corwin Umbach	Arlington	
60-69	Gold	Dawit Tesfamichael	Arlington	
		Jon Lind	Manassas	
		Mike Marrone	Alexandria	
	Silver	David Sandidge	Vienna	
		Bruce Erickson	Fairfax	
Bronze	Bertram Kriebel	Bristow		
70-79	Gold	Luis Aveleyra	Manassas	
		Del Wilson	Burke	
		J.T. Price	Arlington	
	Silver	Herb Levitan	Arlington	
		Larry Mason	Arlington	
		Horacio Reyes	Arlington	
Bronze	John Ziolkowski	Arlington		

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>PICKLEBALL - SINGLES – WOMEN</b>				
50-59	Gold	Helen White	Arlington	
	Silver	Marta Cahill	Arlington	
	Bronze	Jackie Cubero	Arlington	
60-69	Gold	Fran Dudick	Arlington	
70-79	Gold	Alease Brooks	Arlington	
<b>PICKLEBALL - SINGLES – MEN</b>				
50-59	Gold	Michael Thaler	Arlington	
	Silver	Michael Knight	Falls Church	
60-69	Gold	Jon Lind	Manassas	
	Silver	James Spencer	Alexandria	
70-79	Gold	Del Wilson	Burke	
	Silver	J.T. Price	Arlington	
	Bronze	Herb Levitan	Arlington	
<b>PICKLEBALL - MIXED DOUBLES</b>				
50-59	Gold	Jackie Cubero	Arlington	
		Jon Lind	Manassas	
	Silver	Sue Thaler	Arlington	
		Michael Thaler	Arlington	
	Bronze	Fran Dudick	Arlington	
		Michael Knight	Falls Church	
60-69	Gold	Karen Pearson	McLean	
		James Hewitt	Arlington	
	Silver	Sue Zajac	Arlington	
		Dawit Tesfamichael	Arlington	
	Bronze	Wendy Straub	Springfield	
		Craig Preston	Springfield	
70-79	Gold	Lynn O'Connor	Springfield	
		Roy O'Connor	Springfield	
	Silver	Alease Brooks	Arlington	
		Larry Mason	Arlington	
	Bronze	Maria Macias	Arlington	
		John Ziolkowski	Arlington	

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>RACQUETBALL – WOMEN</b>				
55-59	Gold	Sue Thaler	Arlington	
75-79	Gold	Mabel Chin	Sterling	
<b>RACQUETBALL – MEN</b>				
55-59	Gold	Kevin Quinley	Fairfax	
	Silver	Ken Freund	Alexandria	
60-64	Gold	Jay Wald	Fairfax	
	Silver	Dennis Stephens	Burke	
65-69	Gold	Peter Andrews	McLean	
	Silver	David Jerome	Haymarket	
70-74	Gold	David Phillips	Alexandria	
	Silver	Gordon Chin	Sterling	
<b>SCRABBLE – MIXED</b>				
All Ages	Gold	Jennifer Frum	Arlington	3 wins + 517
	Silver	Ruth Sigerson	Sterling	3 wins + 213
	Bronze	Irene Awret	Falls Church	2 wins + 179
<b>SOFTBALL HIT – WOMEN</b>				
50-54	Gold	Diane Smith	Arlington	106'
55-59	Gold	Anita Stowe	Sterling	122'
<b>SOFTBALL HIT – MEN</b>				
60-64	Gold	Doug Hastings	Alexandria	200'
65-69	Gold	Tom Sullivan	Oakton	200'
	Silver	Charles Kleymeyer	Arlington	194'
	Bronze	Kai-Peter Koenig	Monclair	180'
70-74	Gold	Dennis Mong	Warrenton	200'
	Silver	Herb Levitan	Arlington	158'
	Bronze	Andrew Dixon	Fairfax	126'
75-79	Gold	William Nehrke	Arlington	116'
	Silver	Renold Beck	Fairfax	85'
80-84	Gold	Harry Deitz	Fairfax	147'
95-99	Gold	J.R. Cassidy	Manassas	79'

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SOFTBALL THROW – WOMEN</b>				
50-54	Gold	Diane Smith	Arlington	78'
55-59	Gold	Anita Stowe	Sterling	102'5"
<b>SOFTBALL THROW – MEN</b>				
60-64	Gold	Charles Kleymeyer	Arlington	172'
65-69	Gold	Kai-Peter Koenig	Montclair	146'
	Silver	Tom Sullivan	Oakton	141'
70-74	Gold	Andrew Dixon	Fairfax	135'
	Silver	Dennis Mong	Warrenton	131'
	Bronze	Herb Levitan	Arlington	117'
75-79	Gold	William Nehrke	Arlington	76'5"
80-84	Gold	Harry Deitz	Fairfax	83'6"
95-99	Gold	J.R. Cassidy	Manassas	53'*
<b>SWIMMING - BACKSTROKE – WOMEN</b>				
50-54	Gold	Marion Marrs	Sterling	1:30:13
55-59	Gold	Sandy Powers	Herndon	48:25
	Silver	Bobbe Duquette	Herndon	53.41
60-64	Gold	Carol Mackela	Arlington	56:03
	Silver	Anne Christenson	Falls Church	1:03:31
	Bronze	Jennifer Johnston	Annandale	1:35:62
65-69	Gold	Mary Schade	Arlington	52:69
70-74	Gold	Carmen Decarli	McLean	55:44
	Silver	Jane Gelson	Haymarket	1:00:10
	Bronze	Joyce Tobias	Haymarket	1:12:00
85-89	Gold	Minna Hamner	Fairfax Station	1:18:91

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - BACKSTROKE – MEN</b>				
50-54	Gold	Chuck Dimeglio	McLean	30:09
	Silver	Bret Bailey	Herndon	35:60
55-59	Gold	Douglas Hill	Woodbridge	47:80
	Gold	John Carten	Arlington	42:81
60-64	Silver	Robert Eaheart	Springfield	1:06:19
	Gold	Roderick Uveges	McLean	42:97
65-69	Silver	Kai-Peter Koenig	Moncliar	44:47
	Bronze	Charles Kleymeyer	Arlington	47:57
	Gold	Rufus Harris	Fairfax Station	40:78
70-74	Silver	William Sien	Haymarket	47:69
	Bronze	Herb Levitan	Arlington	54:84
	Gold	Paul Gesswein	Great Falls	52:34
75-79	Silver	Lou Brown	Leesburg	55:88
	Gold	Phil Case	Burke	55:50
80-84	Silver	Heinz Paletzki	Haymarket	1:12:81
	Gold	Chester Myslicki	McLean	1:06:18*
90-94	Gold	J.R. Cassidy	Manassas	1:21:03
<b>SWIMMING - BREASTSTROKE – WOMEN</b>				
55-59	Gold	Bobbe Duquette	Herndon	52:88
	Silver	Janet Garber	Alexandria	1:00:00
60-64	Gold	Anne Christenson	Falls Church	58:81
65-69	Gold	Mary Schade	Arlington	1:02:86
70-74	Gold	Jane Geison	Haymarket	1:14:19
	Silver	Carmen Decarli	McLean	1:21.25
	Bronze	Pat Cook	Falls Church	1:35:19
85-89	Gold	Minna Hamner	Fairfax Station	1:34:07
	Silver	Mary Dell Jirucha	Haymarket	1:50:47



**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - BREASTSTROKE – MEN</b>				
50-54	Gold	Bret Bailey	Herndon	43:06
	Silver	Arthur Skaer	South Riding	1:01:50
55-59	Gold	Douglas Hill	Woodbridge	57:66
60-64	Gold	Eiji Yasuhara	Sterling	43:56
	Silver	John Carten	Arlington	51:74
	Bronze	Robert Eaheart	Springfield	1:10:91
65-69	Gold	Roderick Uveges	McLean	50:35
70-74	Gold	John Dineen	Springfield	45:56
	Silver	Rufus Harris	Fairfax Station	45:66
	Bronze	Herb Levitan	Arlington	47:50
75-79	Gold	Vsevolod Ivanov	Arlington	52:04
	Silver	Paul Gesswein	Great Falls	1:00:72
80-84	Gold	Phil Case	Burke	1:05:12
	Silver	Heinz Paletzki	Haymarket	1:16:53
	Bronze	John Gouldin	Annandale	1:40:78
90-94	Gold	Mohammad Assareh	Ashburn	1:18:97*
	Silver	Chester Myslicki	McLean	1:43:28
<b>SWIMMING - FREESTYLE – WOMEN</b>				
55-59	Gold	Sandy Powers	Herndon	36:75
	Silver	Bobbe Duquette	Herndon	39:12
	Bronze	Janet Garber	Alexandria	1:03:75
60-64	Gold	Carol Mackela	Arlington	50:18
	Silver	Anne Christenson	Falls Church	54:09
	Bronze	Jennifer Johnston	Annandale	1:06:13
65-69	Gold	Mary Schade	Arlington	46:59
70-74	Gold	Carmen Decarli	McLean	48:06
	Silver	Jane Geison	Haymarket	50:12
	Bronze	Pat Cook	Falls Church	1:08:66
85-89	Gold	Minna Hamner	Fairfax Station	1:19:19
	Silver	Mary Dell Jirucha	Haymarket	1:57:00

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - FREESTYLE – MEN</b>				
50-54	Gold	Chuck Dimeglio	McLean	26:75*
	Silver	Bret Bailey	Herndon	27:31
	Bronze	Jay Lerch	Haymarket	39:00
55-59	Gold	Douglas Hill	Woodbridge	34:94
60-64	Gold	John Carten	Arlington	36:59
	Silver	Eiji Yasuhara	Sterling	38:00
	Bronze	Charles Baughman	Arlington	42:13
65-69	Gold	Roderick Uveges	McLean	31:70*
	Silver	Vince Romano	Annandale	36:63
	Bronze	Charles Kleymeyer	Arlington	37:07
70-74	Gold	John Dineen	Springfield	34:28
	Silver	Rufus Harris	Fairfax Station	35:80
	Bronze	Herb Levitan	Arlington	37:07
75-79	Gold	Paul Gesswein	Great Falls	44:19
	Silver	Lou Brown	Leesburg	48:50
	Bronze	Terrance McCarthy	Leesburg	59:41
80-84	Gold	Phil Case	Burke	57:91
	Silver	John Gouldin	Annandale	1:10:47
	Bronze	Heinz Paletzki	Haymarket	1:11:35
90-94	Gold	Chester Myslicki	McLean	1:13:41
<b>SWIMMING - 1/2 MILE – WOMEN</b>				
55-59	Gold	Sandy Powers	Herndon	14:02:66
	Silver	Janet Garber	Alexandria	24:27:53
60-64	Gold	Anne Christenson	Falls Church	21:41:62
	Silver	Carol Mackela	Arlington	22:21:00
	Bronze	Jennifer Johnston	Annandale	23:52:63
65-69	Gold	Mary Schade	Arlington	19:37:39
70-74	Gold	Carmen Decarli	McLean	21:18:12
	Silver	Jan Geison	Haymarket	22:08:37
	Bronze	Pat Cook	Falls Church	24:03:40
75-79	Gold	Gertrude DeRosa	Springfield	23:12:19
	Silver	Carol Cornutt	Lake Ridge	26:07:07

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - 1/2 MILE – MEN</b>				
50-54	Gold	Bret Bailey	Herndon	11:46:00
55-59	Gold	Ben Viellieu	Burke	13:02:00
	Silver	Ken Freund	Alexandria	15:55:96
60-64	Gold	Leander Aulisio	Arlington	16:47:34
65-69	Gold	Tim Johnston	Annandale	21:14:53
70-74	Gold	Herb Levitan	Arlington	16:53:62
	Silver	William Sien	Haymarket	17:57:93
	Bronze	Carlos Rodriguez	Dumfries	25:56:90
75-79	Gold	Lou Brown	Annandale	20:47:15
	Silver	Paul Gesswein	Great Falls	22:49:28
	Bronze	Terrence McCarthy	Leesburg	24:20:34
80-84	Gold	John Gouldin	Annandale	26:42:10

**TABLE TENNIS – WOMEN**

50-59	Gold	Jenny Chang Lang	McLean
60-69	Gold	Xiang Mei Gu	Falls Church
	Silver	Zhilan Wang	Herndon
	Bronze	Marian Lapp	Arlington
70-79	Gold	Lilas Samirad	Lansdowne
	Silver	Young Chi	Vienna
	Bronze	Ha Ja Kim	Annandale
80-89	Gold	Phyllis Coleman	Dale City
	Silver	Cora Parsons	Ashburn
	Bronze	Bong Park	Annandale

**TABLE TENNIS – MEN**

50-59	Gold	Walter Weber	Alexandria
	Silver	Marty Willis	Falls Church
	Bronze	Rob Aaront	Centreville
60-69	Gold	Weishuang Qu	Herndon
	Silver	Fred Siskind	McLean
	Bronze	Shaw Zee	Fairfax
70-79	Gold	Hae Mun Byun	Alexandria
	Silver	Hexin Zhou	Herndon
	Bronze	Andrew Dixon	Fairfax
80-89	Gold	John Gouldin	Annandale
	Silver	Roland Dionne	Lansdowne
	Bronze	Hyun Kim	Annandale

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>TENNIS - SINGLES – WOMEN</b>				
70-74	Gold	Ingrid Petterson	Alexandria	
<b>TENNIS - SINGLES – MEN</b>				
70-74	Gold	Dell Pendergraft	McLean	
	Silver	Philip Doherty	Burke	
	Bronze	Robert Shellhouse	Alexandria	
74-79	Gold	Wayne Bell	Annandale	
80-84	Gold	Phil Case, Jr.	Burke	
	Silver	Gordon Causey	Falls Church	
	Bronze	Lou DeRosa	Springfield	
<b>TENNIS - DOUBLES WOMEN</b>				
70-74	Gold	Joan Linthicum Kelly McCaffery	Aldie Springfield	
	Silver	Nancy Mullen Ellen Fendley	Dumfries Dumfries	
<b>TENNIS - DOUBLES – MEN</b>				
50-59	Gold	Bob Howe Cecil Case	Alexandria Fairfax	
	Silver	Dr. Jim Viggiani Mike Kaylor	Manassas Annandale	
	60-69	Gold	Michael Eber Nelson Kieff	Fairfax Fairfax
Silver		Lowry Hundley Bud Mullen	Dumfries Dumfries	
Bronze		Sam Bedford Barry Herrman	Manassas Manassas	
		70-79	Gold	Bob Shellhouse Phil Doherty
Silver	Wayne Bell Bob Bernard		Annandale Annandale	
Bronze	Ed Ladd Wes Rice		Leesburg Potomac Falls	
	80-89	Gold	Phil Case, Jr. Tom Jacobs	Burke Manassas
Silver		Trong Trongtonil Angelo Radassao	Alexandria Oakton	
Bronze		Arnold Braswell Don Brooks	Leesburg Leesburg	

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>TENNIS - MIXED DOUBLES</b>				
60-69	Gold	Sharon Timmons Bob Howe	Alexandria Alexandria	
	Silver	Marianne Kelly Olof Burke	Springfield Springfield	
	Bronze	Mary Ellen Fendley Lowry Hundley	Dumfries Dumfries	
70-79	Gold	Joan Lithicum Chuck Tonkin	Aldie Fairfax	
	Silver	Nancy Mullen Bud Mullen	Dumfries Dumfries	
	Bronze	Ingrid Pettersen Robert McLean	Alexandria Alexandria	

**VOLLEYBALL – WOMEN**

All Ages	Gold	GREEN TEAM Yamel Abanez Sue Fischer Renee Luebke Gloria Pinto Linda Scholl Elizabeth Taylor	Alexandria Gainesville Alexandria Falls Church Arlington Alexandria	
	Silver	WHITE TEAM Rosario Gomez-Garcia Diane Howard Carmela Miller Kristi Nikerson Angelica Perez Sujin Testa	Alexandria Alexandria Arlington Reston Fairfax Great Falls	
	Bronze	BLUE TEAM Katarina Berger Constance Lindsley Magdaliz Rivera Ada Vera Jenny Sherr Rita Winkel	Springfield Arlington Fairfax Springfield Springfield Sterling	

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>WII BOWLING – WOMEN</b>				
50-59	Gold	Sue Thaler	Falls Church	503
60-69	Gold	Andrea Strosnider	Alexandria	619
	Silver	Vicki Lambert	Springfield	567
	Bronze	Mary Ann Graves	Arlington	525
70-79	Gold	Joan Matteson	Springfield	847*
	Silver	Sofia Henriquez	Arlington	687
	Bronze	Violet Henry	Arlington	674
80-89	Gold	Anne Genakos	Alexandria	653
	Silver	Marcy Guillod	Sterling	610
	Bronze	Marcia Dake	Springfield	560
90-99	Gold	Jane Richardson	Potomac Falls	535*
	Silver	Helen Deardorff	McLean	535
	Bronze	Josephine Steele	Alexandria	476
<b>WII BOWLING – MEN</b>				
60-69	Gold	Clinton Lambert	Springfield	640*
	Silver	Arland Long	Alexandria	489
	Bronze	Charles McCottry	Arlington	470
70-79	Gold	Ed Ladd	Potomac Falls	782*
	Silver	Richard Stohr	Springfield	521
	Bronze	Leonard Anderson	Alexandria	455
80-89	Gold	Ted Campbell	Springfield	680*
	Silver	Ed Solomon	Springfield	653
	Bronze	Jerry Helfrich	Alexandria	550
90-99	Gold	Ray Kaminski	Springfield	528
	Silver	Joseph Sahaj	Alexandria	475
	Bronze	Robert Zikowitz	Springfield	446
<b>YO YO- WOMEN</b>				
Beginner	Gold	Carla Convery	Alexandria	13
<b>YO YO- MEN</b>				
Novice	Gold	Dante Simbulan	Burke	13
Advance	Gold	Roger Webb	Arlington	28

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>TRACK &amp; FIELD</b>				
<b>LONG JUMP, Standing- WOMEN</b>				
55-59	Gold	Marianne Simonton	Vienna	4' 0"
75-79	Gold	Alease Brooks	Arlington	2' 7"
80-84	Gold	Marie Warnock	Springfield	2' 7"
85-89	Gold	Vivian Nielsen	Springfield	2' 3½ "
<b>LONG JUMP, Standing- MEN</b>				
50-54	Gold	Doug Hastings	Alexandria	6' 9½"
	Silver	Robert Eaheart	Springfield	6' 5½"
	Bronze	Jerome Jackson	Fairfax	5' 10"
65-69	Gold	Kai-Peter Koenig	Montclair	6' 3½"
	Silver	Gordon Lusby	Springfield	5' 11"
70-74	Gold	Bernie Stamm	Ashburn	7' 0"
	Silver	Carlos Rodriguez	Dumfries	5' 1"
	Bronze	Herb Levitan	Arlington	4' 7"
75-79	Gold	William Nehrke	Arlington	4' 1"
	Silver	Richard Ernst	Springfield	2' 2"
80-84	Gold	Kent Halstead	Arlington	5' 9"
90-94	Gold	Mike Lowe	Springfield	1' 10"
<b>LONG JUMP, Running – WOMEN</b>				
50-54	Gold	Linda Scholl	Arlington	3' 4"
55-59	Gold	Marianne Simonton	Vienna	5' 2"
75-79	Gold	Alease Brooks	Arlington	4' 3½"
80-84	Gold	Marie Warnock	Springfield	3' 5"
85-89	Gold	Vivian Nielsen	Springfield	3' 1/2"

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>LONG JUMP, Running – MEN</b>				
60-64	Gold	Doug Hasting	Alexandria	13' 1/2"
	Silver	Chuck Williams	Warrenton	11' 9"
	Bronze	Robert Eaheart	Springfield	10' 8 1/2"
65-69	Gold	Kai-Peter Koenig	Montclair	8' 10 1/2"
	Silver	Gordon Lusby	Springfield	8' 8"
70-74	Gold	Bernie Stamm	Ashburn	11' 4 1/2"
	Silver	Carlos Rodriguez	Dumfries	6' 6 1/2"
	Bronze	Herb Levitan	Arlington	4' 4 1/2"
75-79	Gold	Richard Ernst	Springfield	3' 1/2"
80-89	Gold	Kent Halstead	Arlington	8' 0"

**MINI JAVELIN THROW – WOMEN**

50-54	Gold	Linda Scholl	Arlington	44' 0"
55-59	Gold	Sue Thaler	Arlington	40' 7"
60-64	Gold	Fran Dudick	Arlington	31' 4"
75-79	Gold	Alease Brooks	Arlington	15' 8"
90-94	Gold	Carla Convery	Alexandria	10' 10"

**MINI JAVELIN THROW – MEN**

60-64	Gold	George Marmorino	Alexandria	94' 7"
	Silver	Doug Hastings	Alexandria	86' 5"
	Bronze	Charles Baughman	Arlington	83' 4"
65-69	Gold	Thomas Sullivan	Oakton	89' 2"*
	Silver	Kai-Peter Koenig	Montclair	80' 0"
	Bronze	James Spencer	Alexandria	63' 5"
70-74	Gold	Bernie Stamm	Ashburn	86' 10"
	Silver	Dennis Mong	Warrenton	82' 7"
	Bronze	Richard Santos	Great Falls	71' 7"
75-79	Gold	Reynold Beck	Fairfax	50' 6"
80-84	Gold	Kent Halstead	Arlington	52' 4"
	Silver	Dante Simbulan	Burke	37' 8"
90-94	Gold	J.R. Cassidy	Manassas	26' 6"

**SHOT PUT – WOMEN**

50-54	Gold	Linda Sholl	Arlington	19' 8 1/2"
55-59	Gold	Marianne Simonton	Vienna	24' 3 1/2"
	Silver	Sue Thayer	Arlington	20' 5 1/4"
60-64	Gold	Fran Dudick	Arlington	15' 8"



**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SHOT PUT – MEN</b>				
60-64	Gold	George Marmorino	Alexandria	32' 11"
65-69	Gold	Thomas Sullivan	Oakton	33' 3 <sup>1</sup> / <sub>4</sub> "
	Silver	Gordon Lusby	Springfield	25' 9 <sup>1</sup> / <sub>2</sub> "
	Bronze	Peter Andrews	McLean	24' 4 <sup>3</sup> / <sub>4</sub> "
70-74	Gold	Bernhard Stamm	Ashburn	31' 6"
	Silver	Richard Santos	Great Falls	27' 11"
	Bronze	Gene Hendrickson	Fairfax Station	28' 5 <sup>1</sup> / <sub>4</sub> "
75-79	Gold	Frank Green	Annandale	27' 4"
	Silver	Renold Beck	Fairfax	22' 19 <sup>1</sup> / <sub>2</sub> "
	Bronze	William Nehrke	Arlington	19' 5 <sup>1</sup> / <sub>4</sub> "
80-84	Gold	Kent Halstead	Arlington	26' 0"
	Silver	Harold Mueller	Oakton	25' 7 <sup>3</sup> / <sub>4</sub> "
	Bronze	Dante Simbulan	Burke	24' 0"
90-94	Gold	J.R. Cassidy	Manassas	16' 10 <sup>1</sup> / <sub>2</sub> "

**60 METER DASH – INDOOR TRACK - WOMEN**

50-54	Gold	Danita Moses	Alexandria	9.81*
	Silver	Sherry Williams	Falls Church	10.97
60-64	Gold	Anne Christenson	Falls Church	13.13
75-79	Gold	Alease Brooks	Arlington	18.50

**60 METER DASH – INDOOR TRACK - MEN**

50-54	Gold	Tom Flaherty	Vienna	8.13
	Silver	Greg Thomas	Arlington	8.94
	Bronze	Michael Walker	Purcellville	9.13
55-59	Gold	Christopher Dettmar	Reston	9.40
60-64	Gold	Chuck Williams	Warrenton	8.78
	Silver	Doug Hastings	Alexandria	9.15
	Bronze	John Carten	Arlington	9.45
65-69	Gold	Johnny Morrison	Warrenton	10.38
	Silver	Donald Meli	Annandale	10.94
	Bronze	Kevin Sherlock	Alexandria	17.00
70-74	Gold	Bernhard Stamm	Ashburn	9.94
	Silver	Carl Henningsen	Arlington	11.19
	Bronze	Steve Mandes	Bristow	15.35
75-79	Gold	William Nehrke	Arlington	15.50
	Silver	Richard Ernst	Springfield	18.00
80-84	Gold	Harry Dietz	Fairfax	11.06*
	Silver	John Gouldin	Annandale	17.54

**2011 Events Results Book**

Age	Place	Winners	Locality	Score/Time
<b>200 METER RUN – INDOOR TRACK - WOMEN</b>				
55-59	Gold	Hannah Phillips	Alexandria	37.12
60-64	Gold	Anne Christenson	Falls Church	48.35
75-79	Gold	Alease Brooks	Arlington	1:11.13
80-84	Gold	Velma Grier	Alexandria	1:11.12

**200 METER RUN – INDOOR TRACK - MEN**

50-54	Gold	Michael Walker	Purcellville	31.63
	Silver	Greg Thomas	Arlington	31.79
	Bronze	Richard Witt	McLean	32.50
60-64	Gold	Chuck Williams	Warrenton	30.25
	Silver	John Carten	Arlington	32.88
	Bronze	Doug Hastings	Alexandria	33.22
65-69	Gold	John Phillips	Arlington	35.82
	Silver	Johnny Morrison	Warrenton	34.38
	Bronze	Don Meli	Annandale	39.32
70-74	Gold	Emmanuel Kaculis	Falls Church	38.60
	Silver	Carl Henningsen	Arlington	39.38
	Bronze	Herb Levitan	Arlington	54.15
75-79	Gold	Robert Hannah	Oakton	44.91
	Silver	Terrence McCarthy	Leesburg	47.85
	Bronze	William Nehrke	Arlington	1:03.18

**400 METER RUN – INDOOR TRACK - WOMEN**

60-64	Gold	Anne Christenson	Falls Church	1:54.02*
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**400 METER RUN – INDOOR TRACK - MEN**

50-54	Gold	Marty Willis	Falls Church	66.91
	Silver	Michael Walker	Purcellville	74.32
	Bronze	Richard Witt	McLean	80.10
55-59	Gold	Christopher Dettmar	Reston	76.20
60-64	Gold	Robert Eaheart	Springfield	80.06
	Silver	Doug Hastings	Alexandria	82.22
	Bronze	Jim Carboni	Oak Hill	90.85
65-69	Gold	John Phillips	Arlington	79.34
	Silver	Johnny Morrison	Warrenton	89.66
	Bronze	Don Meli	Annandale	92.12
70-74	Gold	Carl Henninger	Arlington	1:00.35
	Silver	Herb Levitan	Arlington	1:25.00
75-79	Gold	Frank Green	Annandale	94.41
	Silver	Terence McCarthy	Leesburg	1:13.91
	Bronze	William Nehrke	Arlington	1:22.42

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>800 METER RUN – INDOOR TRACK - WOMEN</b>				
55-59	Gold	Hannah Phillips	Alexandria	3:25
<b>800 METER RUN – INDOOR TRACK - MEN</b>				
50-54	Gold	Steve Nearman	Alexandria	2:22*
	Silver	Ed Binczewski	Centreville	2:43
	Bronze	Richard Witt	McLean	3:17
55-59	Gold	Christopher Dettmar	Reston	3:02
	Silver	Rob Aaront	Centreville	3:57
60-64	Gold	Jay Wind	Arlington	3:09
	Silver	Robert Eaheart	Springfield	3:13
65-69	Gold	Stephen Banks	Springfield	3:10
70-74	Gold	Carl Henningson	Arlington	4:01
	Silver	Paul Hession	Falls Church	4:41
	Bronze	Herb Levitan	Arlington	4:50
75-79	Gold	Terence McCarthy	Leesburg	3:59*
	Silver	Frank Green	Annandale	4:03
<b>1600 METER RUN – INDOOR TRACK - WOMEN</b>				
55-59	Gold	Hannah Phillips	Alexandria	7:37
60-64	Gold	Jessica Retherford	Alexandria	9:16
65-69	Gold	Judy Snellgrove	Manassas	9:02
<b>1600 METER RUN – INDOOR TRACK - MEN</b>				
50-54	Gold	Steve Nearman	Alexandria	5:55
	Silver	Ted Poulus	McLean	6:13
	Bronze	Richard Witt	McLean	6:54
55-59	Gold	Christopher Dettmar	Reston	6:16
	Silver	Peter Blank	Annandale	6:48
	Bronze	Rob Aaront	Springfield	8:10
60-64	Gold	Jay Wind	Arlington	6:31
	Silver	Robert Eaheart	Springfield	7:18
	Bronze	Jim Carboni	Oak Hill	7:50
65-69	Gold	Stephen Banks	Springfield	6:48
	Silver	Johnny Morrison	Warrenton	7:32
	Bronze	Don Meli	Annandale	8:30
70-74	Gold	G. Stan Brown	Fairfax	9:27
	Silver	Herb Levitan	Arlington	9:45
75-79	Gold	Terence McCarthy	Leesburg	8:23

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>800 METER WALK – INDOOR TRACK - WOMEN</b>				
50-54	Gold	Maureen Ruel	Ashburn	5:20
60-64	Gold	Patricia Jarvis	Herndon	8:38
65-69	Gold	Aurora Tapp	Warrenton	6:26
70-74	Gold	Carrie Griffith	Waterford	6:17
	Silver	Mandy Whalen	Alexandria	6:25
	Bronze	Mary Lou D'Alessandris	Falls Church	6:54
75-79	Gold	Alease Brooks	Arlington	7:25
80-84	Gold	Mary Simpson	Manassas	7:13
<b>800 METER WALK – INDOOR TRACK - MEN</b>				
50-54	Gold	Dave Osmun	Fairfax	4:43
55-59	Gold	Rob Aaront	Centreville	5:54
60-64	Gold	Thomas Augustine	McLean	5:04
	Silver	Doug Hastings	Alexandria	5:18
	Bronze	Jay Wind	Arlington	6:35
65-69	Gold	Kai Peter Koenig	Montclair	4:51
	Silver	Johnny Morrison	Warrenton	4:58
	Bronze	Brian Forst	Reston	5:11
70-74	Gold	Herb Levitan	Arlington	5:43
	Silver	Roger Webb	Alexandria	6:03
	Bronze	Carlos Rodriguez	Dumfries	7:07.16
75-79	Gold	Tom Quinn	Arlington	6:10
80-84	Gold	John Gouldin	Annandale	7:07.82
<b>1600 METER WALK – INDOOR TRACK - WOMEN</b>				
55-59	Gold	Maureen Ruel	Ashburn	10:51
60-64	Gold	Carol Banks	Springfield	13:54
65-69	Gold	Josephine Dolan	Arlington	13:37
70-74	Gold	Carrie Griffith	Waterford	12:46
	Silver	Mandy Whalen	Alexandria	13:10
	Bronze	Mary Lou D'Alesandris	Falls Church	14:00

**2011 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>1600 METER WALK – INDOOR TRACK - MEN</b>				
55-59	Gold	Peter Blank	Annandale	9:24
	Silver	Rob Aaront	Centreville	12:14
60-64	Gold	Thomas Augustine	Woodbridge	11:17*
	Silver	Jay Wind	Arlington	12:16
65-69	Gold	Brian Forst	Reston	10:26
	Silver	Johnny Morrison	Warrenton	11:03
	Bronze	Kai Peter Koenig	Montclair	11:54
70-74	Gold	Herb Levitan	Arlington	11:53
	Silver	Roger Webb	Alexandria	12:20
75-79	Gold	Tom Quinn	Arlington	12:44
<b>3 MILE WALK – INDOOR TRACK - WOMEN</b>				
50-54	Gold	Susan Osmun	Fairfax	43.30
55-59	Gold	Maureen Ruel	Ashburn	33.10*
60-64	Gold	Carol Banks	Springfield	42.49
	Silver	Lauretta Harmon	Lorton	42.52
	Bronze	Phyllis A. Smith	Falls Church	51.17
65-69	Gold	Kristin Krombein	Falls Church	46.21
70-74	Gold	Carrie Griffith	Waterford	40.38
	Silver	Mandy Whalen	Alexandria	40.42
	Bronze	Mary Lou D'Alessandris	Falls Church	43.27
80-84	Gold	Mary Simpson	Manassas	44.19*
85-89	Gold	Naomi Hesser	Fairfax	59.58*
<b>3 MILE WALK – INDOOR TRACK - MEN</b>				
50-54	Gold	Dave Osmun	Fairfax	34.57
55-59	Gold	Rob Aaront	Centreville	38.36
60-64	Gold	Leander Aulisio	Arlington	35.55
	Silver	Jerome Jackson	Fairfax	40.52
65-69	Gold	Victor Litwinski	McLean	34.03
	Silver	Kai-Peter Koenig	Montclair	37.53
70-74	Gold	Herb Levitan	Arlington	36.19
	Silver	Roger Webb	Alexandria	37.45
	Bronze	Ruben Izurieta	Fairfax	41.35
75-79	Gold	Tom Quinn	Arlington	41.08
	Silver	Nicholas Fidandis	Alexandria	45.01
	Bronze	Frank Kelly	Fairfax	51.58
80-84	Gold	John Gouldin	Annandale	43.36

“Asterisk (\*) indicates tied or established new NVSO record”

**THE END OF 2011 Results Book**

NOW ...  
VIEW RECORDS  
1982-2011

# NVSO Record Holders

## NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS

1982 - 2011

Age	Winners	Locality	Score	Year
ARCHERY - COMPOUND - WOMEN				
50 - 59	Donna Turgeon	Fairfax Station	421	2002
60 - 64	Pat Carlson	Springfield	203	1992
ARCHERY - COMPOUND - MEN				
55 - 59	Layton Allen	Springfield	290	1990
60 - 64	Wayne Bell	Annandale	263	1999
65 - 69	Bill Ayers	Springfield	269	1991
70 - 79	Victor Linden	Fairfax	457	2002
80 +	Steve Hajek	Woodbridge	337	2002
ARCHERY - RECURVE - WOMEN				
50 - 54	Sue Phillips	Centreville	256	1999
55 - 59	Toni Letaw	Vienna	268	1998
60 - 64	Donna Packard	Vienna	278	1998
65 - 69	Bernie Kleinschmidt	Annandale	167	1991
70 - 74	Bernie Kleinschmidt	Annandale	139	1993
75 - 79	Bernie Kleinschmidt	Annandale	250	1999
ARCHERY - RECURVE - MEN				
55 - 59	Robert Keaton	Manassas	230	1991
60 - 64	Thomas Cox	Dale City	221	1990
65 - 69	Bill Ayers	Springfield	167	1991
70 - 74	Fernand Achee	Alexandria	118	1991
75 - 79	Steve Hajek	Woodbridge	46	1995
80 - 84	Steve Hajek	Woodbridge	150	1998
85 +	Paul Strickler	Falls Church	97	1998
BAITCASTING - WOMEN				
All	Archye Mackey Bryant	Alexandria	6	2002
	Patricia Childers	Springfield	6	2005
55 - 59	Joyce Hallory	Alexandria	5	1996
60 - 64	Hazel Rhodes	Alexandria	5	1991
65 - 69	Josephine Stewart	Manassas	10	1991
70 - 74	Annis Hudson	Manassas	5	1992
75 - 79	Annis Hudson	Manassas	10	1995

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>BAITCASTING - MEN</b>				
All	Thomas Redman	Centreville	20	2002
55 - 59	Joe McEvoy	Woodbridge	10	1993
60 - 64	Bob Kozan	McLean	16	1990
65 - 69	John Jackson	Annandale	20	1990
70 - 74	Charles Toftoy	Arlington	22	2008
75 - 79	John Schlogl	Springfield	9	1994
80 - 84	Paul Strickler	Falls Church	5	1991
85 - 89	Paul Strickler	Falls Church	1	1995
90 - 94	JR Cassidy	Manassas	5	2008
<b>BASKETBALL FREE THROW - WOMEN</b>				
50 - 59	Pat Blackman	Arlington	24/25	1995
60 - 64	Cesarina Olschner	Alexandria	20/25	1986
65 - 69	Carla Convery	Alexandria	22/25	1985
70 - 74	Carla Convery	Alexandria	21/25	1993
75 - 79	Bernie Kleinschmidt	Annandale	19/25	1999
80 - 89	Mary Boska	Alexandria	19/25	2007
<b>BASKETBALL FREE THROW - MEN</b>				
50 - 54	Peter Brewington	Centreville	20/25	2011*
55 - 59	Harold Skeins	Fairfax	25/25	1995
60 - 69	Harold Skeins	Fairfax	23/25	2002 & 2007
60 - 64	Harold Skeins	Fairfax	23/25	1999
65 - 69	Richard Smith	Springfield	24/25	1997
70 - 79	Andrew Dixon	Fairfax	22/25	2009
80 - 84	George Ryffel	Arlington	20/25	2000
85 - 90	JR Cassidy	Manassas	14/25	2005
90 - 94	JR Cassidy	Manassas	16/25	2006
<b>BICYCLING - WOMEN</b>				
55 - 59	Gloria Krug	Arlington	3:23	1987
60 - 64	Mary Williams	Woodbridge	3:37	1987
65 - 69	Virginia Erichsen	Herndon	3:52	1987
70 - 74	Christine Wendehack	Alexandria	6:11	1984
75 - 79	Edith Hebbletwaite	Arlington	3:53	1987



**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>BICYCLING - MEN</b>				
55 - 59	Shannon Ferguson	Alexandria	2:55:63	1984
60 - 64	John Jackson	Annandale	2:52:46	1984
65 - 69	William Patten	Annandale	3:03:76	1985
70 - 74	Lucius Kingman	McLean	3:07:43	1985
75 - 79	Joseph Brown	Arlington	4:52:04	1984
80 +	Joseph Brown	Arlington	5:25:46	1985
<b>BOWLING - DUCK PIN - WOMEN</b>				
All Ages	Carla Convery	Alexandria	72	1983
<b>BOWLING - DUCK PIN - MEN</b>				
All Ages	Garland Suggs	Alexandria	92	1985
<b>BOWLING - TEN PIN - WOMEN</b>				
50 - 54	Rachael Frantum	Annandale	619	2009
55 - 59	Jacqueline Oliver	Lorton	670	1992
60 - 64	Poppy Price	Springfield	704	1995
65 - 69	Peggy Basette	Manassas	661	1991
70 - 74	Joyce Harwood	Springfield	722	1995
75 - 79	Queenie Buchanan	Arlington	688	1988
80 - 84	Dorothy Segal	Fairfax	673	1994
85 +	Nell Henry	Sterling	612	2002
<b>BOWLING - TEN PIN - MEN</b>				
50 - 54	Hector Martinez	Springfield	703	2002
55 - 59	Michael Knight	Falls Church	811	2010
60 - 64	Roy Rhodes	Alexandria	666	2010
65 - 69	Robert Foor	Alexandria	724	2009
70 - 74	John Melescue	Springfield	716	1995
75 - 79	Stan Segal	Fairfax	686	1987
80 - 84	John Sheppard	Falls Church	696	2011*
85 - 90	Michael Curcio	Manassas	679	1998
90 - 94	Bob McNare	Falls Church	666	2010

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>CANASTA - WOMEN</b>				
All Ages	Mary Hamm	Manassas	22,815	1986
<b>CANASTA - MEN</b>				
All Ages	Francis Bordeaux	Sterling	23,430	1985
<b>CRIBBAGE - COED</b>				
All Ages	Paul McFarland	Springfield	12	2011*
<b>DOMINOS - WOMEN</b>				
All Ages	Maria Tuazon	Falls Church	783	1995
<b>DOMINOS - MEN</b>				
All Ages	Jesus Santi	Springfield	362	1994
<b>FRISBEE THROW - WOMEN</b>				
55 - 59	Toni Letaw	Vienna	75'10"	1998
60 - 64	Lucille Garrett	Alexandria	84' 0"	1992
65 - 69	Mary Williams	Woodbridge	69' 0"	1992
70 - 74	Carla Convery	Alexandria	69' 0"	1992
75 - 79	Bernie Kleinschmidt	Annandale	67' 6"	1997
80 - 89	Carla Convery	Alexandria	56'10"	2005
90 - 99	Carla Convery	Alexandria	19' 3"	2010
<b>FRISBEE THROW - MEN</b>				
50 - 59	Michael Bell	Reston	134' 5"	2007
60 - 69	Charles Kleymeyer	Arlington	128'	2010
70 - 74	Ben Robinson	Alexandria	120' 0"	1995
75 - 79	Herlindo Delgado	Burke	95' 5"	1997
	Ben Robinson	Alexandria	95' 5"	1998
80 - 84	Herlindo Delgado	Burke	98'	2000
85 - 90	J.R. Cassidy	Manassas	99'	2000
90 - 94	J.R. Cassidy	Manassas	42' 1"	2007
<b>GOLF - GROSS SCORE - WOMEN</b>				
50-59	Rebecca Davis	Sumerduck	80	2010
60 - 69	Judie Armington	Arlington	90	2009
70 - 79	Myrna Fulton	Arlington	75	2008
80 - 89	Carolyn Caldwell	Alexandria	88	2009

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>GOLF - GROSS SCORE - MEN</b>				
50 - 59	William Somers	Arlington	69	2007
60 - 69	Harvey Doerksen	Fairfax	71	2009
70 - 79	Orland Van Bavel	Woodbridge	77	2002
80 - 89	Bill Yary	Alexandria	76	2009
<b>GOLF - "PEORIA" NET SCORE – WOMEN (1982-1999)</b>				
50 - 54	Yung Kim	Vienna	73	1999
	Linda Powell	Chantilly	73	1999
55 - 59	Frances Herrity	Sterling	72	1998
60 - 64	Marie Sterne	Vienna	80	1999
65 - 69	Anne Sharp	Arlington	64	1991
70 - 74	Cecilia Ivy	Springfield	70	1991
75 - 79	Dorothy Segal	Fairfax	87	1991
80 - 84	Queenie Buchanan	Arlington	80	1990
<b>GOLF - "PEORIA" NET SCORE – MEN (1982-1999)</b>				
50 - 54	John Newman	Burke	65	1999
55 - 59	Bob Davis		69	1989
60 - 64	Bill Lowder	Falls Church	64	1999
	Claude Tyner	Fairfax	64	1991
65 - 69	Orland VanBavel	Woodbridge	58	1998
70 - 74	James Glassco	McLean	59	1995
75 - 79	Bill Hutchings	Falls Church	65	1992
80 - 84	Emanuel Hershkowitz	Reston	64	1998
85 - 89	Glen Swanson	Leesburg	69	1999
<b>GOLF - "CALLAWAY " - NET SCORE – WOMEN (Began 2000-Present)</b>				
50 - 59	Carol Blair	Reston	50	2000
60 - 69	Lazell Hunigan	Sterling	64	2000
70 - 79	Wanda Bridgman	Fairfax	63	2000
80 - 89	Boyce Price	Alexandria	74	2003
<b>GOLF - "CALLAWAY" - NET SCORE – MEN (Began 2000-Present)</b>				
50 - 59	Steve Brooks	Dale City	57	2006
60 - 69	Don Borcharding	McLean	49	2000
70 - 79	Jim Lemons	Vienna	51	2000
80 - 89	Sandy Grady	Reston	71	2009

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>MINIATURE GOLF - WOMEN</b>				
50 - 59	Audrey Bragg	Alexandria	40	2002
60 - 69	Polly Harrington	Falls Church	39	1992
70 - 79	Patricia Muschamp	Falls Church	44	2006
80 - 89	Birdie Hughes	Falls Church	40	1995
	Dorothy Segal	Fairfax	40	1995
<b>MINIATURE GOLF - MEN</b>				
50 - 59	Ray Holt	Arlington	36	1994
60- 69 (tie)	George Weeks	Fairfax	39	2002
	John Kraus	Fairfax	39	2006
70 - 79	Richard Fitzgerald	Alexandria	40	2007
80 - 89	A. Edward DeSomma	McLean	44	1998
	Steve Hajek	Woodbridge	44	2002
90+	William Keller	Lovettsville	48	2006
<b>SCRABBLE - COED</b>				
All Ages	Jennifer Frum	Arlington	3 wins + 517	2011*
<b>SOFTBALL HIT - WOMEN</b>				
50 - 54	Lucy Sale	Herndon	175'5"	2002
55 - 59	Antonia Letaw	Vienna	166' 7"	1994
60 - 64	Donna Packard	Vienna	156'	1994
65 - 69	Josephine Stewart	Manassas	135' 0"	1990
70 - 74	Josephine Stewart	Manassas	143'	1998
75 - 79	Josephine Stewart	Manassas	111'	2000
80 - 84	Mary Lathram	Falls Church	73' 6"	1998
85 - 89	Bernie Kleinschmidt	Annandale	68' 5"	2008
90 +	Mary Lathram	Falls Church	66' 7"	2006
<b>SOFTBALL HIT - MEN</b>				
50 - 54	Aivars Baumanis	Springfield	273' 0"	2008
55 - 59	Ray Holt	Arlington	261'	1994
60 - 64	Mike Coleman	Alexandria	245' 4"	2006
65 - 69	Leon Braxton	Alexandria	218' 2"	1988
70 - 74	Al Smith	Fairfax	231' 7"	1999
75 - 79	Raymond Kaminski	Annandale	186'	1995
80 - 84	Raymond Kaminski	Annandale	166' 9"	1997
85 - 89	Andy Simko	Springfield	139' 7"	2006
90 - 94	Andy Simko	Springfield	125' 9"	2008
95 - 99	J.R. Cassidy	Manassas	79'	2011*

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>SOFTBALL THROW - WOMEN</b>				
50 - 54	Lucy Sale	Herndon	140'	2002
55 - 59	Gloria Bortell	Arlington	122' 5"	1990
60 - 64	Toni Letaw	Vienna	92' 3"	1999
65 - 69	Jacqueline Stephens	Fairfax Station	90'3"	2002
70 - 74	Josephine Stewart	Manassas	87'	1995
	Mary Williams	Woodbridge	87'	1996
75 - 79	Josephine Stewart	Manassas	82' 5"	2000
80 - 84	Birdie Hughes	Falls Church	52' 6"	1996
85 - 89	Bernie Kleinschmidt	Annandale	41'9"	2008
90 - 94	Mary Lathram	Falls Church	32' 2"	2007
100+	Orpha Christenson	Falls Church	6' 0"	2009

**SOFTBALL THROW - MEN**

50 - 54	Aivars Baumanis	Springfield	151'6"	2008
55 - 59	Dan Barolo	Alexandria	219' 1"	1999
60 - 64	Alan Dale Clark	Vienna	198' 0"	1985
65 - 69	Ken Woodall	Gainesville	169'	2001
70 - 74	Ray Kaminski	Annandale	168' 11"	1990
75 - 79	Richard Williams	Falls Church	144' 2"	1989
80 - 84	J.R. Cassidy	Manassas	138'	1996
85 - 90	J.R. Cassidy	Manassas	99'6"	2002
90 - 94	Ray Kaminski	Springfield	85'7"	2008
95 - 99	J.R. Cassidy	Manassas	53'	2011*

**SWIMMING - BACKSTROKE - WOMEN**

50 - 54	Andrea Haines	Alexandria	:37.83	1998
55 - 59	Andrea Haines	Alexandria	:38:46	2003
60 - 64	Susan Maguire	Arlington	:38.47	2010
65 - 69	Lou Kilby	Annandale	:46.13	1990
70 - 74	Anne Walker	Arlington	:47.10	1990
75 - 79	Anne Walker	Arlington	:47.90	1992
80 - 84	Anne Walker	Arlington	:50.70	1997
85 - 90	Carol Galbraith	Alexandria	1:00.75	2001
90 - 94	Mary Lathram	Falls Church	1:10.31	2006

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>SWIMMING - BACKSTROKE - MEN</b>				
50 - 54	Dan Meek	Arlington	:27.75	2008
55 - 59	Tom Scott	Woodbridge	:36.53	1995
60 - 64	Niel Sween	Vienna	:35.89	1995
65 - 69	Niel Sween	Vienna	:37.22	2002
70 - 74	Niel Sween	Vienna	:36.96	2005
75 - 79	James Glassco	McLean	:43.33	2003
80 - 84	James Glassco	McLean	:46.74	2006
85 - 89	Chester Myslicki	McLean	:56.49	2006
90 - 94	Chester Myslicki	McLean	1:06:18	2011*
95 - 99	J.R. Cassidy	Manassas	1:21:03	2011*
<b>SWIMMING - BREAST STROKE - WOMEN</b>				
50 - 54	Andrea Haines	Alexandria	:46.06	1998
55 - 59	Joanne Leilich	Springfield	:41.54	1997
60 - 64	Susan Maguire	Arlington	:45.63	2010
65 - 69	Grace Hamilton	Annandale	:56.78	1985
70 - 74	Minna Hamner	Annandale	:58.43	1997
75 - 79	Minna Hamner	Annandale	1:05.75	1998
80 - 84	Minna Hammer	Fairfax Station	1:10:82	2003
85 - 89	Minna Hammer	Fairfax Station	1:25.00	2009
<b>SWIMMING - BREAST STROKE - MEN</b>				
50 - 54	Dan Meek	Arlington	:31.47	2008
55 - 59	James Hill	Springfield	:34.35	2007
60 - 64	James Hill	Springfield	:37.48	2010
65 - 69	Curran Tiffany	Arlington	:41.20	1991
70 - 74	Curran Tiffany	Arlington	:43.75	1996
75 - 79	Mohammad Assareh	Alexandria	:49.26	1997
80 - 84	Mohammad Assareh	Alexandria	:54:56	2003
85 - 89	Mohammad Assareh	Alexandria	1:18.30	2010
90 - 94	Mohammad Assareh	Ashburn	1:18.97	2011*
<b>SWIMMING - DIVING - WOMEN</b>				
50 - 54	Kathy Dougherty	Fairfax Station	176.17	2008
55 - 59	Carol Mackela	Arlington	164.10	2008
60 - 64	Carol Mackela	Arlington	154.85	2011*

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>SWIMMING - DIVING - MEN</b>				
50 - 54	Roy Lewis	Arlington	169.90	2011*
55 - 59	Bobby Meeks	Arlington	220.90	2011*
60 - 64	Duane Clayton-Cox	Fairfax	182.10	2010
65 - 69	Duane Clayton-Cox	Fairfax	166.70	2011*
70 - 74	Kim Alderman	Arlington	154.75	2011*
75 - 79	John Gouldin	Annandale	67.05	2010
<b>SWIMMING - FREESTYLE - WOMEN</b>				
50 - 54	Andrea Haines	Alexandria	:33.05	1998
55 - 59	Mary Schreiner	Annandale	:31.49	1998
60 - 64	Susan Maguire	Arlington	:35:17	2010
65 - 69	Elizabeth Deem	Woodbridge	:37.38	1984
70 - 74	Anne Walker	Arlington	:41.96	1987
75 - 79	Anne Walker	Arlington	:43.99	1993
80 - 84	Anne Walker	Arlington	:45.72	1997
85 - 89	Carol Galbraith	Alexandria	:51.97	2001
90 +	Mary Lathram	Falls Church	1:09.54	2006
<b>SWIMMING - FREESTYLE - MEN</b>				
50 - 54	Chuck Dimeglio	McLean	:26.75	2011*
55 - 59	Tom Scott	Woodbridge	:28.34	1995
60 - 64	Lawrence Cohen	Sterling	:30.09	1998
65 - 69	Roderick Uveges	McLean	:31.70	2011*
70 - 74	Bert Kassell	Arlington	:32.47	1984
75 - 79	Bert Kassell	Arlington	:33.21	1988
80 - 84	James Glassco	Arlington	:36.47	2006
85 - 89	J.R. Cassidy	Manassas	:45.61	2001
90 +	J.R. Cassidy	Manassas	:57.46	2006
<b>SWIMMING - HALF MILE - WOMEN</b>				
50 - 54	Maria-Angelica Cortes	Sterling	11:44.27	2005
55 - 59	Andrea Haines	Alexandria	12:34:72	2003
60 - 64	Matilda Huber	Fairfax	16:46.85	
65 - 69	Marie Baumann	Arlington	16:30.31	2010
70 - 74	Anne Walker	Arlington	17:39.39	
75 - 79	Anne Walker	Arlington	17:24.41	1994
80 - 84	Carol Galbraith	Alexandria	18:00.61	1996
85 - 89	Carol Galbraith	Alexandria	19:08.57	2001
90 - 94	Mary Lathram	Falls Church	28:25.00	2007

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>SWIMMING - HALF MILE - MEN</b>				
50 - 54	Bret Bailey	Herndon	11:27.75	2010
55 - 59	James Hill	Springfield	12:29.61	2006
60 - 64	Willis Braswell	Arlington	11:32.07	2008
65 - 69	William Philips	Arlington	15:44.66	
70 - 74	David McAfee	Falls Church	15:11.12	1983
75 - 79	Pat Russell	McLean	17:49.48	1995
80 - 84	Richard Briesemeister	McLean	20:33.88	2009
85 +	Pat Russell	McLean	22:54.00	2004
<b>WII BOWLING – WOMEN</b>				
50-59	Deborah Hart	Leesburg	527	2010
60-69	Ann Daniels	Springfield	732	2009
70-79	Joan Matteson	Springfield	847	2011*
80-89	Mary Lou Lail	Springfield	781	2010
90-99	Jane Richardson	Potomac Falls	541	2011*
<b>WII BOWLING – MEN</b>		<b>NEW 2009</b>		
50 – 59	Ronald Boulware	Alexandria	502	2009
60 - 69	Clinton Lambert	Springfield	640	2011*
70 - 79	Ed Ladd	Potomac Falls	782	2011*
80 - 89	Ted Campbell	Springfield	680	2011*
90 - 99	Willard Griffing	Springfield	577	2010
<b>TRACK AND FIELD EVENTS</b>				
<b>DISCUS - WOMEN</b>				
50 - 54	Maria Miller	Arlington	58' 8 ½"	1998
55 - 59	Cindylee Arbelbide	Bristow	72' 3"	2007
60 - 64	Ellen Tharpe	Nokesville	55' 6"	1990
65 - 69	Bernie Kleinschmidt	Annandale	51' 0"	1991
70 - 74	Bernie Kleinschmidt	Annandale	54' 8 1/4"	1992
75 - 79	Sheila Gildea	McLean	48' 0"	2005
80 - 84	Josephine Stewart	Manassas	38' 0"	2006
85 - 89	Josephine Stewart	Manassas	35' 9"	2010
90 - 94	Mary Lathram	Falls Church	20' 4"	2008



**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>DISCUS - MEN</b>				
50 - 54	Aivars Baumanis	Springfield	124' 2"	2006
55 - 59	Leonard Olsen	Centreville	145' 7"	1990
60 - 64	Leonard Olsen	Centreville	152' 0"	1991
65 - 69	William Smith	Alexandria	113' 0"	2000
70 - 74	Charles Pistorino	McLean	102' ½"	1996
75 - 79	Robert Laurents	Fairfax	92' 7 ¼"	1996
80 - 84	J.R. Cassidy	Manassas	81' ¾"	1995
85 - 89	J.R. Cassidy	Manassas	66'	2000
90 - 94	J.R. Cassidy	Manassas	45' 5"	2006
95 - 99	J.R. Cassidy	Manassas	36' 4"	2010
<b>LONG JUMP - RUNNING - WOMEN</b>				
50 - 54	Diane Lasichak	Alexandria	12'	2001
55 - 59	Maria Miller	Arlington	10' 11"	1999
60 - 64	Toni Letaw	Vienna	9' 7"	1999
65 - 69	Phyllis Kozan	McLean	7' 10"	1997
70 - 74	Rusty Dowling	Fairfax	8' 2"	1998
75 - 79	Bess Larson	Annandale	6' 4 ½"	1994
80 - 84	Carla Convery	Alexandria	6' 4"	2002
85 +	Carla Convery	Alexandria	4' 3"	200
<b>LONG JUMP - RUNNING - MEN</b>				
50 - 54	Victor Painter	Arlington	11' 11 ½"	2007
55 - 59	Robert Taylor	Arlington	15' 9"	1998
60 - 64	Richard Enrico	Fairfax	13' 8 ½"	1993
65 - 69	John Baker	Arlington	13' 5"	1994
70 - 74	John Baker	Arlington	12' 1"	2000
75 - 79	Josiah Smith	Ashburn	10' 10 ¼"	1994
80 - 84	Josiah Smith	Ashburn	9' 11"	1998
85 - 89	Mike Grayson	Falls Church	8' 7"	2002
90 - 94	Mike Lowe	Springfield	4' 7 ½"	2010
<b>LONG JUMP - STANDING - WOMEN</b>				
50 - 54	Diane Lasichak	Alexandria	6'8"	2002
55 - 59	Antonia Letaw	Vienna	6'3"	1998
60 - 64	Toni Letaw	Vienna	6'4"	1999
65 - 69	Elizabeth Deem	Woodbridge	5'6 ½"	1986
70 - 74	Rusty Dowling	Fairfax	6'2"	1998
75 - 79	Elizabeth Deem	Woodbridge	4'8"	1994
80 - 84	Mary Lathram	Falls Church	3'11"	1995
85 - 89	Mary Lathram	Falls Church	3'9"	2001
90 - 94	Mary Lathram	Falls Church	2'8"	2006

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>LONG JUMP - STANDING - MEN</b>				
50 - 54	Rick Werner	Arlington	8' 9"	2006
55 - 59	Wayne Wilson	Fairfax	8' 6"	1994
60 - 64	Richard Enrico	Fairfax	8' 4"	1992
65 - 69	Neel Price	McLean	7' 11"	1984
70 - 74	Richard Enrico	Ashburn	7' 7"	2005
75 - 79	John Baker	Alexandria	6' 9"	2004
80 - 84	Herlindo Delgado	Burke	6' 6"	2001
85 - 89	Herlindo Delgado	Burke	5' 5 <sup>1</sup> / <sub>2</sub> "	2005
90 - 94	Andy Simko	Springfield	3' 3"	2008
<b>MINI JAVELIN THROW - WOMEN</b>				
50 - 54	Linda Shell	Arlington	49' 8"	2010
60 - 64	Charlotte Perdue	Arlington	44' 10"	2009
75 - 79	Sheila Gildea	McLean	32' 11"	2009
80 - 84	Mary Boska	Alexandria	24' 9"	2009
85 - 89	Bernie Kleinschmidt	Annandale	24' 3"	2009
90 - 94	Carla Convery	Alexandria	11' 8"	2010
<b>MINI JAVELIN THROW - MEN</b>				
50 - 54	Leo McArdle	Fort Belvoir	68' 8"	2009
60 - 64	Paul Decot	Fairfax	106' 2"	2009
65 - 69	Thomas Sullivan	Oakton	89' 2"	2011*
70 - 74	Bernie Stamm	Ashburn	92' 4"	2010
75 - 79	Vaithilingam Thuraisamy	Leesburg	57' 9"	2010
80 - 84	Charles Pisterino	McLean	61' 3"	2010
90 - 94	Andy Simko	Springfield	33' 7"	2009
95 - 99	J.R. Cassidy	Manassas	24' 10"	2010
<b>SHOT PUT - WOMEN</b>				
50 - 54	Maria Miller	Arlington	29' 2"	1998
55 - 59	Maria Miller	Arlington	29' 1"	1999
60 - 64	Ellen Tharpe	Nokesville	23' 11"	1991
65 - 69	Maxine Bartlett	Woodbridge	26' ½"	1995
70 - 74	Josephine Stewart	Manassas	23' 8 ½"	1996
75 - 79	Josephine Stewart	Manassas	21' 6"	2000
80 - 84	Josephine Stewart	Manassas	18' 8 ½"	2006
85 - 89	Josephine Stewart	Manassas	21' 4"	2010
90 - 94	Mary Lathram	Falls Church	9' 9"	2008

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>SHOT PUT - MEN</b>				
50 - 54	Don Meli	Annandale	41' 5"	1998
55 - 59	Richard West	Springfield	54' 10"	1984
60 - 64	Leonard Olson	Centreville	52' 8"	1991
65 - 69	Charles Pistorino	McLean	43' 9"	1992
70 - 74	Charles Pistorino	McLean	40' 11 ½"	1994
75 - 79	John Schlogl	Springfield	38' 3 ½"	1994
80 - 84	J.R. Cassidy	Manassas	35'11 ½"	1995
85 - 89	J.R. Cassidy	Manassas	28' 8"	2000
90 - 94	J.R. Cassidy	Manassas	18' 2"	2008
95 - 99	J.R. Cassidy	Manassas	15' 10"	2010
<b>50 METER DASH - WOMEN</b>				
50 - 54	Diane Lasichak	Alexandria	7:94	2002
55 - 59	Jean Williams	Alexandria	7:92	1983
60 - 64	Carla Convery	Alexandria	7:67	1983
65 - 69	Josephine Stewart	Manassas	9:10	1992
70 - 74	Josephine Stewart	Manassas	9:23	1996
75 - 79	Josephine Stewart	Manassas	9:09	2002
80 - 84	Josephine Stewart	Manassas	9:72	2004
85+	Carla Convery	Alexandria	13:68	2005
<b>50 METER DASH - MEN</b>				
50 - 54	Schuyler Webb	Falls Church	6:58	2003
55 - 59	Robert Taylor	Arlington	6:48	1997
60 - 64	Fernand Achee	Alexandria	6:78	1982
	Dick West	Springfield	6:78	1990
65 - 69	Aubrey Williams	Fairfax	6:26	1982
70 - 74	John Ball	Arlington	6:56	1982
75 - 79	Richard Williams	Falls Church	8:46	1990
80 - 84	Josiah Smith	Ashburn	7:97	1997
85 +	Andrew Simko	Springfield	10:52	2003
<b>60 METER DASH - INDOOR TRACK - WOMEN</b>				
50 - 54	Danita Moses	Alexandria	9.81	2011*
55 - 59	Tsipi Mercurjo	Reston	10:03	2009
60 - 64	Mary White	Arlington	9:89	2007
65 - 69	Helen Crum	Annandale	12:0	2008
70 - 74	Alease Brooks	Arlington	15:00	2007
75 - 79	Lee Glassco	McLean	14:41	2007
80 - 84	Josephine Stewart	Manassas	12:09	2007
85 - 89	Josephine Stewart	Manassas	12:70	2010

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>60 METER DASH - INDOOR TRACK - MEN</b>				
50 - 54	David Hobbs	Arlington	8:10	2010
55 - 59	Sola Cole	Arlington	8:6	2008
60 - 64	James Loeb	Alexandria	8:34	2009
65 - 69	Terrance Kuruppu	McLean	8.31	2009
70 - 74	Wayne Wilson	Haymarket	9:91	2009
75 - 79	Richard Enrico	Ashburn	9:7	2008
80 - 84	Harry Dietz	Fairfax	11.06	2011*
85 - 89	Dana Hodgdon	McLean	12:3	2008
90 - 94	Andy Simko	Springfield	15:19	2008
<b>100 METER DASH - WOMEN</b>				
50 - 54	Diane Lasichak	Alexandria	15:56	2002
55 - 59	Sharon Helton	Vienna	15:54	1998
60 - 64	Jean Campbell	Alexandria	16:09	1987
65 - 69	Josephine Stewart	Manassas	17:91	1992
70 - 74	Josephine Stewart	Manassas	17:68	1996
75 - 79	Josephine Stewart	Manassas	18:56	2001
80 - 84	Josephine Stewart	Manassas	19:14	2006
85 +	Carla Convery	Alexandria	30:26	2005
<b>100 METER DASH - MEN</b>				
50 - 54	Willie Adams	Alexandria	12:86	2003
55 - 59	Richard West	Springfield	11:41	1985
60 - 64	Donald Easton	Annandale	11:95	1985
65 - 69	Aubrey Williams	Fairfax	13:47	1982
70 - 74	Neel Price	McLean	13:09	1985
75 - 79	Glen Drummond	Fairfax	16:07	1996
80 - 84	Josiah Smith	Ashburn	16:17	1997
85 +	Andrew Simko	Springfield	22:44	2003
<b>200 METER RUN - INDOOR TRACK - WOMEN</b>				
50 - 54	Saskia Estupian-Day	McLean	34:3	2009
55 - 59	Hannah Phillips	Alexandria	36:10	2008
60 - 64	Mary White	Arlington	37:2	2009
70 - 74	Lee Glassco	McLean	56:75	2007
75 - 79	Alease Brooks	Arlington	71:13	2011*
80 - 84	Josephine Stewart	Manassas	46:4	2008
85 - 89	Josephine Stewart	Manassas	52:9	2010

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>200 METER RUN - INDOOR TRACK - MEN</b>				
50 - 54	Victor Painter	Arlington	28.46	2007
55 - 59	Sola Cole	Arlington	28.90	2008
60 - 64	James Loeb	Alexandria	29.20	2009
65 - 69	Terrance Kuruppu	McLean	33.40	2009
70 - 74	Frank Green	Annandale	36.47	2007
75 - 79	Hal Goolsby	McLean	35.69	2007
80 - 84	John Martin	Fairfax	43.91	2007
<b>200 METER DASH - WOMEN</b>				
50 - 54	Diane Lasichak	Alexandria	34:63	2001
55 - 59	Helen Crum	Annandale	36:83	1996
60 - 64	Mary White	Arlington	38:92	2006
65 - 69	Josephine Stewart	Manassas	39:15	1993
70 - 74	Josephine Stewart	Manassas	42:48	1995
75 - 79	Josephine Stewart	Manassas	42:38	2000
80 - 84	Josephine Stewart	Manassas	43:37	2005
<b>200 METER DASH - MEN</b>				
50 - 54	Willie Adams	Alexandria	27:86	2005
55 - 59	Richard Enrico	Fairfax	27:95	1991
60 - 64	Hal Goolsby	McLean	28:27	1992
65 - 69	Curran Tiffany	Arlington	30:15	1991
70 - 74	Hal Goolsby	McLean	31:16	2000
75 - 79	Josiah Smith	Ashburn	35:38	1992
80 - 84	Josiah Smith	Ashburn	35:25	1997
85 +	Mike Lowe	Springfield	1:01.02	2004
<b>400 METER RUN - INDOOR TRACK - WOMEN</b>				
50 - 54	Saska Estupian-Day	McLean	1:22.3	2009
55 - 59	Hannah Phillips	Alexandria	1:24.70	2008
60 - 64	Charlotte Perdue	Arlington	1:14:02	2011*
75 - 79	Lee Glassco	McLean	2:35.82	2007
<b>400 METER RUN - INDOOR TRACK - MEN</b>				
50 - 54	Marty Willis	Falls Church	66.91	2011*
55 - 59	Sola Cole	Arlington	1:06.90	2008
60 - 64	Gene McClellan	Arlington	1:15.16	2007
65 - 69	Jason Page	Hamilton	1:13.5	2010
70 - 74	Frank Green	Annandale	1:29.00	2008
75 - 79	Hal Goolsby	McLean	1:30.17	2007
80 - 84	Curran Tiffany	Arlington	1:52.40	2008

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>400 METER RUN - WOMEN</b>				
50 - 54	Hannah Phillips	Alexandria	1:20.09	2005
55 - 59	Rachel Brown	Fairfax	1:24.36	1987
60 - 64	Anne Christenson	Falls Church	1:14.02	2011*
65 - 69	Doralie Segal	Arlington	1:35.53	1998
70 - 74	Lee Glassco	McLean	1:51.00	2004
75 - 79	Josephine Stewart	Manassas	2:35.00	2002
80 - 84	Josephine Stewart	Manassas	1:48.06	2004
<b>400 METER RUN - MEN</b>				
50 - 54	Dave Bertagnoli	McLean	1:05.84	1999
55 - 59	James Bradley	Springfield	1:05.89	1993
60 - 64	Hal Goolsby	McLean	1:07.22	1992
65 - 69	Curran Tiffany	Arlington	1:08.32	1991
70 - 74	Hal Goolsby	McLean	1:13.00	2000
75 - 79	Josiah Smith	Ashburn	1:23.13	1993
80 - 84	Josiah Smith	Ashburn	1:32.28	1997
<b>800 METER RUN - INDOOR TRACK - WOMEN</b>				
55 - 59	Hannah Phillips	Alexandria	3:22.98	2007
60 - 64	Judy Snellgrove	Manassas	4:10.90	2008
<b>800 METER RUN - INDOOR TRACK - MEN</b>				
50 - 54	Steve Nearman	Alexandria	2:22.00	2011*
55 - 59	Clifton Anderson	Warrenton	2:43.3	2010
60 - 64	Stephen Banks	Springfield	2:57.8	2009
65 - 69	Jason Page	Hamilton	2:42.00	2010
70 - 74	Ronald Steele	Fairfax	3:38.5	2009
75 - 79	Terence McCarthy	Leesburg	3:59.00	2011*
<b>800 METER RUN - WOMEN</b>				
50 - 54	Karen Marchant	Springfield	3:08.37	2005
55 - 59	Betty Dameron	Arlington	3:14.75	1990
60 - 64	Henrietta Witt	Arlington	4:23.58	1984
65 - 69	Doralie Segal	Arlington	3:37.40	1997
70 - 74	Marilyn Carney	Arlington	6:35.22	1999
75 - 79	Eloise Over	Alexandria	5:12.00	1996
80 - 84	Hedy Marque	Alexandria	3:58.20	1998

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>800 METER RUN - MEN</b>				
50 - 54	Rich Hower	Reston	2:28:00	2003
55 - 59	Ronald Gerughty	Annandale	2:41.00	1990
60 - 64	Herb Chisholm	Alexandria	2:48.00	1988
65 - 69	John P. McIntyre	Springfield	2:52.21	1987
70 - 74	Curran Tiffany	Arlington	3:04.20	1996
75 - 79	Paul Lackey	Arlington	3:26.85	1999
80 - 84	John Allums	Falls Church	4:20.07	1992
<b>800 METER WALK - INDOOR TRACK - WOMEN</b>				
50 - 54	Connie McKeon	Annandale	6:21.00	2010
55 - 59	Maureen Ruel	Ashburn	5:20.00	2011*
60 - 64	Maryann Schwab	Fairfax	5:45	2010
65 - 69	Rosemary Hallenbeck	Burke	6:12.50	2008
70 - 74	Carrie Griffith	Waterford	6:17	2011*
75 - 79	Dorothy Skinner	Alexandria	5:59	2009
80 - 84	Mary Boska	Alexandria	6:32	2007
85 - 89	Bernie Kleinschmidt	Annandale	9:29	2007
90 - 94	Mary Lathram	Falls Church	7:29.00	2008
<b>800 METER WALK - INDOOR TRACK - MEN</b>				
50 - 54	Dave Osmun	Fairfax	4:43	2011*
55 - 59	Peter Blank	Annandale	4:13	2009
60 - 64	Thomas Augustine	McLean	5:04	2011*
65 - 69	Victor Litwinski	McLean	4.46	2009
70 - 74	Richard Deringer	Annandale	5:10.91	2008
75 - 79	James Gravette	Arlington	5:57	2007
80 - 84	Kent Halstead	Arlington	6:31	2010
90 - 94	Edward Seeger	Falls Church	9:43	2007
95 - 99	Chester Christenson	Falls Church	13:07	2009
<b>800 METER WALK - WOMEN</b>				
50 - 54	Kim Fess	Annandale	5:25.76	1998
55 - 59	Dot Michaels	Arlington	4:51.00	1983
60 - 64	Jean Wood	Springfield	5:05.00	1986
65 - 69	Jean Wood	Springfield	5:22.49	1990
70 - 74	Mary Boska	Alexandria	5:38.00	2000
75 - 79	Mary Lathram	Falls Church	5:57.75	1990
80 - 84	Mary Boska	Alexandria	6:24.00	2006
85 - 89	Mary Lathram	Falls Church	6:37.00	2000
90 +	Mary Lathram	Falls Church	7:19.00	2006

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>800 METER WALK - MEN</b>				
50 - 54	Peter Blank	Annandale	4:13.00	2006
55 - 59	Jack Ozment	Philomont	4:10.00	1987
60- 64	Victor Litwinski	McLean	4:30.00	2004
65 - 69	Louis Aelle	Leesburg	4:28.18	1986
70 - 74	Edward Seeger	Falls Church	4:37.00	1985
75 - 79	John Allums	Falls Church	5:01.62	1991
80 - 84	Ed Seeger	Falls Church	5:30.02	1997
85 +	Ed Seeger	Falls Church	6:11.86	2001
<b>1500 METER WALK - WOMEN</b>				
50 - 54	Joy Chambers	Alexandria		1998
55 - 59	Maryann Schwab	Fairfax	10:15.36	2006
60 - 64	Rita Windish	Alexandria	10:44.00	1996
65 - 69	Rita Windish	Alexandria	10:51.00	2000
70 - 74	Terry Hamilton	Reston	10:54.83	1999
75 - 79	Mary Boska	Alexandria	11:32.00	2002
80 - 84	Mary Lathram	Falls Church	12:32.12	1999
85 - 89	Mary Lathram	Falls Church	12:32.00	2000
90 +	Mary Lathram	Falls Church	14:08.00	2006
<b>1500 METER WALK - MEN</b>				
50 - 54	Peter Blank	Annandale	9:11.12	2004
55 - 59	Victor Litwinski	McLean	8:56.52	2001
60 - 64	Victor Litwinski	McLean	8:47.97	2004
65 - 69	Roger Webb	Alexandria	9:49.00	2004
70 - 74	John Dunaway	Arlington	10:11.22	1992
75 - 79	Shannon Ferguson	Alexandria	10:38.40	1998
80 - 84	Ed Seegar	Falls Church	10:35.90	1997
85 +	Ed Seegar	Falls Church	11:08.00	2000
<b>1600 METER RUN - WOMEN</b>				
55 - 59	Betty Dameron	Arlington	6:55.42	1990
60 - 64	Helen Simpson	Arlington	8:17.00	1988
65 - 69	Irene Sutherland	Manassas	8:34.62	1988
70 - 74	Kay Bachman	Falls Church	12:44.00	1984
75 - 79	Virginia Pierce	Falls Church	14:03.60	1991
80 +	Eva Belle Mimms	Arlington	15:51.34	1991



**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>1600 METER RUN - MEN</b>				
55 - 59	Herb Chisholm	Alexandria	5:30.00	1983
60 - 64	Herb Chisholm	Alexandria	5:38.07	1986
65 - 69	John McIntyre	Springfield	6:25.98	1986
70 - 74	Jules Averitt	Alexandria	8:22.14	1990
75 - 79	Alwym Woods	Springfield	9:32.23	1986
<b>1600 METER WALK - INDOOR TRACK - WOMEN</b>				
55 - 59	Maryann Schwab	Fairfax	11:01	2007
60 - 64	Maryann Schwab	Fairfax	11:44	2010
65 - 69	Carrie Griffith	Waterford	13:13.3	2009
70 - 74	Dorothy Skinner	Alexandria	12:02	2007
75 - 79	Dorothy Skinner	Alexandria	12:47.9	2009
80 - 84	Mary Boska	Alexandria	13:50	2007
90 - 94	Mary Lathram	Falls Church	17:57.7	2009
<b>1600 METER WALK - INDOOR TRACK - MEN</b>				
50 - 54	Peter Blank	Annandale	9:47	2007
55 - 59	Peter Blank	Annandale	9:07.8	2009
60 - 64	Thomas Augustine	Woodbridge	11:17	2011*
65 - 69	Ron Hoffman	Sterling	10:18.7	2009
70 - 74	Richard Deringer	Annandale	11:04.8	2009
75 - 79	Tom Quinn	Arlington	12:03	2007
89 - 84	James W.C. Chang	Oakton	12:03	2010
85 - 89	Joseph Peters	Great Falls	13:16	2007
<b>1600 METER WALK - WOMEN</b>				
55 - 59	Dorothy Michaels	Arlington	9:49.00	1982
60 - 64	Jean Wood	Springfield	10:28.06	1986
65 - 69	Jean Wood	Springfield	11:11.09	1989
70 - 74	Mary Lathram	Falls Church	12:02.58	1989
75 - 79	Mary Lathram	Falls Church	12:31.03	1990
80 +	Eva Belle Mimms	Arlington	15:51.34	1991
<b>1600 METER WALK - MEN</b>				
55 - 59	Jack Ozment	Philomont	8:49.19	1989
60 - 64	John Dunaway	Arlington	9:54.00	1986
65 - 69	John Dunaway	Arlington	9:59.37	1989
70 - 74	Clarence Patton	Annandale	7:46.48	1989
75 - 79	John Allums	Falls Church	9:27.88	1989
80 +	Curran Tiffany	Arlington	12.49.80	2008

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>1600 METER RUN – INDOOR TRACK - WOMEN</b>				
55-59	Hannah Phillips	Alexandria	7:37	2011*
60-64	Jessica Retherford	Alexandria	9:16	2011*
65-69	Judy Snellgrove	Manassas	9:02	2011*
<b>1600 METER RUN – INDOOR TRACK - MEN</b>				
50-54	Steve Nearman	Alexandria	5:55	2011*
55-59	Chris Dettmar	Reston	6:16	2011*
60-64	Jay Wind	Arlington	6:31	2011*
65-69	Stephen Banks	Springfield	6:48	2011*
70-74	G. Stan Brown	Fairfax	9:27	2011*
75-79	Terence McCarthy	Leesburg	8:23	2011*
<b>3 MILE WALK - INDOOR TRACK - WOMEN</b>				
50 - 54	Connie McKeon	Annandale	39:03	2008
55 - 59	Maureen Ruel	Ashburn	33.10	2011*
60 – 64	Josefina Smith	Centreville	38.14	2009
65 - 69	Rosemary Hallenbeck	Burke	39:16	2008
70 - 74	Dorothy Skinner	Alexandria	37:35	2007
75 – 79	Suzanne Sepilian	Burke	42:14	2008
80 – 84	Mary Simpson	Manassas	44.19	2011*
85 – 89	Naomi Hesser	Fairfax	59.58	2011*
90 - 94	Mary Lathram	Falls Church	50:09	2007
<b>3 MILE WALK - INDOOR TRACK - MEN</b>				
50 - 54	Peter Blank	Annandale	31: 55	2007
55 - 59	Peter Blank	Annandale	29.15	2009
60 - 64	Victor Litwinski	McLean	32:37	2007
65 - 69	Ron Hoffman	Sterling	32:08	2009
70 - 74	Richard Deringer	Annandale	34:37	2007
75 - 79	Edward Arriaga	Arlington	34:39	2007
80 - 84	Joseph Peters	Great Falls	38:35	2007
85 - 89	Jorge Soler	Falls Church	41:30	2010

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2011**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>3 MILE WALK - WOMEN</b>				
50 - 54	Mary Ann Schwab	Fairfax	34:07.00	2006
55 - 59	Dot Michaels	Arlington	32:30.00	1983
60 - 64	Jean Wood	Springfield	34:25.00	1986
65 - 69	Rita Windish	Alexandria	36:20.07	2000
70 - 74	Mary Boska	Alexandria	35:45.70	1999
75 - 79	Eloise Over	Alexandria	37:37.80	1997
80 - 84	Mary Lathram	Falls Church	40:25.98	1995
85 +	Mary Lathram	Falls Church	43:17.89	2000
<b>3 MILE WALK - MEN</b>				
50 - 54	Bob Ryan	Ashburn	32:09.70	1999
55 - 59	S.J. Miller	Woodbridge	29:18.91	1991
60 - 64	Victor Litwinski	McLean	28:14.00	2005
65 - 69	Ralph Driscoll	Alexandria	29:53.47	1991
70 - 74	Edward Seegar	Falls Church	31:00.00	1985
75 - 79	John Allums	Falls Church	33:02.00	1990
80 - 84	Edward Seegar	Falls Church	34:57.90	1997
85 +	Edward Seegar	Falls Church	38:39.47	2000

**Asterisk (\*) Indicates tied or established new NVSO record**

**The Northern Virginia Senior Olympic Committee would like to thank all of the volunteers and sponsoring agencies for their assistance!! The more than 600 senior registrants appreciate everyone's efforts on their behalf.**

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