



2013

EVENT RESULTS

SEPTEMBER 7 – 19, 2013

Northern Virginia Senior Olympic Committee
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2013 EVENT RESULTS

31st Annual NORTHERN VIRGINIA SENIOR OLYMPICS

Co-Sponsored by:

City of Alexandria Department of Recreation, Parks, and Cultural Activities
Arlington County Department of Parks and Recreation
Fairfax County Department of Neighborhood and Community Services
Fairfax County Park Authority
City of Fairfax Parks and Recreation Department
City of Falls Church Department of Recreation and Parks
Fauquier County Parks and Recreation Department
Loudoun County Department of Parks and Recreation
Prince William County Area Agency on Aging

NORTHERN VIRGINIA SENIOR OLYMPICS COMMITTEE MEMBERS 2013

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David Jerome, Vice Chairman
Carol Mackela, Secretary

Mike Marrone, Treasurer
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Judy Massabny, Co-Coordinator

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Carla Convery
Don Greene, Sr
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Dona Hobbs
Jack Hobbs
Herb Levitan

Marc McMullin
Carmela Miller
Melissa Nester
Margaret Orlando
Diana Paguaga
Arthur Skaer
Bernie Stamm
Kathleen Stansfield
Wendy Straub

Agnes Tarbett
Chuck Toftoy
Jim Viggiani
Roger Webb
Mandy Whalen
Chuck Williams
Gregory Williams, Jr.
Del Wilson
Ron Yopp

2013 GOLD Patrons

Aetna; Ashby Ponds; Goodwin House Incorporated; Greenspring Retirement Community; HealthSouth Rehabilitation Hospital of Northern Virginia; Humana; M. Quinn Designs/Pack 'n Move; Safeway; Serenity Senior Care and Wellness Services, LLC; Sommerset Retirement Community; The Virginian; Westminster at Lake Ridge

2013 Silver Patrons

Debbie Miller, Realtor; McEneaney Associates, Inc.; Red Top Cab; Leisure World of Virginia; National Institute on Aging, The IDEAL Study; Corwin Umbach; The Woodlands Retirement Community; Walter Wang, MD Ophthalmologist

2013 Bronze Patrons

BB&T; Cardinal Management Group; Marge Davenport; Hermitage of Northern Virginia; Charlotte Perdue; Greg Rothwell; John Rubenacker; Richard Shearer, Jr.; Paul Schmitt; Maryann Schwab; David Viar; Mandy Whalen; Ed Zetlin Law

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The Northern Virginia Senior Olympic Committee would like to thank all of the volunteers and sponsoring agencies for their assistance!! The more than 750 senior registrants appreciate everyone's efforts on their behalf.

2013 EVENT RESULTS

An Asterisk (*) indicates a New Record has been set or tied

BADMINTON - SINGLES - WOMEN

| | | | | |
|-------|------|------|-------|------------|
| 60-69 | Gold | Gwen | Liang | Alexandria |
|-------|------|------|-------|------------|

BADMINTON - SINGLES - MEN

| | | | | |
|-------|--------|----------|-------------|------------|
| 50-59 | Gold | Anwar | Hussain | Alexandria |
| | Silver | Stephen | Nurre | Annandale |
| 60-69 | Gold | Xiaobang | Shi | Sterling |
| | Silver | Dan | Wen | Burke |
| | Bronze | Lance | Quesenberry | Annandale |
| 70-79 | Gold | Gerald | Rhoads | Burke |

BADMINTON - DOUBLES - WOMEN

No Competition

BADMINTON - DOUBLES - MEN

| | | | | |
|-------|--------|----------|-------------|------------|
| 50-59 | Gold | Anwar | Hussain | Alexandria |
| | Gold | Dan | Wen | Burke |
| | Silver | Michael | Anderson | Arlington |
| | Silver | Stephen | Nurre | Annandale |
| 60-69 | Gold | Xiaobang | Shi | Sterling |
| | Gold | Lance | Quesenberry | Annandale |

BADMINTON - MIXED DOUBLES

| | | | | |
|-------|------|----------|---------|------------|
| 50-59 | Gold | Anwar | Hussain | Alexandria |
| | Gold | Gwen | Liang | Alexandria |
| 60-69 | Gold | Xiaobang | Shi | Sterling |
| | Gold | Kim | Suknyo | |

BASKETBALL FIELD GOALS - WOMEN

| | | | | | |
|-------|------|--------|--------------|--------------|--------|
| 50-59 | Gold | Keg | Good | Woodbridge | 1/20 |
| 60-69 | Gold | Helen | White | Arlington | 12/20* |
| 70-79 | Gold | Mary | Dalessandris | Falls Church | 5/20* |
| 80-89 | Gold | Sheila | Gildea | McLean | 7/20* |

BASKETBALL FIELD GOALS - MEN

| | | | | | |
|-------|--------|---------|-----------|-------------|------------|
| 50-59 | Gold | Charles | Crum | Bealeton | 14/20* |
| | Silver | Michael | Tadie | Alexandria | 8/20 |
| | Bronze | Craig | Winters | Alexandria | 8/20 |
| 60-69 | Gold | Allan | Kellum | McLean | 14/20* |
| | Silver | Sam | Slowinski | Gainesville | 12/20 |
| | Bronze | Charles | Harris | Alexandria | 11/20 |
| | | 4 | Gregory | Culp | Woodbridge |
| | 4 | Ronald | DeSpirito | Manassas | 10/20 |
| | 6 | Dugald | Gillies | Arlington | 4/20 |

BASKETBALL FIELD GOALS – MEN Continued

| | | | | | |
|-------|--------|--------|-----------|---------------|-------|
| 70-79 | Gold | Ralph | Greenwood | Reston | 10/20 |
| | Silver | Harold | Skeins | Fairfax | 9/20 |
| | Bronze | Ed | Ladd | Potomac Falls | 9/20 |
| | 4 | Herb | Levitan | Arlington | 9/20 |
| | 4 | Jim | Viggiani | Manassas | 9/20 |
| | 6 | Fred | Bergsten | Annandale | 8/20 |
| | 6 | Andrew | Dixon | Fairfax | 8/20 |
| | 6 | Del | Wilson | Burke | 8/20 |

BASKETBALL FREE THROW – WOMEN

| | | | | | |
|-------|--------|---------|--------------|--------------|------|
| 50-59 | Gold | Suzanne | Spicer | Arlington | 5/25 |
| | Silver | Keg | Good | Woodbridge | 1/25 |
| 60-69 | Gold | Helen | White | Arlington | 8/25 |
| 70-79 | Gold | Mary | Dalessandris | Falls Church | 7/25 |
| 80-89 | Gold | Sheila | Gildea | Mc Lean | 4/25 |

BASKETBALL FREE THROW – MEN

| | | | | | |
|-------|--------|----------|-----------|---------------|-------|
| 50-59 | Gold | Michael | Tadie | Alexandria | 17/25 |
| | Silver | Charles | Crum | Bealeton | 15/25 |
| | Bronze | Craig | Winters | Alexandria | 15/25 |
| | 4 | Artrolus | Hicks | Alexandria | 10/25 |
| 60-69 | Gold | Allan | Kellum | McLean | 18/25 |
| | Silver | Ronald | DeSpirito | Manassas | 18/25 |
| | Bronze | Charles | Harris | Alexandria | 15/25 |
| | 4 | Dugald | Gillies | Arlington | 12/25 |
| | 5 | Sam | Slowinski | Gainesville | 10/25 |
| | 5 | Gregory | Culp | Woodbridge | 10/25 |
| | 7 | Richard | Johnson | Arlington | 8/25 |
| 70-79 | Gold | James | Martin | Arlington | 21/25 |
| | Silver | Peter | McGuirk | Arlington | 20/25 |
| | Bronze | Fred | Bergsten | Annandale | 19/25 |
| | 4 | Jim | Viggiani | Manassas | 17/25 |
| | 4 | Andrew | Dixon | Fairfax | 17/25 |
| | 6 | Del | Wilson | Burke | 16/25 |
| | 7 | Herb | Levitan | Arlington | 15/25 |
| | 8 | Gerald | Rhoads | Burke | 14/25 |
| | 8 | Ed | Ladd | Potomac Falls | 14/25 |
| | 10 | Ralph | Greenwood | Reston | 13/25 |
| | 11 | Harold | Skeins | Fairfax | 12/25 |
| | 12 | Carlos | Rodriguez | Dumfries | 6/25 |

BASKETBALL - 3 x 3 - MEN

| | | | | | |
|--------|--|--|--|--|--|
| 50- 59 | Gold Gold Gold Gold Gold | Metro All Stars Metro All Stars Metro All Stars Metro All Stars Metro All Stars | Charles Richard Eugene James Mick | Harris Suggs Thomas Davis Upsher | Alexandria Alexandria Stafford Alexandria Alexandria |
| 60-69 | Gold Gold Gold Silver Silver Silver Silver Silver | Still Got Game Still Got Game Still Got Game Hoopsters Hoopsters Hoopsters Hoopsters Hoopsters | James Mike Peter Ronald Brian Allan Paul Steve | Culbertson Morley Stackhouse DeSpirito Dion Kellum Peck Post | Springfield Falls Church Alexandria Manassas Annandale McLean McLean Fairfax Station |
| 70+ | Gold Gold Gold Gold Silver Silver Silver Silver Silver Silver Bronze Bronze Bronze Bronze | Paleos Paleos Paleos Paleos Humana 70s Humana 70s Humana 70s Humana 70s Humana 70s Humana 70s Virginia Creepers Virginia Creepers Virginia Creepers Virginia Creepers | Fred Sam Peter Ralph Thomas Mike Don Bruce William Jim Allen James Paul Del | Bergsten Kountoupes McGuirk Greenwood Krattenmaker Graffeo Greene Hewitt Richardson Viggiani Cahill Martin Spishak Wilson | Annandale McLean Arlington Reston Vienna Alexandria Dale City Annandale Fairfax Station Manassas Oakhill Arlington Vienna Burke |

BOCCE - WOMEN

| | | | | |
|---------|------|-------|------|-------------|
| 80 - 89 | Gold | Diane | Hill | Springfield |
|---------|------|-------|------|-------------|

BOCCE - MEN

| | | | | |
|-------|--------------------------|---------------------------|-------------------------------|----------------------------------|
| 60-69 | Gold Silver Bronze | Ralph Allan Charlie | Tapp Kellum Williams | Warrenton McLean Annandale |
| 80-89 | Gold Silver Bronze | Nicholas Henry Paul | Garito Colletto Schmitt | Fairfax Oakton Vienna |

BOWLING - TEN PIN - WOMEN

| | | | | | |
|-------|--------|----------|----------------|--------------|------|
| 65-69 | Gold | Linda | Baumbusch | Fairfax | 579 |
| | Silver | JuleAnn | Cheslock | Springfield | 576 |
| | Bronze | Mary | Johnson | Woodbridge | 555 |
| 70-74 | Gold | Vera | Graham | Alexandria | 612 |
| | Silver | Lucy | McSweeney | Centerville | 598 |
| | Bronze | Jo | Ferry | Alexandria | 587 |
| | 4 | Sandra | Ballinger | Vienna | 586 |
| | 5 | Betty | Stephens | Alexandria | 586 |
| | 6 | Sandra | Graves | Fairfax | 512 |
| | 7 | Julia | (King) Freeman | Alexandria | 511 |
| 75-79 | Gold | Frances | Price | Falls Church | 573 |
| 80-84 | Gold | Winnie | Tegge | Alexandria | 615 |
| | Silver | Emily | Fern | Alexandria | 595 |
| | Bronze | Beverly | Kalkwarf | Springfield | 571 |
| | 4 | Alease | Brooks | Arlington | 568 |
| 85-89 | Gold | Marjorie | Burts | Alexandria | 636 |
| 90-94 | Gold | Eva | Sorensen | Alexandria | 548* |

BOWLING - TEN PIN - MEN

| | | | | | |
|---------|---------|----------|-----------|-------------|-----|
| 60-64 | Gold | Lawrence | Walker | Alexandria | 612 |
| | Silver | Anthony | Williams | Arlington | 580 |
| 65-69 | Gold | David | Jerome | Haymarket | 636 |
| | Silver | Jerome | Jackson | Fairfax | 621 |
| | Bronze | Roy | Rhodes | Alexandria | 536 |
| 70 - 74 | Gold | Gerald | Rhoads | Burke | 581 |
| | Silver | Karl | Mueller | Alexandria | 578 |
| 75-79 | Gold | John | Handley | Woodbridge | 684 |
| | Silver | Donald | Beveridge | Arlington | 605 |
| | Bronze | Marvin | Smyth | Woodbridge | 587 |
| | 4 | Ted | Centers | Woodgridge | 569 |
| 80-84 | Gold | Nicholas | Fidandis | Alexandria | 578 |
| | Silver | Joseph | Clement | Springfield | 561 |
| | Bronze | John | Fox | Springfield | 559 |
| 85-89 | Gold | Leonard | Kalkwarf | Springfield | 582 |
| 90-94 | Gold | Gordon | Sorensen | Alexandria | 577 |
| | Silver* | Richard | Cline | Alexandria | DNF |

* (honorary silver medal)

BUNCO

| | | | | |
|-----|--------|-------|--------------|------------|
| All | Gold | Edith | Kane | Burke |
| | Silver | Irene | Miller-Smith | Alexandria |
| | Bronze | Edith | Plunkett | Burke |

BUNCO (Game Winners)

| | | | | |
|-----|--------|----------|----------|------------|
| All | Gold | Olga | Wisneski | Alexandria |
| | Silver | Anne | Zvijac | Burke |
| | Bronze | Beatrice | Keen | Alexandria |

CRIBBAGE - COED

| Ages | | | | | Score | Spread |
|------|--------|---------|--------------|-------------|-------|--------|
| All | Gold | Riley | Geary | Arlington | 11 | 97 |
| | Silver | Grace | Cohen | Alexandria | 6 | 32 |
| | Bronze | Anthony | Williams | Arlington | 5 | 4 |
| | | Harold | Moubray | Springfield | 4 | -31 |
| | | Verner | Utke-Ramsing | Mclean | 4 | -40 |
| | | Ralph | Driscoll | Alexandria | 2 | -62 |

CYCLING - 10K TIME TRIAL - WOMEN (Held at Fauquier Community Park in 2013; different circuit from 2011)

| | | | | | |
|-------|--------|--------|----------|-------------|----------|
| 55-59 | Gold | Karen | Sullivan | Arlington | 18:37.3* |
| | Silver | Margie | Golden | Alexandria | 20:14.2 |
| 65-69 | Gold | Lynn | Saunders | Gainesville | 22:58.8 |
| 70-74 | Gold | Susan | Lucas | Gainesville | 20:36.1* |
| 75-79 | Gold | Joyce | Tobias | Haymarket | 31:53.2* |

CYCLING - 10K TIME TRIAL - MEN (Held at Fauquier Community Park in 2013; different circuit from 2011)

| | | | | | |
|-------|--------|---------------|------------|-------------|----------|
| 55-59 | Gold | Jim | Gleason | Reston | 16:29.0 |
| | Silver | Michael | Wassenberg | Warrenton | 19:51.3 |
| 60-64 | Gold | Mark | Holt | Fairfax | 16:34.0* |
| | Silver | James | Degoey | Reston | 17:12.6 |
| | Bronze | Gary | Kuchel | Fairfax | 17:45.9 |
| | | 4 Peter | Berty | Arlington | 18:24.8 |
| | | 5 Christopher | Randall | Arlington | 18:30.6 |
| | | 6 Phil | Boyer | Leesburg | 21:28.1 |
| | | 7 Robert | Shannon | Gainesville | 23:30.5 |
| | | 8 Frank | Doe | Vienna | 25:44.8 |
| | | 9 Wendell | Williams | Warrenton | 31:45.3 |
| | | 10 Gregory | Culp | Woodbridge | 35:57.8 |
| 65-69 | Gold | David | Jerome | Haymarket | 18:54.5 |
| | Silver | Thomas | Short | Alexandria | 19:42.1 |
| | Bronze | William | Doan | Arlington | 19:48.8 |
| | | 4 Robert | Eaheart | Springfield | 22:11.6 |
| | | 5 Denis | McMullan | Vienna | 22:57.9 |
| 70-74 | Gold | Kenneth | Weinzapfel | Gainesville | 24:33.5 |
| | Silver | Andrew | Johnson | Gainesville | 24:33.5 |

CYCLING - 10K TIME TRIAL - MEN Continued

| | | | | | |
|-------|--------|---------|-------------|-------------|---------|
| 75-79 | Gold | Terence | McCarthy | Leesburg | 24:46.4 |
| | Silver | Richard | Eimas | Reston | 25:41.3 |
| | Bronze | Howard | Schultheiss | Manassas | 26:10.8 |
| | 4 | William | Harris | Woodbridge | 26:15.9 |
| | 5 | Thomas | Kehoe | Haymarket | 34:35.3 |
| 80-84 | Gold | Thomas | Tobias | Haymarket | 23:51.2 |
| | Silver | Otto | Gercken | Gainesville | 32:21.8 |

CYCLING - 20K TIME TRIAL - WOMEN (Held at Northern Fauquier Community Park)

| | | | | | |
|-------|--------|--------|----------|-------------|------------|
| 50-54 | Gold | Leigh | Danforth | Warrenton | 39:51.2* |
| 55-59 | Gold | Karen | Sullivan | Arlington | 37:17.5* |
| | Silver | Margie | Golden | Alexandria | 41:32.8 |
| 65-69 | Gold | Lynn | Saunders | Gainesville | 47:29.8 |
| 70-74 | Gold | Susan | Lucas | Gainesville | 41:18.8 |
| 75-79 | Gold | Joyce | Tobias | Haymarket | 1:02:18.6* |

CYCLING - 20K TIME TRIAL-MEN (Held at Northern Fauquier Community Park)

| | | | | | |
|-------|--------|-------------|-------------|--------------|-----------|
| 50-54 | Gold | Brian | Morgan | Dumfries | 39.31.1 |
| 55-59 | Gold | Jim | Gleason | Reston | 33:08.7 |
| | Silver | Michael | Wassenberg | Warrenton | 40:38.5 |
| 60-64 | Gold | James | Degoey | Reston | 35:01.8* |
| | Silver | Peter | Berty | Arlington | 36:43.8 |
| | Bronze | Christopher | Randall | Arlington | 37:39.5 |
| | 4 | Joseph | Florence | Warrenton | 39:27.5 |
| | 5 | Phil | Boyer | Leesburg | 43:18.6 |
| 65-69 | Gold | David | Jerome | Haymarket | 36:10.7* |
| | Silver | Thomas | Short | Alexandria | 39:52.5 |
| | Bronze | William | Doan | Arlington | 40:18.1 |
| | 4 | Robert | Eaheart | Springfield | 45:43.6 |
| 70-74 | Gold | Kenneth | Weinzapfel | Gainesville | 41:08.1 |
| | Silver | Andrew | Johnson | Gainesville | 49:47.3 |
| 75-79 | Gold | Charles | Nelson | Arlington | 44:42.6* |
| | Silver | Roy | Huffman | Gainesville | 49:18.1 |
| | Bronze | Terence | McCarthy | Leesburg, | 50:52.2 |
| | 4 | Howard | Schultheiss | Manassas | 53:49.2 |
| | 5 | William | Harris | Woodbridge | 59:42.9 |
| 80-84 | Gold | Thomas | Tobias | Haymarket | 50:20.3* |
| | Silver | Russell | Preble | Fort Belvoir | 1:03:49.1 |
| | Bronze | Otto | Gercken | Gainesville | 1:07:27.2 |

DIVING - WOMEN

| | | | | | |
|-------|------|----------|--------------|-----------|--------|
| 50-54 | Gold | Madeline | Fleckenstein | Arlington | 185.65 |
| 60-64 | Gold | Carol | Mackela | Arlington | 168.45 |
| 65-69 | Gold | Cammie | Nilles | Arlington | 132.45 |

DIVING - MEN

| | | | | | |
|-------|--------|-------|-------------|-----------|---------|
| 50-54 | Gold | Kurt | Burgeson | Oakton | 248.5* |
| | Silver | Roy | Lewis | Arlington | 168.95 |
| 60-64 | Gold | Bobby | Meeks | Arlington | 207.85* |
| | Silver | Duane | Clayton-Cox | Fairfax | 186.2 |
| 70-74 | Gold | Kim | Alderman | Arlington | 167.65 |
| 80-84 | Gold | John | Gouldin | Annandale | 99.2* |

DUPLICATE BRIDGE

| | | | | | |
|-------------|--------|-----------|------------|---------------|-------|
| East-West | Gold | Dick | Verdow | Potomac Falls | 73.8 |
| | Gold | Lois Jean | Verdow | Potomac Falls | 73.8 |
| | Silver | Joseph | Griffin | Springfield | 65.4 |
| | Silver | Betty | Griffin | Springfield | 65.4 |
| | Bronze | Mary | Hayes | Annandale | 61.77 |
| | Bronze | Helen | Woodland | Alexandria | 61.77 |
| North-South | Gold | Kathryn | Kiley | Bristow | 87.3 |
| | Gold | Lucy | McCoy | Annandale | 87.3 |
| | Silver | Linda | Burton | Alexandria | 74.8 |
| | Silver | Marvin | Raines | Alexandria | 74.8 |
| | Bronze | Dustinn | Pratt | Fairfax | 60.42 |
| | Bronze | Fred | Ulle | Oakton | 60.42 |
| | | Erven | Meyer | Annandale | 59.8 |
| | | Karl | VanNewkirk | Arlington | 59.8 |
| | | Leonard | Wheat | Alexandria | 59.4 |
| | | Stephen | Fitzgerald | Alexandria | 59.4 |
| | | Anna S. | Powell | Springfield | 59.3 |
| | | Joan | White | Springfield | 59.3 |
| | | Brian | Moriarty | Lake Ridge | 52.49 |
| | | Phyllis | Mastin | Lake Ridge | 52.49 |
| | | Lois | Coen | Potomac Falls | 47.6 |
| | | Helen | Hardy | Potomac Falls | 47.6 |
| | | Louise | Hayes | Potomac Falls | 47.3 |
| | | Penelope | Paddock | Potomac Falls | 47.3 |
| | | Jeanne | Fulford | Springfield | 47.06 |
| | | George | Tateosian | Springfield | 47.06 |
| | | Marilyn | Batra | Lake Ridge | 42.8 |
| | | Evelyn | Conover | Lake Ridge | 42.8 |

EIGHT BALL POOL - WOMEN

| | | | | |
|-------|--------|-----------|----------|-----------------|
| 50-59 | Gold | Linda | Sholl | Arlington |
| 60-69 | Gold | Arcadia | Vega | Fairfax Station |
| | Silver | Shelley | Wade | Arlington |
| | Bronze | Britanya | Rapp | Arlington |
| 80-89 | Gold | Elizabeth | Roadcap | Ashburn |
| | Silver | Diane | Hill | Springfield |
| | Bronze | Margaret | Toth | Springfield |
| | 4 | Efwina | Sheldahl | Arlington |

EIGHT BALL POOL - MEN

| | | | | |
|-------|--------|-----------|-----------|-----------------|
| 60-69 | Gold | James | Westray | Arlington |
| | Silver | Gary | Jackson | Fairfax |
| | Bronze | Cornelius | Davis | Bristow |
| | 4 | Shaw | Zee | Fairfax Station |
| 70-79 | Gold | Herbert | Bartlett | Springfield |
| | Silver | Daniel | Mancini | Alexandria |
| | Bronze | Yining | Wang | Fairfax |
| | | James | Fuller | Burke |
| | | Ram | Krisn | Ashburn |
| | | Clifford | Nolan | Bristow |
| | | Rajendra | Prasad | Sterling |
| | | Gerald | Rhoads | Burke |
| | | Carlos | Rodriguez | Dumfries |
| 80-89 | Gold | Joseph | Clement | Springfield |
| | Silver | Nicholas | Fidandis | Alexandria |
| | Bronze | John | Gouldin | Annandale |
| | 4 | Joseph | Griffin | Springfield |

FOOTBALL THROW - WOMEN

| | | | | | |
|-------|------|--------|--------|-----------|-----------|
| 55-59 | Gold | Sue | Hedges | Ashburn | 54' 10" * |
| 60-64 | Gold | Danita | Arone | Manassas | 33' * |
| 65-69 | Gold | Mary | Schade | Arlington | 41' 1" * |

FOOTBALL THROW - MEN

| | | | | | |
|-------|--------|---------|-----------|-------------|------------|
| 50-54 | Gold | Robert | Miller | Alexandria | 100' 3" * |
| 55-59 | Gold | John | Shafran | Great Falls | 111' 10" * |
| | Silver | Scott | Triplett | Haymarket | 107' 10" |
| | Bronze | Charles | Crum | Bealeton | 87' |
| 60-64 | Gold | Doug | Hastings | Alexandria | 102' 10" * |
| | Silver | Thomas | Garasic | Manassas | 86' 4" |
| | Bronze | William | Kinsella | Alexandria | 74' 7" |
| 65-69 | Gold | Thomas | Sullivan | Oakton | 87' 3" |
| | Silver | Charles | Kleymeyer | Arlington | 65' 1" |
| 70-74 | Gold | Carlos | Rodriguez | Dumfries | 63' 3" |
| | Silver | Herb | Levitan | Arlington | 58' 1" |

FOOTBALL THROW – MEN Continued

| | | | | | |
|-------|--------|----------|----------|------------|-----------|
| 75-79 | Gold | Andrew | Dixon | Fairfax | 75' 4" * |
| | Silver | Jim | Joyner | Arlington | 73' 6" |
| | Bronze | Renold | Beck | Fairfax | 58' 1" |
| | 4 | William | Nehrke | Arlington | 49' 10" |
| 80-84 | Gold | Nicholas | Fidandis | Alexandria | 56' 10" * |
| 90-94 | Gold | Paul | Powers | Burke | 19' 6" |

FRISBEE THROW – WOMEN

| | | | | | |
|-------|------|-----------|---------|-----------|----------|
| 60-69 | Gold | Danita | Arone | Manassas | 32' 9" |
| 80-89 | Gold | Alease | Brooks | Arlington | 31' 3" |
| 90-99 | Gold | Josephine | Stewart | Manassas | 36' 2" * |

FRISBEE THROW – MEN

| | | | | | |
|-------|--------|---------|-----------|--------------|---------|
| 50-59 | Gold | Scott | Triplett | Haymarket | 109' 9" |
| | Silver | Marty | Willis | Falls Church | 106' 1" |
| 60-69 | Gold | Anthony | Williams | Arlington | 110' 2" |
| | Silver | John | Cordyack | Reston | 92' 9" |
| | Bronze | Charles | Kleymeyer | Arlington | 90' 8" |
| | 4 | Thomas | Garasic | Manassas | 74' 2" |
| | 5 | Ralph | Tapp | Warrenton | 58' 5" |
| | 6 | Donald | Meli | Annandale | 46' 10" |
| 70-79 | Gold | Herb | Levitan | Arlington | 68' 9" |
| | Silver | Carlos | Rodriguez | Dumfries | 63' 10" |
| | Bronze | Renold | Beck | Fairfax | 62' 3" |

GOLF - WOMEN

| | | | | | |
|-------|--------|---------------|---------------|--------------|-----|
| 50-59 | Gold | Paula | Harris | Centreville | 83 |
| 60-69 | Gold | Rebecca | Davis | Sumerduck | 82 |
| | Silver | Judith (Judy) | Landolt-Korns | Clifton | 106 |
| | Bronze | Doreen | Zinkus | Springfield | 115 |
| 70-79 | Gold | Nancy | Huff | Woodbridge | 91 |
| | Silver | Barbara | Gerber | Burke | 112 |
| | Bronze | Maureen | Dogerty | Manassas | 112 |
| | 4 | Margaret | Denise | Annandale | 115 |
| | 5 | Mary | Dalessandris | Falls Church | 121 |
| | 6 | Barbara | Klementz | Annandale | 123 |

GOLF – MEN

| | | | | | |
|-------|--------|-------------|-----------|----------------|-----|
| 50-59 | Gold | Christopher | Smith | Annandale | 102 |
| | Silver | James | Blakemore | Manassas | 115 |
| 60-69 | Gold | William | Somers | Arlington | 79 |
| | Silver | Donald | Drain | Springfield | 87 |
| | Bronze | G. Malcolm | Junkin | Ashburn | 90 |
| | 4 | James | Ivery | Alexandria | 93 |
| | 5 | Phil | Goulet | Prince William | 95 |
| 70-79 | Gold | Craig | Olson | Arlington | 74 |
| | Silver | Gordon | Lee | Burke | 83 |
| | Bronze | Richard | Scott | Vienna | 87 |
| | 4 | Frank | Northrop | Alexandria | 88 |
| | 5 | Jesse | Barron | Woodbridge | 91 |
| | 5 | Barry | Gale | Arlington | 91 |
| | 7 | Gene | Kishok | Fairfax | 95 |
| | 8 | Clifford | Nolan | Bristow | 97 |
| | 9 | Mat | Brooks | Manassas | 99 |
| | 10 | William | McSweeney | Centreville | 100 |
| | 11 | Frederick | Walker | Fairfax | 102 |
| | 12 | Russell | Rowe | Warrenton | 118 |
| | 13 | Jim | Viggiani | Manassas | 121 |
| 80-89 | Gold | Marvin | Reed | Oak Hill | 95 |
| | Silver | Nicholas | Fidandis | Alexandria | 111 |

HANDBALL (NEW IN 2013)

| | | | | |
|-------|--------|---------|------------|---------------|
| 50-69 | Gold | Michael | Arens | Springfield |
| | Silver | Wayne | Beers | McLean |
| | Bronze | Leven | Gray | Fairfax |
| | 4 | Andre | Francis | Springfield |
| 70-79 | Gold | Richard | Shearer | Alexandria |
| | Silver | Karl | Lady | Alexandria |
| | Bronze | Charles | Allen | Dumfries |
| | 4 | Lewis | Moore | Fairfax |
| | | Leo | Childs | Potomac Falls |
| | Daniel | Clark | Lorton | |
| 80-89 | Gold | James | Greenquist | Alexandria |
| | Silver | Joseph | Mayer | Alexandria |

HORSESHOES – WOMEN

No Competition

HORSESHOES – MEN

| | | | | |
|-------|--------|----------|----------|-------------|
| 55-59 | Gold | Charles | Crum | Bealeton |
| 65-69 | Gold | Ralph | Tapp | Warrenton |
| | Silver | Jerome | Jackson | Fairfax |
| | Bronze | Bruce | Fisher | Fairfax |
| 70-74 | Gold | Karl | Mueller | Alexandria |
| 80-84 | Gold | Paul | Schmitt | Vienna |
| | Silver | Robert | Stotz | McLean |
| | Bronze | Nicholas | Garito | Fairfax |
| 85-89 | Gold | Leonard | Kalkwarf | Springfield |

LINE DANCING (TEAM)

| | | | | | |
|-------|--------|--------------------|------------|------------|-----------------|
| 50-99 | Gold | Hawaiian Stars | Frances | Cornett | Fairfax Station |
| | Gold | Hawaiian Stars | Marilu | Morada | Burke |
| | Gold | Hawaiian Stars | Edna | Noe | Annandale |
| | Gold | Hawaiian Stars | Rita | Perrotti | Springfield |
| | Gold | Hawaiian Stars | Maria | Puri | Burke |
| | Gold | Hawaiian Stars | Michelle | Ro | Burke |
| | Gold | Hawaiian Stars | Melanie | Willis | Fairfax |
| | Silver | Silver Diamond | Chung | Byon | Annandale |
| | Silver | Silver Diamond | Young Sook | Chon | Centreville |
| | Silver | Silver Diamond | Ki Sook | Garber | Annandale |
| | Silver | Silver Diamond | Young Ok | Kim | Fairfax Station |
| | Silver | Silver Diamond | Susie | Thomas | Burke |
| | Silver | Silver Diamond | Chung Sun | Yang | Fairfax |
| | Silver | Silver Diamond | Sun Y. | Yang | Arlington |
| | Bronze | Lee Center Dancers | Janey | Brauninger | Arlington |
| | Bronze | Lee Center Dancers | Marcia | Diamond | Arlington |
| | Bronze | Lee Center Dancers | Ingeborg | Ercolano | Arlington |
| | Bronze | Lee Center Dancers | Kathy | Fanelli | Annandale |
| | Bronze | Lee Center Dancers | Neelima | Gokhale | Arlington |
| | Bronze | Lee Center Dancers | May | McWilliams | Arlington |
| | Bronze | Lee Center Dancers | Melissa | Mendell | Arlington |
| | Bronze | Lee Center Dancers | Bill | Wong | Falls Church |
| | 4 | Silver Steppers | Marianne | Bernett | Falls Church |
| | 4 | Silver Steppers | Phebe | Masson | Falls Church |
| | 4 | Silver Steppers | Jane | McKeel | Falls Church |
| | 4 | Silver Steppers | Gloria | Reisman | Falls Church |
| | 4 | Silver Steppers | Jeanette | Wurster | Falls Church |

MEXICAN TRAIN DOMINOES Co-ed; All ages

| | | | | |
|--------|-----------|-----------|--------------|-----|
| Gold | Griffin | Jan | Springfield | 95 |
| Silver | Thaler | Sue | Arlington | 120 |
| Bronze | Planting | Venette | Falls Church | 136 |
| 4 | Westlake | Donna | Springfield | 172 |
| 5 | Woodring | Doris | Lake Ridge | 198 |
| | Conlon | Roberta | Springfield | |
| | Way | Harriett | Lake Ridge | |
| | Welborn | Elizabeth | Fairfax | |
| | Simpson | Barbara | Springfield | |
| | McPhaul | Valia | Arlington | |
| | Shaw | Camille | Springfield | |
| | Graves | Marianne | Arlington | |
| | Henderson | Helen | Falls Church | |
| | Dudick | Fran | Arlington | |
| | Vos | Nitha | Fairfax | |
| | Geary | Riley | Arlington | |
| | Flory | Helga | Falls Church | |
| | Malcome | Janet | Falls Church | |
| | Padgett | Carolyn | Springfield | |

MINIATURE GOLF - WOMEN

| | | | | | |
|-------|--------|-----------|------------|--------------|----|
| 60-69 | Gold | Williams | Barbara | Alexandria | 51 |
| | Silver | Baumbusch | Linda | Fairfax | 58 |
| 70-79 | Gold | Broz | Jacqueline | Falls Church | 57 |

MINIATURE GOLF - MEN

| | | | | | |
|-------|--------|-------------|----------------|-------------|----|
| 50-59 | Gold | Crum | Charles | Bealeton | 43 |
| 60-69 | Gold | Tapp | Ralph | Warrenton | 40 |
| | Silver | Williams | Charlie | Annandale | 50 |
| | Bronze | Quesenberry | Lance | Annandale | 50 |
| | 4 | Culp | Gregory | Woodbridge | 54 |
| 70-79 | Gold | Toftoy | Charles | Arlington | 54 |
| | Silver | Stohr | Richard (Dick) | Springfield | 55 |
| | Bronze | Dodson | George | Burke | 65 |
| 80-89 | Gold | Kane | Louis | Burke | 44 |
| | Silver | Gouldin | John | Annandale | 45 |

PICKLEBALL – MIXED DOUBLES

| | | | | |
|-------|--------|---------|------------|--------------|
| 50-59 | Gold | Sue | Thaler | Arlington |
| | Gold | Michael | Thaler | Arlington |
| 60-69 | Silver | Marian | Lapp | Arlington |
| | Silver | Steven | Valiant | Springfield |
| | Gold | Jackie | Cubero | Arlington |
| | Gold | Michael | Knight | Falls Church |
| 70-79 | Silver | Karen | Pearson | McLean |
| | Silver | Donald | Tomb | Arlington |
| | Bronze | Fran | Dudick | Arlington |
| | Bronze | Steven | Napoliello | Manassas |
| 70-79 | Gold | Chris | May | Alexandria |
| | Gold | Robert | West | Alexandria |
| | Silver | Mary | Owen | Arlington |
| | Silver | Jerry | Abbott | Arlington |
| 70-79 | Gold | Barbara | Jamborsky | Reston |
| | Gold | Mike | Marrone | Alexandria |
| | Silver | Wendy | Straub | Springfield |
| | Silver | Del | Wilson | Burke |
| 70-79 | Bronze | Sun Y. | Yang | Arlington |
| | Bronze | Horacio | Reyes | Arlington |
| | 4 | Donald | Kocher | Arlington |
| 4 | Alease | Brooks | Arlington | |

PICKLEBALL – DOUBLES – WOMEN

| | | | | |
|-------|--------|---------|-----------|------------|
| 50-59 | Gold | Sue | Thaler | Arlington |
| | Gold | Fran | Dudick | Arlington |
| 60-69 | Gold | Marian | Lapp | Arlington |
| | Gold | Karen | Pearson | McLean |
| 60-69 | Silver | Jackie | Cubero | Arlington |
| | Silver | Chris | May | Alexandria |
| 70-79 | Gold | Jo | Ferry | Alexandria |
| | Gold | Sun Y. | Yang | Arlington |
| 70-79 | Silver | Barbara | Jamborsky | Reston |
| | Silver | Alease | Brooks | Arlington |

PICKLEBALL – DOUBLES – MEN

| | | | | |
|-------|------------------|--------------------|------------------------|--------------------------|
| 50-59 | Gold Gold | Franz Corwin | Roland Umbach | Oakton Arlington |
| | Silver Silver | Steven Steve | Valiant Napoliello | Springfield |
| | Bronze Bronze | Michael Stephen | Anderson Nurre | Arlington Annandale |
| 60-69 | Gold Gold | Toui Donald | Pomsouvan Tomb | Arlington Arlington |
| | Bronze Bronze | Dawit Jerry | Tesfamichael Abbott | Arlington Arlington |
| | Silver Silver | Robert Joseph | West Smith | Alexandria Alexandria |
| 70-79 | Gold Gold | Herb Lawrence | Levitan Mason | Arlington Arlington |
| | Silver Silver | Gerard Robert | De la Cruz Kelly | Arlington Arlington |
| | Bronze Bronze | Gerald Harry | Rhoads Walsh | Burke Fairfax |
| | 4 4 | Woody Horacio | Hair Reyes | Arlington Arlington |

PICKLEBALL – SINGLES – WOMEN

| | | | | |
|-------|----------------|----------------|-----------------|-------------------------|
| 50-59 | Gold Silver | Sue Linda | Thaler Sholl | Arlington Arlington |
| 60-69 | Gold Silver | Helen Chris | White May | Arlington Alexandria |
| 70-79 | Gold | Sun Y. | Yang | Arlington |
| 80-89 | Gold | Alease | Brooks | Arlington |

PICKLEBALL – SINGLES – MEN

| | | | | |
|-------|-------------------------------|---|--|--|
| 50-59 | Gold Silver | Stephen Steven | Nurre Valiant | Annandale Springfield |
| 60-69 | Gold Silver | Michael Robert | Thaler West | Arlington Alexandria |
| 70-79 | Gold Silver Bronze 4 | Donald Joseph Jerry Herb Gerard Jim Don Horacio Gerald Del | Tomb Smith Abbott Levitan De la Cruz Joyner Meeks Reyes Rhoads Wilson | Arlington Alexandria Arlington Arlington Arlington Arlington Alexandria Arlington Burke Burke |
| 80-89 | Gold Silver | Harry Joseph | Walsh Clement | Fairfax Springfield |

RACQUETBALL – WOMEN

| | | | | |
|---------|--------------------------|---------------------|---------------------------|---------------------------------------|
| 55 – 59 | Gold Silver Bronze | Sue Diane Keg | Thaler Bruning Good | Arlington Alexandria Woodbridge |
| 65 – 69 | Gold Silver | Charlotte Fran | Perdue Dudick | Arlington Arlington |

RACQUETBALL – MEN

| | | | | |
|---------|------|-----|----------|----------|
| 55 – 59 | Gold | Ron | Rohrbach | Dumfries |
| 60 – 65 | Gold | Jay | Wald | Fairfax |
| 75 – 79 | Gold | Dan | Clark | Lorton |

ROWING – 2 Km - WOMEN (NEW IN 2013)

| | | | | | |
|-------|----------------|------------------|-------------------|-------------------------|---------------------|
| 50-59 | Gold | Keg | Good | Woodbridge | 11:59.3* |
| 60-69 | Gold Silver | Sheila Pamela | Brown Stratton | Woodbridge Arlington | 10:47.9* 11:18.8 |
| 70-79 | Gold | Marge | Fatula | Woodbridge | 12:09.5* |
| 80-89 | Gold | Sheila | Gildea | McLean | 12:22.5* |

ROWING – 2 Km - MEN (NEW IN 2013)

| | | | | | |
|-------|---|--|---|--|--|
| 50-59 | Gold | Douglas | Hill | Woodbridge | 8:32.8* |
| 60-69 | Gold Silver Bronze | David Thomas William | Jerome Garasic Kinsella | Haymarket Manassas Alexandria | 9:14.8* 9:29.6 10:07.1 |
| 70-79 | Gold Silver Bronze 4 5 6 | Peter Herb George Paul Victor Charles | McGuirk Levitan Brockway Gesswein Litwinski Toftoy | Arlington Arlington Arlington Sterling McLean Arlington | 7:18.8* 8:32.4 9:09.0 9:25.1 9:33.7 11:22.8 |
| 80-89 | Gold | Nicholas | Fidandis | Alexandria | 10:43.4* |

SCRABBLE – COED

| All Ages | | | | | Wins | Losses | Tie | Score |
|----------|--------|-----------|----------|--------------|------|--------|-----|-------|
| | Gold | Irene | Awret | Falls Church | 3 | 0 | 0 | 134 |
| | Silver | Ellen | Harland | Alexandria | 3 | 0 | 0 | 97 |
| | Bronze | Rosemary | Hartman | Annandale | 2 | 1 | 0 | 139 |
| | | Mary Jane | Meyer | Alexandria | 2 | 1 | 0 | 81 |
| | | Barbara | Phillips | Alexandria | 2 | 1 | 0 | 74 |
| | | Elizabeth | Pagan | Fairfax | 2 | 1 | 0 | 52 |
| | | Ruth | Sigerson | Sterling | 2 | 1 | 0 | 16 |
| | | Fidelita | Levy | Alexandria | 2 | 1 | 0 | 11 |
| | | Carolyn | Dubose | Arlington | 1 | 1 | 1 | 31 |
| | | Cheryl | Carnahan | Alexandria | 1 | 1 | 1 | -62 |
| | | Bruce | Fisher | Fairfax | 1 | 2 | 0 | 97 |
| | | Judith | Bromberg | Alexandria | 1 | 2 | 0 | 60 |
| | | David | Robinson | Arlington | 1 | 2 | 0 | -25 |
| | | Jean | Varney | Alexandria | 1 | 2 | 0 | -74 |
| | | Judy | Fisher | Fairfax | 0 | 3 | 0 | -281 |
| | | Doris | Woodring | Lake Ridge | 0 | 1 | 0 | -81 |

SOFTBALL HIT – WOMEN

| | | | | | |
|-------|------|---------|--------------|--------------|---------|
| 55-59 | Gold | Carolyn | Dalton | Alexandria | 92' |
| 60-64 | Gold | Danita | Arone | Manassas | 104' 4" |
| 65-69 | Gold | Mary | Schade | Arlington | 90' 3" |
| 70-74 | Gold | Mary | Dalessandris | Falls Church | 90' 3" |

SOFTBALL HIT – MEN

| | | | | | |
|-------|----------|----------------|-----------|-------------|----------|
| 55-59 | Gold | Scott | Triplett | Haymarket | 221' 2" |
| 60-64 | Gold | Gregory | Culp | Woodbridge | 196' 0" |
| | Silver | Doug | Hastings | Alexandria | 186' 1" |
| | Bronze | Thomas | Garasic | Manassas | 167' 9" |
| 65-69 | Gold | Charles | Kleymeyer | Arlington | 185' 4" |
| | Silver | Thomas | Sullivan | Oakton | 174' 7" |
| | Bronze | John | Cordyack | Reston | 144' 6" |
| 70-74 | Gold | Carlos | Rodriguez | Dumfries | 105' 11" |
| | Silver | Herb | Levitan | Arlington | 100' 11" |
| | Bronze | Richard (Dick) | Stohr | Springfield | 97' 5" |
| 75-79 | Gold | Jim | Joyner | Arlington | 160' 11" |
| | Silver | Andrew | Dixon | Fairfax | 144' 9" |
| | Bronze | Charles | Toftoy | Arlington | 110' 8" |
| | | 4 William | Nehrke | Arlington | 103' 2" |
| | 5 Renold | Beck | Fairfax | 80' 3" | |

SOFTBALL THROW – WOMEN

| | | | | | |
|-------|----------------|----------------|------------------|-----------------------|------------------|
| 55-59 | Gold Silver | Sue Carolyn | Hedges Dalton | Ashburn Alexandria | 86' 4" 70' 9" |
| 60-64 | Gold | Danita | Arone | Manassas | 69' 10" |
| 65-69 | Gold | Mary | Schade | Arlington | 63' 2" |
| 70-74 | Gold | Mary | Dalessandris | Falls Church | 36' |

SOFTBALL THROW – MEN

| | | | | | |
|-------|------------------------------------|--|---|--|---|
| 50-54 | Gold | Robert | Miller | Alexandria | 123' 9" |
| 55-59 | Gold Silver | Scott Charles | Triplett Crum | Haymarket Bealeton | 167' 10" 99' 10" |
| 60-64 | Gold Silver Bronze | Doug Thomas Gregory | Hastings Garasic Culp | Alexandria Manassas Woodbridge | 151' 7" 127' 11" 92' |
| 65-69 | Gold Silver Bronze | Thomas Charles John | Sullivan Kleymeyer Cordyack | Oakton Arlington Reston | 155' 9" 89' 1" 80' 7" |
| 70-74 | Gold Silver Bronze 4 5 | Bernhard Herb Carlos Dell Richard (Dick) | Stamm Levitan Rodriguez Pendergrast Stohr | Ashburn Arlington Dumfries McLean Springfield | 144' 4" 97' 8" 77' 4" 71' 7" 62' 5" |
| 75-79 | Gold Silver Bronze 4 5 | Jim Andrew Renold Paul William | Joyner Dixon Beck Hession Nehrke | Arlington Fairfax Fairfax Falls Church Arlington | 128' 7" 127' 1" 75' 3" 74' 5" 73' 10" |

SWIMMING – BACKSTROKE 50 YARDS – WOMEN

| | | | | | |
|-------|----------------|------------------|--------------------|------------------------|------------------|
| 50-54 | Gold | MacKenzie | Kearney | Arlington | 40.21 |
| 55-59 | Gold | Marge | Golden | Alexandria | 43.25 |
| 60-64 | Gold | Carol | Mackela | Arlington | 58.28 |
| 65-69 | Gold Silver | Mary Jennifer | Schade Johnston | Arlington Annandale | 52.69 1:25.90 |
| 70-74 | Gold | Jane | Geison | Haymarket | 1:01.97 |
| 75-79 | Gold | Joyce | Tobias | Haymarket | 1:23.88 |
| 90-94 | Gold | Minna | Hamner | Fairfax Station | 1:21.66 |

SWIMMING – BACKSTROKE 50 YARDS – MEN

| | | | | | |
|-------|-------------------------------|-----------------------------------|--|--|-----------------------------------|
| 50-54 | Gold | Tom | Gittins | Falls Church | 30.18 |
| 55-59 | Gold Silver | Ralph Douglas | Swiger Hill | Leesburg Woodbridge | 41.72 45.90 |
| 60-64 | Gold | Thomas | Garasic | Manassas | 49.47 |
| 65-69 | Gold Silver Bronze 4 | Kevin Bruce Charles Eiji | Culhane Fisher Kleymeyer Yasuhara | Lorton Fairfax Arlington Sterling | 34.91* 35.84 46.87 52.47 |

| SWIMMING – BACKSTROKE 50 YARDS – MEN Continued | | | | | |
|---|---------------------------------|------------------------------|-----------------------------------|---|------------------------------------|
| 70-74 | Gold 2 | Herb Carlos | Levitan Rodriguez | Arlington Dumfries | 49.34 59.32 |
| 75-79 | Gold | Paul | Gesswein | Sterling | 54.50 |
| 80-84 | Gold Silver Bronze DNF | Lou Harry Phil John | Brown Walsh Case Gouldin | Leesburg Fairfax Springfield Annandale | 53.00 55.44 56.87 1:13.75 |
| 85-89 | Gold | Gilbert | Robinson | McLean | 1:21.28 |

SWIMMING – BREASTSTROKE 50 YARDS – WOMEN

| | | | | | |
|-------|----------------|--------------------|--------------------|------------------------|--------------------|
| 50-54 | Gold Silver | MacKenzie Janet | Kearney Palfey | Arlington Fairfax | 46.25 48.94 |
| 55-59 | Gold | Marge | Golden | Alexandria | 47.19 |
| 65-69 | Gold Silver | Mary Jennifer | Schade Johnston | Arlington Annandale | 1:04.69 1:41.97 |
| 70-74 | Gold | Jane | Geison | Haymarket | 1:18.60 |
| 75-79 | Gold | Joyce | Tobias | Haymarket | 1:42.19 |
| 80-84 | Gold | Sheila | Gildea | Mc Lean | 1:43.57 |
| 90-94 | Gold | Minna | Hamner | Fairfax Station | 1:48.44 |

SWIMMING – BREASTSTROKE 50 YARDS – MEN

| | | | | | |
|-------|---|---|---|--|---|
| 50-54 | Gold | Mark | Harris | Alexandria | 34.31 |
| 55-59 | Gold Silver | Ralph Douglas | Swiger Hill | Leesburg Woodbridge | 45.06 54.59 |
| 60-64 | Gold Silver Bronze | Edwin Xiaobang Thomas | Allen Shi Garasic | Arlington Sterling Manassas | 51.44 51.50 1:00.66 |
| 65-69 | Gold Silver Bronze 4 5 6 | Kevin Bruce Garth William Eiji Charles | Culhane Fisher Adcock Takakoshi Yasuhara Kleymeyer | Lorton Fairfax Alexandria Oakton Sterling Arlington | 39.06* 42.69 42.94 43.87 44.72 52.31 |
| 70-74 | Gold Silver Bronze | John Herb Carlos | Dineen Levitan Rodriguez | Springfield Arlington Dumfries | 46.97 47.00 55.00 |
| 75-79 | Gold Silver | James W.C. Paul | Chang Gesswein | Oakton Sterling | 1:00.20 1:11.50 |
| 80-84 | Gold Silver Bronze | Vsevolod Phil John | Ivanov Case Gouldin | Arlington Springfield Annandale | 54.28* 1:04.29 1:23.87 |
| 90-94 | Gold | Mohammad | Assareh | Ashburn | 1:31.00 |

SWIMMING – FREESTYLE 50 YARDS – WOMEN

| | | | | | |
|-------|--------|-----------|----------|-----------------|---------|
| 50-54 | Gold | MacKenzie | Kearney | Arlington | 35.66 |
| | Silver | Janet | Palfey | Fairfax | 40.94 |
| 55-59 | Gold | Marge | Golden | Alexandria | 40.31 |
| 60-64 | Gold | Carol | Mackela | Arlington | 53.94 |
| 65-69 | Gold | Marie | Baumann | Arlington | 45.75 |
| | Gold | Anne | Moore | Gainesville | 45.75 |
| | Silver | Mary | Schade | Arlington | 47.81 |
| | Bronze | Jennifer | Johnston | Annandale | 1:11.12 |
| 70-74 | Gold | Jane | Geison | Haymarket | 1:04.69 |
| 75-79 | Gold | Joyce | Tobias | Haymarket | 1:25.72 |
| | Silver | Fidelita | Levy | Alexandria | 1:28.29 |
| 90-94 | Gold | Minna | Hammer | Fairfax Station | 1:23.78 |

SWIMMING – FREESTYLE 50 YARDS– MEN

| | | | | | |
|-------|--------|-----------|-----------|-------------|---------|
| 50-54 | Gold | Mark | Harris | Alexandria | 27.22 |
| 55-59 | Gold | Douglas | Hill | Woodbridge | 32.78 |
| | Silver | Ralph | Swiger | Leesburg | 36.10 |
| 60-64 | Gold | Jim | Donahue | Oakton | 31.00 |
| | Silver | Thomas | Garasic | Manassas | 39.88 |
| 65-69 | Gold | Kevin | Culhane | Lorton | 28.56* |
| | Silver | Bruce | Fisher | Fairfax | 29.56 |
| | Bronze | Vince | Romano | Annandale | 36.75 |
| | | 4 Charles | Kleymeyer | Arlington | 36.97 |
| | | 5 Eiji | Yasuhara | Sterling | 41.31 |
| 70-74 | Gold | John | Dineen | Springfield | 35.59 |
| | Silver | Herb | Levitan | Arlington | 38.56 |
| | Bronze | Carlos | Rodriguez | Dumfries | 46.00 |
| 75-79 | Gold | Paul | Gesswein | Sterling | 46.44 |
| 80-84 | Gold | Harry | Walsh | Fairfax | 47.57 |
| | Silver | Lou | Brown | Leesburg | 48.59 |
| | Bronze | Phil | Case | Springfield | 58.21 |
| | | 4 John | Gouldin | Annandale | 1:12.16 |

SWIMMING – FREESTYLE 900 YARDS (~HALF MILE) – WOMEN

| | | | | | |
|-------|--------|----------|----------|------------|-------|
| 50-54 | Gold | Janet | Palfey | Fairfax | 16:49 |
| 55-59 | Gold | Marge | Golden | Alexandria | 15:10 |
| | Silver | Sharon | O'Neill | Annandale | 16:27 |
| | Bronze | Susan | Davies | Arlington | 17:57 |
| 60-64 | Gold | Carol | Mackela | Arlington | 23:36 |
| 65-69 | Gold | Marie | Baumann | Arlington | 17:03 |
| | Silver | Jennifer | Johnston | Annandale | 24:29 |
| 75-79 | Gold | Joyce | Tobias | Haymarket | 25:47 |
| 80-84 | Gold | Carol | Cornutt | Lake Ridge | 30:19 |

SWIMMING – FREESTYLE 900 YARDS (~HALF MILE) – MEN

| | | | | | |
|-------|--------|------------|-----------|--------------|-------|
| 50-54 | Gold | Mark | Harris | Alexandria | 11:17 |
| | Silver | Tom | Gittins | Falls Church | 12:04 |
| 55-59 | Gold | Douglas | Hill | Woodbridge | 17:59 |
| 60-64 | Gold | James | Hill | Springfield | 13:20 |
| | Silver | Jim | Donahue | Oakton | 13:38 |
| 65-69 | Gold | Bruce | Fisher | Fairfax | 12:50 |
| | Silver | Vince | Romano | Annandale | 16:09 |
| | Bronze | Eiji | Yasuhara | Sterling | 20:11 |
| | 4 | Charles | Kleymeyer | Arlington | 21:00 |
| 70-74 | Gold | Herb | Levitan | Arlington | 17:34 |
| | Silver | Carlos | Rodriguez | Dumfries | 25:56 |
| 75-79 | Gold | Paul | Gesswein | Sterling | 25:13 |
| | Silver | James W.C. | Chang | Oakton | 28:36 |
| 80-84 | Gold | Lou | Brown | Leesburg | 21:23 |
| | Silver | Harry | Walsh | Fairfax | 27:49 |

TABLE TENNIS – WOMEN

| | | | | |
|-------|--------|---------|-----------------|------------|
| 50-59 | Gold | Ergita | MacLaughlin | Reston |
| | Silver | Jenny | Lang | Mclean |
| 60-69 | Gold | Dorothy | Woods | Alexandria |
| | Silver | Lily | Tien-Sing-Young | Alexandria |
| 70-79 | Gold | Lilas | Samirad | Lansdowne |
| | Silver | Sun Y. | Yang | Arlington |

TABLE TENNIS – MEN

| | | | | |
|-------|--------|-----------|-----------|-----------------|
| 50-59 | Gold | John | Olsen | Annandale |
| | Silver | Hung | Pham | Falls Church |
| | Bronze | Walter | Weber | Alexandria |
| 60-69 | Gold | Weishuang | Qu | Herndon |
| | Silver | Su | Bao | Falls Church |
| | Bronze | Shaw | Zee | Fairfax Station |
| | 4 | Thomas | Garasic | Manassas |
| | 5 | Richard | Johnson | Arlington |
| | 5 | Mohammad | Waseem | Centreville |
| 70-79 | Gold | Hae Mun | Byun | Alexandria |
| | Silver | John | Papp | Nokesville |
| | Bronze | Ram | Krisn | Ashburn |
| | 4 | Jia Hua | Lin | Reston |
| | 5 | Andrew | Dixon | Fairfax |
| | 5 | Indra | Gupta | Centreville |
| | 5 | Gerhard | Jung | Woodbridge |
| | 5 | Rajendra | Prasad | Sterling |
| | 9 | Herman | Hohausen | Alexandria |
| 9 | Herb | Levitan | Arlington | |
| 9 | Pragji | Patel | Ashburn | |

TABLE TENNIS - MEN Continued

| | | | | |
|-------|--------|---------|------------|-------------|
| 80-89 | Gold | Hexin | Zhou | Fairfax |
| | Silver | Edward | Scaccio | Dumfries |
| | Bronze | Joseph | Clement | Springfield |
| | 4 | Gilbert | Robinson | McLean |
| | 5 | Roland | Dionne | Lansdowne |
| | 5 | John | Gouldin | Annandale |
| | 5 | James | Greenquist | Alexandria |
| | 5 | Robert | Kelly | Arlington |

TENNIS - SINGLES - WOMEN

| | | | | |
|-------|------|-----------|--------|-------------|
| 50-59 | Gold | Paula | Harris | Centreville |
| 70-79 | Gold | Katherine | Tax | Bealeton |

TENNIS - SINGLES - MEN

| | | | | |
|-------|--------|----------|-------------|-----------------|
| 50-59 | Gold | James | Callan | Arlington |
| | Silver | Jaime | Chica | Leesburg |
| | Bronze | Dan | Austin | Fairfax Station |
| | 4 | Scott | Triplett | Haymarket |
| 60-69 | Gold | Robert | Drosdzal | Lansdowne |
| | Silver | Thomas | Payne | Woodbridge |
| | Bronze | Donald | Chendorain | Woodbridge |
| | 4 | Greg | Rothwell | Great Falls |
| 70-79 | Gold | Albert | Grossi | Arlington |
| | Silver | Dell | Pendergrast | McLean |
| | Bronze | Barton | Richwine | McLean |
| | 4 | Donald | Tomb | Arlington |
| | | Tony | Beale | Springfield |
| | | L. Wayne | Bell | Annandale |
| | | Gerard | De la Cruz | Arlington |
| | | James | Fuller | Burke |
| | | Joseph | Hight | Springfield |
| | | Gerhard | Jung | Woodbridge |
| | | Nelson | Kieff | Fairfax |
| | | Randy | Langston | Alexandria |
| | | John | Lee | Springfield |
| | | Daniel | Mancini | Alexandria |
| | | Joseph | Smith | Alexandria |
| | | Don | Sotirchos | Oak Hill |
| | | Jim | Viggiani | Manassas |
| 80-89 | Gold | Norman | Williams | Vienna |
| | Silver | Phil | Case | Springfield |

TENNIS - DOUBLES - WOMEN

No Competiton

TENNIS - DOUBLES - MEN

| | | | | |
|-------|--------|----------|-----------|-----------------|
| 50-59 | Gold | Cecil | Case | Fairfax Station |
| | Gold | Bob | Howe | Alexandria |
| | Silver | Alan | Roberson | Fairfax |
| | Silver | Eric | Ramsing | Alexandria |
| | Bronze | Randolph | Miller | Bristow |
| | Bronze | Larry | Blair | Bristow |
| 60-69 | Gold | Sam | Bedford | Nokesville |
| | Gold | Barry | Herrmann | Manassas |
| | Silver | Noriega | James | Burke |
| | Silver | John | Lee | Springfield |
| 70-79 | Gold | Albert | Grossi | Arlington |
| | Gold | Donald | Tomb | Arlington |
| | Silver | L. Wayne | Bell | Annandale |
| | Silver | Robert | Wilkinson | Fairfax |
| | Bronze | William | Hicks | Fairfax |
| | Bronze | Gerald | Rhoads | Burke |
| | | Gordon | Lee | Burke |
| | | Bob | Westall | Annandale |
| | | Randy | Langston | Alexandria |
| | | Jim | Viggiani | Manassas |
| 80-89 | Gold | Robert | Barnard | Annandale |
| | Gold | Norman | Williams | Vienna |
| | Silver | Phil | Case | Springfield |
| | Silver | Thomas | Jacobs | Manassas |

TENNIS - MIXED DOUBLES

| | | | | |
|-------|------------------|-------------------|---------------------|--------------------------|
| 60-69 | Gold Gold | Sharon Bob | Timmons Howe | Alexandria Alexandria |
| 70-79 | Gold Gold | Carol Don | Noggle Sotirchos | Gainesville Oak Hill |
| | Silver Silver | Carol L. Wayne | Vann Bell | Alexandria Annandale |
| | Bronze Bronze | Kelly Gerald | Mccaffery Rhoads | Springfield Burke |

VOLLEYBALL – WOMEN

| | | | | |
|---------|--------|--------------|---|--|
| 50 - 54 | Gold | Once Again | Yamel N. Abanez Marlene Flores Rosario Gomez-Garcia Gloria M. Ruiz Eybi Sanchez Stephanie Vandeveire | Alexandria Falls Church Alexandria Springfield Burke Springfield |
| | Silver | Pass it on | Christy L. Adair Ana Gross Nelly Paredes Elizabeth Taylor Sujin Testa Diana Tracy | Springfield Vienna Burke Alexandria Great Falls Alexandria |
| | Bronze | Lady Maniacs | Denise Corcoran Leslie Crawford Diane Howard Janet Nevius Stephanie Oetjen Linda Sholl | Springfield Annandale Alexandria Springfield Alexandria Arlington |
| 55 - 59 | Gold | VaVa Voom | Mary Anne Creech Catherine Cannenberg Joyce Kwiatkowski-Spieler Connie Lindsley Colleen Nevius Judy Olson Francine Shayka | Herndon Alexandria Sterling Arlington Arlington Fairfax Hamilton |
| | Silver | Bolivia | Carmen Decker Anjelica Perez Gloria Pinto Teresa Saravia Jenny Sherr Ada Vera | Falls Church Fairfax Falls Church Springfield Springfield Springfield |

VOLLEYBALL – WOMEN Continued

| | | | | |
|---------|------|--------------------|---|--|
| 60 - 64 | Gold | Volleyball Diggers | Sue Fischer Carmela Miller Kaye Moody Kristi Nickerson Ponder Laura Marilyn Zett | Haymarket Arlington Alexandria Reston Manassas Vienna |
|---------|------|--------------------|---|--|

VOLLEYBALL – MEN

| | | | | | |
|----------|--------|-------------------|---|---|---|
| All ages | Gold | Lost Dogs | Gary Walter Ricardo Bard Jim Alan Mark | Dwyier Earley Esquer-Blasco Jackson Joyner Leinbach Roberts | Falls Church Arlington Arlington Falls Church Arlington Arlington Arlington |
| | Silver | Vienna Volleyball | Rey Paul David George Jawad William Loc | Aguilar Bernhardt Corcoran Moy Naciri Pearson Tran | Haymarket Alexandria Springfield Falls Church Arlington McLean McLean |

WII BOWLING – WOMEN

| | | | | | |
|-------|--------|-----------|------------|--------------|------|
| 50-59 | Gold | Sue | Thaler | Arlington | 600* |
| | Silver | Susan | Lasher | Manassas | 384 |
| 60-69 | Gold | Andrea | Strosnider | Alexandria | 525 |
| | Silver | Fran | Dudick | Arlington | 456 |
| 70-79 | Gold | Martha | Siemering | Springfield | 687 |
| | Silver | Dona | Hobbs | Lake Ridge | 636 |
| | Bronze | Violet | Fenty | Arlington | 577 |
| | 4 | Joan | White | Springfield | 569 |
| | 5 | Sharon | Steen | Alexandria | 563 |
| | 6 | Jean | McDaniel | Alexandria | 483 |
| | 7 | Shirley | Crist | Lake Ridge | 461 |
| | 8 | Marianne | Graves | Arlington | 448 |
| | 9 | Helga | Flory | Falls Church | 431 |
| | 10 | Victoria | Morriberon | Arlington | 420 |
| | 11 | Aida | O'Sullivan | Alexandria | 409 |
| | 12 | Betty | Seybold | Lake Ridge | 407 |
| 80-89 | Gold | Anne | Genakos | Alexandria | 648 |
| | Silver | Willa Mae | Graham | Arlington | 625 |
| | Bronze | Doris | Kaplan | Alexandria | 556 |

WII BOWLING – WOMEN Continued

| | | | | | | |
|-------|-------|--------------|-----------|--------------|-------------|------|
| 80-89 | 4 | Marjorie | Lawrence | Falls Church | 540 | |
| | 5 | Helen | Henderson | Falls Church | 534 | |
| | 6 | Lillian | Wachter | Springfield | 530 | |
| | 7 | Ruth | Burack | Sterling | 528 | |
| | 8 | Harriett | Way | Lake ridge | 505 | |
| | 9 | Gloria | Deuel | Springfield | 504 | |
| | 10 | Marcy Rollin | Guillod | Sterling | 497 | |
| | 11 | Emily | Martin | Lake Ridge | 467 | |
| | 12 | Ruth | Hare | Alexandria | 422 | |
| | 13 | Wilma | Meeker | Alexandria | 410 | |
| | 14 | Ione | Braswell | Sterling | 360 | |
| | 15 | Joyce | Knapp | Alexandria | 340 | |
| | 90-99 | Gold | Vivian | Mitchell | Springfield | 624* |
| | | Silver | Maria | Kennedy | Alexandria | 501 |
| | | Bronze | Peggy | Knowlton | Alexandria | 469 |
| 4 | | Frances | McComb | Alexandria | 466 | |
| 100+ | Gold | Doris | Woodring | Lake Ridge | 419* | |

WII BOWLING – MEN

| | | | | | |
|-------|--------|----------------|----------|--------------|------|
| 60-69 | Gold | Joseph | Simpson | Alexandria | 603 |
| | Silver | Rene | Robert | Alexandria | 566 |
| | Bronze | Charles | McCottry | Arlington | 529 |
| | 4 | Arland | Long | Alexandria | 526 |
| | 5 | William | Wynn | Alexandria | 384 |
| 70-79 | Gold | Ed | Ladd | Sterling | 815* |
| | Silver | Peter | Elenois | Alexandria | 525 |
| | Bronze | Jack | Martin | Falls Church | 493 |
| | 4 | Richard (Dick) | Stohr | Springfield | 454 |
| | 5 | George | Dodson | Burke | 387 |
| | 6 | Leonard | Anderson | Alexandria | 367 |
| 80-89 | Gold | Lawrence | Earl | Springfield | 665 |
| | Silver | Ted | Campbell | Springfield | 637 |
| | Bronze | Eckehard | Muessig | Springfield | 571 |
| | 4 | Jay | Parsons | Springfield | 521 |
| | 5 | James | Upp | Springfield | 509 |
| | 6 | Hilliard | Holbrook | Burke | 426 |
| 90-99 | Gold | Robert | Zikowitz | Springfield | 607 |
| | Silver | Raymond | Kaminski | Springfield, | 601 |
| | Bronze | Raymond | Wright | Springfield | 578 |
| | 4 | Cldye | Ridgely | Alexandria | 484 |
| | 5 | Joseph | Sahaj | Alexandria | 479 |
| | 6 | Jakc | Keith | Alexandria | 470 |
| | 7 | Duke | Thompson | Sterling | 453 |

TRACK & FIELD

LONG JUMP, STANDING - WOMEN

| | | | | | |
|-------|----------------|--------------|---------------|-------------------------|----------------|
| 55-59 | Gold Silver | Keg Linda | Good Sholl | Woodbridge Arlington | 5' 5" 2' 5" |
| 80-84 | Gold | Alease | Brooks | Arlington | 2' 11" |

LONG JUMP, STANDING - MEN

| | | | | | |
|-------|--------|----------|-----------|--------------|----------|
| 55-59 | Gold | Douglas | Hill | Woodbridge | 6' 2.5" |
| 60-64 | Gold | David | Viar | Centreville | 6' 9.5" |
| | Silver | Charles | Appler | Springfield | 6' 9" |
| | Bronze | Anthony | Williams | Arlington | 6' 8" |
| | 4 | Doug | Hastings | Alexandria | 6' 7" |
| | 5 | Wendell | Williams | Warrenton | 6' 5.5" |
| | 6 | Thomas | Garasic | Manassas | 6' 3" |
| 65-69 | Gold | Robert | Eaheart | Springfield | 6' 2.5" |
| | Silver | Charles | Kleymeyer | Arlington | 5' 10.5" |
| | Bronze | Donald | Meli | Annandale | 5' 7" |
| | 4 | John | Cordyack | Reston | 5' 5" |
| 70-74 | Gold | Bernhard | Stamm | Ashburn | 7' 1" |
| | Silver | Curtis | Morgan | Falls Church | 6' 8.5" |
| | Bronze | Parviz | Youssefi | Gainesville | 6' 5" |
| | 4 | Carlos | Rodriguez | Dumfries | 5' 5" |
| | 5 | Herb | Levitan | Arlington | 4' 7" |
| 75-79 | Gold | Dallas | Gibson | Leesburg | 3' 2.5" |
| | Silver | James | Hugo | Springfield | 3' 2" |
| 80-84 | Gold | Joseph | Clement | Springfield | 4' 8.5" |

LONG JUMP, RUNNING - WOMEN

| | | | | | |
|-------|------|--------|--------|-----------|---------|
| 55-59 | Gold | Linda | Sholl | Arlington | 3' 9.5" |
| 80-84 | Gold | Alease | Brooks | Arlington | 3' 9" |

LONG JUMP, RUNNING - MEN

| | | | | | |
|-------|---|--|---|---|--|
| 55-59 | Gold Silver | John Douglas | Shafran Hill | Great Falls Woodbridge | 11' 9.5 9' 6" |
| 60-64 | Gold Silver Bronze | David Doug Charles | Viar Hastings Appler | Centreville Alexandria Springfield | 13' 1" 11' 8" 11' 0" |
| 65-69 | Gold Silver Bronze 4 | Jeff Donald Robert Charles | Young Meli Eaheart Kleymeyer | McLean Annandale Springfield Arlington | 12' 0" 10' 0.5" 9' 10" 9' 5" |
| 70-74 | Gold Silver Bronze 4 5 6 | Bernhard Curtis Parviz Carlos Omer Herb | Stamm Morgan Youssefi Rodriguez Dalton Levitan | Ashburn Falls Church Gainesville Dumfries Alexandria Arlington | 12' 2.5" * 11' 7.5" 10' 3.5" 6' 10.5" 6' 7" 5' 2.5" |
| 75-79 | Gold | Jim | Joyner | Arlington | 7' 10" |
| 80-84 | Gold | Richard | Ernst | Springfield | 4' 4.5" |

HIGH JUMP -

No Competition

HIGH JUMP - MEN

| | | | | | |
|-------|------------------------------------|--|--|--|--|
| 55-59 | Gold | Douglas | Hill | Woodbridge | 3' 8" * |
| 60-64 | Gold Silver Silver 4 5 | Gerard Charles David Robert Doug | Nezet Appler Viar Silverstein Hastings | Arlington Springfield Centreville Springfield Alexandria | 4' 10" * 4' 0" 4' 0" 4' 0" 4' 0" |
| 65-69 | Gold Silver Bronze 4 | Jeff Robert George Donald | Young Eaheart Marmorino Meli | McLean Springfield Alexandria Annandale | 4' 0" 3' 8" 3' 8" 3' 4" |
| 70-74 | Gold Silver Bronze 4 | Curtis Bernhard Parviz Herb | Morgan Stamm Youssefi Levitan | Falls Church Ashburn Gainesville Arlington | 4' 6" * 4' 4" 4' 0" 3' 6" |
| 75-79 | Disqualified | James | Hugo | Springfield | 0' 0" |

MINI JAVELIN THROW - WOMEN

| | | | | | |
|-------|----------------|------------------|-------------------|-------------------------|-------------------|
| 55-59 | Gold Silver | Keg Linda | Good Sholl | Woodbridge Arlington | 42' 10" 40' 2" |
| 60-64 | Gold Silver | Arlene Danita | Vetensky Arone | Ashburn Manassas | 36' 1" 32' 9" |
| 65-69 | Gold | Carol | Stamm | Ashburn | 33' 7" * |
| 80-84 | Gold | Alease | Brooks | Arlington | 24' 3" |

MINI JAVELIN THROW - MEN

| | | | | | |
|-------|-------------------------------|---|---|---|--|
| 55-59 | Gold Silver | Douglas Scott | Hill Triplett | Woodbridge Haymarket | 84' 10" 77' 9" |
| 60-64 | Gold Silver | Doug Thomas Gerard | Hastings Garasic Nezet | Alexandria Manassas Arlington | 78' 11" 76' 4" FOUL OUT |
| 65-69 | Gold Silver Bronze 4 | George Donald David Ralph | Marmorino Meli Jerome Tapp | Alexandria Annandale Haymarket Warrenton | 90' 11" 70' 3" 64' 4" 45' 6" |
| 70-74 | 1 2 3 4 5 | Bernhard Richard Carlos Omer Herb | Stamm Santos Rodriguez Dalton Levitan | Ashburn Great Falls Dumfries Alexandria Arlington | 103' 10" * 60' 0" 59' 4" 55' 6" 40' 1" |
| 75-79 | Gold Silver | Renold Dallas | Beck Gibson | Fairfax Leesburg | 49' 9" 37' 5" |
| 90-94 | Gold | Charles | Pistorino | McLean | 43' 7" * |

SHOT PUT - WOMEN

| | | | | | |
|-------|--------|-----------|---------|------------|-------------|
| 55-59 | Gold | Keg | Good | Woodbridge | 23' 9.75" |
| 55-59 | Silver | Linda | Sholl | Arlington | 18' 9.5" |
| 80-84 | Gold | Sheila | Gildea | Mc Lean | 19' 8.25" * |
| 90-94 | Gold | Josephine | Stewart | Manassas | 18' 6.5" * |

SHOT PUT - MEN

| | | | | | |
|-------|---|---|--|--|---|
| 55-59 | Gold | Douglas | Hill | Woodbridge | 23' 2.25" |
| 60-64 | Gold Silver Bronze | Jim David Thomas | Donahue Viar Garasic | Oakton Centreville Manassas | 32" 4.75" 28" 4.25" 24' 8" |
| 65-69 | Gold Silver Bronze 4 | Jeff George Donald Ralph | Young Marmorino Meli Tapp | McLean Alexandria Annandale Warrenton | 32' 10.25" 28' 3" 22' 6.5" 20' 1.75" |
| 70-74 | Gold Silver Bronze 4 5 6 7 8 | Robert John Curtis Bernhard Victor Carlos Omer Richard | Price Deal Morgan Stamm Litwinski Rodriguez Dalton Santos | Vienna Reston Falls Church Ashburn McLean Dumfries Alexandria Great Falls | 36' 9.25" 33' 4" 32' 0" 30' 10.25" 26' 10.5" 23' 10.5" 23' 7" 20' 10.25" |

SHOT PUT - MEN Continued

| | | | | | |
|-------|--------|---------|-------------|-------------|-------------|
| 75-79 | Gold | Lloyd | Martin | Springfield | 21' 4.75" |
| | Silver | Renold | Beck | Fairfax | 20' 7" |
| | Bronze | Charles | Toftoy | Arlington | 19' 11.75" |
| | Bronze | Jim | Joyner | Arlington | 19' 11.75" |
| | 4 | Dallas | Gibson | Leesburg | 17' 9.75" |
| 5 | James | Hugo | Springfield | 15' 5.25" | |
| 80-84 | Gold | Harold | Mueller | Oakton | 19' 4.5" |
| 90-94 | Gold | Charles | Pistorino | McLean | 21' 9.25" * |

DISCUS - WOMEN

| | | | | | |
|-------|--------|-----------|---------|------------|----------|
| 55-59 | Gold | Keg | Good | Woodbridge | 47' 4" |
| | Silver | Linda | Sholl | Arlington | 37' 4" |
| 60-64 | Gold | Danita | Arone | Manassas | 42' 9" |
| 70-74 | Gold | Mandy | Whalen | Alexandria | 22' 7" |
| 80-84 | Gold | Sheila | Gildea | McLean | 44' 9" * |
| 90-94 | Gold | Josephine | Stewart | Manassas | 33' 0" |

DISCUS - MEN

| | | | | | |
|-------|--------|---------|-----------|--------------|-----------|
| 50-54 | Gold | Tom | Gittins | Falls Church | 88' 10" |
| 55-59 | Gold | Douglas | Hill | Woodbridge | 53' 9" |
| 60-64 | Gold | Thomas | Garasic | Manassas | 92' 2" |
| | Silver | David | Viar | Centreville | 90' 3" |
| 65-69 | Gold | George | Marmorino | Alexandria | 108' 7" |
| | Silver | Donald | Meli | Annandale | 78' 3" |
| | Bronze | Ralph | Tapp | Warrenton | 52' 0" |
| 70-74 | Gold | Robert | Price | Vienna | 115' 5" * |
| | Silver | John | Deal | Reston | 80' 9" |
| | Bronze | Curtis | Morgan | Falls Church | 76' 10" |
| | 4 | Victor | Litwinski | McLean | 70' 3" |
| | 5 | Parviz | Youssefi | Gainesville | 65' 4" |
| | 6 | Richard | Santos | Great Falls | 62' 4" |
| | 7 | Carlos | Rodriguez | Dumfries | 59' 3" |
| | 8 | Omer | Dalton | Alexandria | 54' 8" |
| | 9 | Herb | Levitan | Arlington | 48' 6" |
| 75-79 | Gold | Jim | Joyner | Arlington | 38' 5" |
| | | Lloyd | Martin | Springfield | FOUL OUT |
| 90-94 | Gold | Charles | Pistorino | McLean | 54' 0" * |

TRACK - 60 METER RUN - WOMEN

| | | | | | |
|-------|--------|-----------|----------|------------|-------|
| 50-54 | Gold | Sherry | Booth | Lorton | 11.9 |
| 55-59 | Gold | Keg | Good | Woodbridge | 11.1 |
| 70-74 | Gold | Mandy | Whalen | Alexandria | 12.0* |
| 80-84 | Gold | Velma | Grier | Alexandria | 18.0 |
| | Silver | Alease | Brooks | Arlington | 18.7 |
| 90-94 | Gold | Josephine | Stewart | Manassas | 13.7* |
| | Silver | Eva | Sorensen | Alexandria | 26.9 |

TRACK – 60 METER RUN – MEN

| | | | | | |
|-------|--------|----------|------------|--------------|------|
| 55-59 | Gold | Charles | Crum | Bealeton | 8.3* |
| | Silver | Stephan | Moretti | Springfield | 9.6 |
| | Bronze | Clifton | Anderson | Warrenton | 9.9 |
| | Bronze | Michael | Zawadzki | Falls Church | 9.9 |
| | 4 | Douglas | Hill | Woodbridge | 9.9 |
| | 4 | John | Shafran | Great Falls | 9.9 |
| 60-64 | Gold | Schuyler | Webb | Arlington | 8.2 |
| | Silver | Wendell | Williams | Warrenton | 8.9 |
| | Bronze | Doug | Hastings | Alexandria | 9.4 |
| | 4 | Barry | Emswiler | Herndon | 10.0 |
| | 5 | Charles | Appler | Springfield | 10.2 |
| 65-69 | Gold | Gary | Gortenburg | Arlington | 10.7 |
| | Silver | Thomas | Horio | Fairfax | 11.0 |
| | Bronze | Donald | Meli | Annandale | 11.0 |
| | 4 | Eiji | Yasuhara | Sterling | 11.0 |
| | 5 | James | Spencer | Alexandria | 11.0 |
| 70-74 | Gold | Karl | Mueller | Alexandria | 11.3 |
| 75-79 | Gold | Joseph | Smith | Alexandria | 10.5 |
| | Silver | Jim | Joyner | Arlington | 11.4 |
| | Bronze | William | Nehrke | Arlington | 17.2 |
| 80-84 | Gold | Kent | Halstead | Arlington | 12.3 |
| | Silver | Nicholas | Fidandis | Alexandria | 15.0 |
| | Bronze | Richard | Ernst | Springfield | 19.0 |
| 85-89 | Gold | Leonard | Kalkwarf | Springfield | 19.0 |
| 90-94 | Gold | Gordon | Sorensen | Alexandria | 28.4 |

TRACK – 200 METER RUN – WOMEN

| | | | | | |
|-------|------|-----------|---------|------------|--------|
| 55-59 | Gold | Keg | Good | Woodbridge | 39.7 |
| 70-74 | Gold | Mandy | Whalen | Alexandria | 1:02.6 |
| 80-84 | Gold | Alease | Brooks | Arlington | 1:23.4 |
| 90-94 | Gold | Josephine | Stewart | Manassas | 51.0* |

TRACK – 200 METER RUN – MEN

| | | | | | |
|-------|--------|-----------|----------|--------------|------|
| 50-54 | Gold | Frederick | Thomas | Arlington | 31.3 |
| | Silver | Robert | Miller | Alexandria | 31.9 |
| 55-59 | Gold | Clifton | Anderson | Warrenton | 31.5 |
| | Silver | Stephan | Moretti | Springfield | 32.1 |
| | Bronze | Michael | Zawadzki | Falls Church | 32.6 |
| | 4 | Douglas | Hill | Woodbridge | 32.9 |
| 60-64 | Gold | Barry | Emswiler | Herndon | 34.5 |
| | Silver | Doug | Hastings | Alexandria | 34.9 |
| | Bronze | Charles | Appler | Springfield | 35.7 |
| | 4 | Jay | Wind | | 49.7 |

TRACK – 200 METER RUN – MEN Continued

| | | | | | |
|-------|--------|---------|----------|--------------|--------|
| 65-69 | Gold | Eiji | Yasuhara | Sterling | 32.9* |
| | Silver | Gary | Cook | Lovettsville | 35.4 |
| | Bronze | James | Spencer | Alexandria | 37.9 |
| | 4 | Donald | Meli | Annandale | 39.0 |
| | 5 | Thomas | Horio | Fairfax | 40.3 |
| 70-74 | Gold | Karl | Mueller | Alexandria | 48.1 |
| 75-79 | Gold | Joseph | Smith | Alexandria | 37.3 |
| | Silver | Robert | Hannah | Oakton | 52.2 |
| | Bronze | William | Nehrke | Arlington | 1:10.7 |
| 80-84 | Gold | Kent | Halstead | Arlington | 48.5 |

TRACK – 400 METER RUN – WOMEN

| | | | | | |
|-------|------|-------|--------|------------|---------|
| 70-74 | Gold | Mandy | Whalen | Alexandria | 2:21.3* |
|-------|------|-------|--------|------------|---------|

TRACK – 400 METER RUN – MEN

| | | | | | |
|-------|--------|-----------|----------|--------------|---------|
| 50-54 | Gold | Frederick | Thomas | Arlington | 1:06.8* |
| | Silver | Marty | Willis | Falls Church | 1:15.8 |
| 55-59 | Gold | Clifton | Anderson | Warrenton | 1:08.5 |
| | Silver | Stephan | Moretti | Springfield | 1:08.8 |
| | Bronze | Michael | Kappel | Arlington | 1:11.5 |
| | 4 | Michael | Zawadzki | Falls Church | 1:15.4 |
| 60-64 | Gold | Charles | Appler | Springfield | 1:23.2 |
| | Silver | Jay Jacob | Wind | Arlington | 1:39.1 |
| 65-69 | Gold | Gary | Cook | Lovettsville | 1:24.9 |
| | Silver | Donald | Meli | Annandale | 1:28.4 |
| | Bronze | James | Spencer | Alexandria | 1:43.0 |
| 75-79 | Gold | William | Nehrke | Arlington | 3:03.5 |
| 80-84 | Gold | Peter | Han | Alexandria | 1:48.2* |
| | Silver | Kent | Halstead | Arlington | 2:07.6 |

TRACK – 800 METER RUN – WOMEN

| | | | | | |
|-------|------|-------|--------|------------|---------|
| 70-74 | Gold | Mandy | Whalen | Alexandria | 5:37.7* |
|-------|------|-------|--------|------------|---------|

TRACK – 800 METER RUN – MEN

| | | | | | |
|-------|--------|-----------|----------|--------------|---------|
| 50-54 | Gold | Robert | Miller | Alexandria | 2:56.9 |
| | Silver | Marty | Willis | Falls Church | 3:07.8 |
| 55-59 | Gold | Clifton | Anderson | Warrenton | 2:41.5* |
| | Silver | Stephan | Moretti | Springfield | 2:43.7 |
| | Bronze | Michael | Zawadzki | Falls Church | 3:14.9 |
| 60-64 | Gold | Jay Jacob | Wind | Arlington | 3:18.8 |
| 65-69 | Gold | Stephen | Banks | Springfield | 3:10.9 |
| 70-74 | Gold | Brian | Forst | Reston | 4:24.3 |
| 75-79 | Gold | Paul | Hession | Falls Church | 4:47.4 |
| 80-84 | Gold | Peter | Han | Alexandria | 4:14.8* |

TRACK – 1600 METER RUN – WOMEN

| | | | | | |
|-------|------|-------|--------|------------|----------|
| 70-74 | Gold | Mandy | Whalen | Alexandria | 11:04.7* |
|-------|------|-------|--------|------------|----------|

TRACK – 1600 METER RUN – MEN

| | | | | | |
|-------|-------------------------------|---|---------------------------------------|---|---------------------------------------|
| 50-54 | Gold Silver | Ted Joseph | Poulos Stiskal | McLean Reston | 5:43.8 6:30.1 |
| 55-59 | Gold Silver Bronze 4 | Clifton Stephan Michael Walter | Anderson Moretti Kappel Wang | Warrenton Springfield Arlington Mclean | 5:47.0* 6:12.7 6:15.9 7:12.8 |
| 60-64 | Gold Silver | Jay Jacob Dale | Wind Howell | Arlington Burke | 6:39.9 7:00.6 |
| 65-69 | Gold Silver Bronze | Stephen Patrick Dennis | Banks Brown DeRiggi | Springfield Reston Arlington | 7:01.9 7:33.3 8:11.9 |
| 70-74 | Gold Silver | Brian G. Stan | Forst Brown | Reston Fairfax | 9:10.7 9:14.5 |
| 75-79 | Gold | Terence | McCarthy | Leesburg | 9:18.1 |
| 80-84 | Gold | Peter | Han | Alexandria | 9:03.6* |

TRACK – 400 METER WALK – WOMEN

| | | | | | |
|-------|--------------------------|-----------------------------|-----------------------------------|---|-----------------------------|
| 55-59 | Gold | Keg | Good | Woodbridge | 3:00.0 |
| 65-69 | Gold Silver Bronze | Josefina Debbi Mattie | Smith Miller Palmore | Centreville Fairfax Alexandria | 2:50.4* 3:07.3 5:04.5 |
| 70-74 | Gold Silver Bronze | Mandy Judy Mary | Whalen Bennett Dalessandris | Alexandria Springfield Falls Church | 2:58.0* 3:15.4 3:18.4 |
| 75-79 | Gold Silver | Annmarie Nancy | Pittman Robinson | Alexandria Sterling | 3:37.2 3:49.2 |
| 80-84 | Gold | Alease | Brooks | Arlington | 3:53.6 |
| 90-94 | Gold | Josephine | Stewart | Manassas | 3:28.0* |

TRACK – 400 METER WALK – MEN

| | | | | | |
|-------|-------------------------------|----------------------------------|---|---|---------------------------------------|
| 50-54 | Gold Silver | Marty Arthur | Willis Skaer | Falls Church South Riding | 2:52.3* 3:04.0 |
| 60-64 | Gold Silver Bronze 4 | Thomas Rob Thomas Elmer | Augustine Aaront Garasic Crippin | Woodbridge Centreville Manassas Alexandria | 2:21.7* 2:40.1 2:50.6 3:22.3 |
| 65-69 | Gold Silver Bronze | Gary Gerald Charles | Cook Cantor Kleymeyer | Lovettsville Springfield Arlington | 2:21.4* 2:34.0 2:46.4 |
| 70-74 | Gold | Brian | Forst | Reston | 2:40.4* |

| TRACK – 400 METER WALK – MEN Continued | | | | | |
|---|--------|----------|----------|-------------|---------|
| 75-79 | Gold | Charles | Toftoy | Arlington | 3:15.8 |
| 80-84 | Gold | Kent | Halstead | Arlington | 2:55.4* |
| | Silver | Tom | Quinn | Arlington | 2:56.0 |
| | Bronze | Nicholas | Fidandis | Alexandria | 3:16.5 |
| 85-89 | Gold | Leonard | Kalkwarf | Springfield | 3:55.2* |

TRACK – 800 METER WALK – WOMEN

| | | | | | |
|-------|--------|----------|--------------|--------------|---------|
| 55-59 | Gold | Keg | Good | Woodbridge | 5:46.5 |
| 65-69 | Gold | Josefina | Smith | Centreville | 5:55.7* |
| | Silver | Debbi | Miller | Fairfax | 6:54.0 |
| | Bronze | Kathleen | Stansfield | Woodbridge | 6:55.3 |
| 70-74 | Gold | Mandy | Whalen | Alexandria | 6:18.0 |
| | Silver | Judy | Bennett | Springfield | 6:44.1 |
| | Bronze | Mary | Dalessandris | Falls Church | 6:48.4 |
| 75-79 | Gold | Annmarie | Pittman | Alexandria | 7:24.6 |
| | Silver | Nancy | Robinson | Sterling | 7:49.9 |
| 80-84 | Gold | Alease | Brooks | Arlington | 7:51.0 |

TRACK – 800 METER WALK – MEN

| | | | | | |
|-------|--------|----------|-----------|--------------|--------|
| 50-54 | Gold | Arthur | Skaer | South Riding | 6:06.1 |
| 60-64 | Gold | Thomas | Augustine | Woodbridge | 5:14.3 |
| | Silver | Rob | Aaront | Centreville | 5:44.0 |
| | Bronze | Thomas | Garasic | Manassas | 5:54.7 |
| | 4 | Elmer | Crippin | Alexandria | 6:37.9 |
| | 5 | Gregory | Culp | Woodbridge | 8:06.4 |
| 65-69 | Gold | Gary | Cook | Lovettsville | 5:06.2 |
| | Silver | Gerald | Cantor | Springfield | 5:32.6 |
| | Bronze | Charles | Kleymeyer | Arlington | 6:12.0 |
| | 4 | John | Cordyack | Reston | 6:59.3 |
| 70-74 | Gold | Brian | Forst | Reston | 5:45.8 |
| | Silver | Karl | Mueller | Alexandria | 5:51.9 |
| 75-79 | Gold | Roger | Webb | Alexandria | 6:32.3 |
| | Silver | G | Royall | Arlington | 8:28.0 |
| 80-84 | Gold | Kent | Halstead | Arlington | 6:16.6 |
| | Silver | Tom | Quinn | Arlington | 6:17.0 |
| | Bronze | Nicholas | Fidandis | Alexandria | 6:47.4 |
| | 4 | Edward | Seitz | Lake Ridge | 7:34.2 |
| | 5 | John | Gouldin | Annandale | 7:44.0 |

TRACK – 1600 METER WALK – WOMEN

| | | | | | |
|-------|--------|----------|---------|-------------|----------|
| 60-64 | Gold | Sheila | Brown | Woodbridge | 13:58.4 |
| 65-69 | Gold | Josefina | Smith | Centreville | 13:11.2* |
| | Silver | Carol | Banks | Springfield | 13:23.0 |
| 70-74 | Gold | Mandy | Whalen | Alexandria | 13:04.4 |
| | Silver | Judy | Bennett | Springfield | 14:24.4 |
| 75-79 | Gold | Annmarie | Pittman | Alexandria | 14:38.0 |

TRACK – 1600 METER WALK – MEN

| | | | | | |
|-------|--------|------------|------------|--------------|----------|
| 50-54 | Gold | Marty | Willis | Falls Church | 12:10.0 |
| | Silver | Arthur | Skaer | South Riding | 12:10.1 |
| 60-64 | Gold | Thomas | Augustine | Woodbridge | 10:44.9 |
| | Silver | Riley | Geary | Arlington | 13:14.7 |
| | Bronze | Thomas | Garasic | Manassas | 13:21.0 |
| 65-69 | Gold | Gary | Cook | Lovettsville | 11:36.7 |
| | Silver | John | Rubenacker | Fairfax | 11:55.1 |
| | Bronze | Charles | Kleymeyer | Arlington | 13:16.2 |
| 70-74 | Gold | Karl | Mueller | Alexandria | 12:07.6 |
| | Silver | Joseph | Czika | Annandale | 13:17.3 |
| 75-79 | Gold | James W.C. | Chang | Oakton | 11:55.4 |
| | Silver | Roger | Webb | Alexandria | 13:27.5 |
| | Bronze | G | Royall | Arlington | 18:45.4 |
| 80-84 | Gold | Tom | Quinn | Arlington | 12:30.0* |
| | Silver | Kent | Halstead | Arlington | 13:58.8 |
| | Bronze | Nicholas | Fidandis | Alexandria | 14:14.3 |

TRACK – 3 MILE WALK – WOMEN

| | | | | | |
|-------|--------|-----------|------------|--------------|-------|
| 50-54 | Gold | Linda | Hill | Gainsville | 47:50 |
| 55-59 | Gold | Sharon | O'Neill | Annandale | 40:39 |
| 60-64 | Gold | Katharine | Kammainga | Burke | 42:28 |
| | Silver | Lauretta | Harmon | Lorton | 42:34 |
| 65-69 | Gold | Carol | Banks | Springfield | 41:18 |
| | Silver | Gail | Kohn | Burke | 42:40 |
| | Bronze | Kathleen | Stansfield | Woodbridge | 43:51 |
| 70-74 | Gold | Mandy | Whalen | Alexandria | 39:16 |
| | Silver | Marge | Fatula | Woodbridge | 40:42 |
| | Bronze | Judy | Bennett | Springfield | 41:38 |
| | 4 | Kristin | Krombein | Falls Church | 47:26 |
| 75-79 | Gold | Helen | Fitzgerald | Lake Ridge | 42:01 |
| | Silver | Nancy | Robinson | Sterling | 47:46 |

TRACK – 3 MILE WALK – MEN

| | | | | | |
|-------|--------|------------|------------|--------------|-------|
| 50-54 | Gold | Arthur | Skaer | South Riding | 42:21 |
| | Silver | Michael | Soler | Manassas | 44:21 |
| 60-64 | Gold | Riley | Geary | Arlington | 39:20 |
| | Silver | Rob | Aaront | Centreville | 44:54 |
| | Bronze | Elmer | Crippin | Alexandria | 44:55 |
| | 4 | Gregory | Culp | Woodbridge | 47:18 |
| 65-69 | Gold | John | Rubenacker | Fairfax | 37:41 |
| | Silver | Jerome | Jackson | Fairfax | 40:23 |
| 70-74 | Gold | Victor | Litwinski | McLean | 36:43 |
| | Silver | Herb | Levitan | Arlington | 37:45 |
| | Bronze | Karl | Mueller | Alexandria | 38:12 |
| | 4 | Joseph | Czika | Annandale | 41:50 |
| | 5 | Alton (Al) | Lamb | Alexandria | 43:59 |
| 75-79 | Gold | James W.C. | Chang | Oakton | 37:36 |
| | Silver | Roger | Webb | Alexandria | 39:48 |
| | Bronze | Richard | Eimas | Reston | 47:18 |
| 85-89 | Gold | Leonard | Kalkwarf | Springfield | 44:14 |
| | Silver | Jorge | Soler | Falls Church | 44:25 |

NVSO Record Holders 1982-2013

Asterisk (*) Indicates tied or established new NVSO record in 2013

| 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 |

BAITCASTING - MEN

| | | | | |
|---------|----------------|--------------|----|------|
| 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 |

BASKETBALL FIELD GOALS - WOMEN (New in 2012)

| | | | | |
|---------|-------------------|--------------|-------|-------|
| 50 - 59 | Helen White | Arlington | 8/20 | 2012 |
| 60 - 69 | Helen White | Arlington | 12/20 | 2013* |
| 70 - 79 | Mary Dalessandris | Falls Church | 5/20 | 2013* |
| 80 - 89 | Sheila Gildea | McLean | 7/20 | 2013* |

BASKETBALL FIELD GOALS - MEN (New in 2012)

| | | | | |
|---------|-----------------|-----------|-------|-------|
| 50 - 59 | Peter Martinson | Arlington | 14/20 | 2012 |
| | Charles Crun | Bealeton | 14/20 | 2013* |
| 60 - 69 | Allan Kellum | McLean | 14/20 | 2013* |
| 70 - 79 | William Nehrke | Arlington | 12/20 | 2012 |

BASKETBALL FREE THROW - WOMEN

| | | | | |
|---------|---------------------|------------|-------|------|
| 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 |

BASKETBALL FREE THROW - MEN

| | | | | |
|---------|------------------|-------------|-------|-------------|
| 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 |

BICYCLING - WOMEN

| | | | | |
|---------|---------------------|------------|------|------|
| 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 |

BICYCLING - MEN

| | | | | |
|---------|------------------|------------|---------|------|
| 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 |

BOWLING - DUCK PIN - WOMEN

| | | | | |
|----------|---------------|------------|----|------|
| All Ages | Carla Convery | Alexandria | 72 | 1983 |
|----------|---------------|------------|----|------|

BOWLING - DUCK PIN - MEN

| | | | | |
|----------|---------------|------------|----|------|
| All Ages | Garland Suggs | Alexandria | 92 | 1985 |
|----------|---------------|------------|----|------|

BOWLING - TEN PIN - WOMEN

| | | | | |
|---------|-------------------|-------------|-----|-------|
| 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 - 89 | Eva Sorenson | Alexandria | 655 | 2012 |
| 90 - 94 | Eva Sorenson | Alexandria | 548 | 2013* |

BOWLING - TEN PIN - MEN

| | | | | |
|---------|-----------------|--------------|-----|------|
| 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 |

CANASTA - WOMEN

| | | | | |
|----------|-----------|----------|--------|------|
| All Ages | Mary Hamm | Manassas | 22,815 | 1986 |
|----------|-----------|----------|--------|------|

CANASTA - MEN

| | | | | |
|----------|------------------|----------|--------|------|
| All Ages | Francis Bordeaux | Sterling | 23,430 | 1985 |
|----------|------------------|----------|--------|------|

CRIBBAGE - COED

| | | | | |
|----------|----------------|-------------|----|------|
| All Ages | Paul McFarland | Springfield | 12 | 2011 |
|----------|----------------|-------------|----|------|

CYCLING - 10K Time Trial - WOMEN

| | | | | |
|-------|----------------|-------------|---------|-------|
| 50-54 | Ricki Gold | Arlington | 18:19 | 2011 |
| 55-59 | Karen Sullivan | Arlington | 18:37.3 | 2013* |
| 60-64 | Rebecca Kite | Leesburg | 22:04 | 2011 |
| 65-69 | Barbara Happ | Gainesville | 22:43 | 2011 |
| 70-74 | Susan Lucas | Gainesville | 20:36.1 | 2013* |
| 75-79 | Joyce Tobias | Haymarket | 31:53.2 | 2013* |

CYCLING - 10K Time Trial - MEN

| | | | | |
|-------|-------------------|-----------|---------|-------|
| 55-59 | Howard Van Houten | Oakton | 15:14 | 2011 |
| 60-64 | Mark Holt | Fairfax | 16:34.0 | 2013* |
| 65-69 | David Jerome | Haymarket | 16:39 | 2011 |
| 70-74 | Herb Levitan | Arlington | 19:40 | 2011 |
| 75-79 | Terrence McCarthy | Leesburg | 24:02.3 | 2012 |
| 80-84 | Walter Wingo | Arlington | 20:15 | 2011 |

CYCLING - 20K Time Trial - WOMEN (New in 2012)

| | | | | |
|-------|-----------------|-------------|-----------|-------|
| 50-54 | Leigh Danforth | Warrenton | 39:51.2 | 2013* |
| 55-59 | Karen Sullivan | Arlington | 37:17.5 | 2013* |
| 60-64 | Hannah Phillips | Alexandria | 46:19.7 | 2012 |
| 65-69 | Lynn Saunders | Gainesville | 47:19.7 | 2012 |
| 70-74 | Susan Lucas | Gainesville | 40:49.4 | 2012 |
| 75-79 | Joyce Tobias | Haymarket | 1:02:18.6 | 2013* |

CYCLING - 20K Time Trial - MEN (New in 2012)

| | | | | |
|-------|--------------------|-------------|---------|-------|
| 50-54 | Jerry Reid | Arlington | 38:03.2 | 2012 |
| 55-59 | Jim Gleason | Reston | 32:28.3 | 2012 |
| 60-64 | James Degoey | Reston | 35:01.8 | 2013* |
| 65-69 | David Jerome | Haymarket | 36:10.7 | 2013* |
| 70-74 | Kenneth Weinzapfel | Gainesville | 40:19.9 | 2012 |
| 75-79 | Charles Nelson | Arlington | 44:42.6 | 2013* |
| 80-84 | Thomas Tobias | Haymarket | 50:20.3 | 2013* |

DIVING - WOMEN

| | | | | |
|---------|-----------------------|-----------|--------|------|
| 50 - 54 | Madeline Fleckenstein | Arlington | 193.1 | 2012 |
| 55 - 59 | Carol Mackela | Arlington | 164.10 | 2008 |
| 60 - 64 | Carol Mackela | Arlington | 175.7 | 2012 |
| 65 - 69 | Cammie Nilles | Arlington | 132.8 | 2012 |

DIVING - MEN

| | | | | |
|---------|---------------|-----------|--------|-------|
| 50 - 54 | Kurt Burgeson | Oakton | 248.5 | 2013* |
| 55 - 59 | Bobby Meeks | Arlington | 253.25 | 2012 |
| 60 - 64 | Bobby Meeks | Arlington | 207.85 | 2013* |
| 65 - 69 | Kim Alderman | Arlington | 145.75 | 2009 |
| 70 - 74 | Kim Alderman | Arlington | 166.35 | 2012 |
| 75 - 79 | John Gouldin | Annandale | 67.05 | 2010 |
| 80 - 84 | John Gouldin | Annandale | 99.2 | 2013* |

DOMINOS - WOMEN

| | | | | |
|----------|--------------|--------------|-----|------|
| All Ages | Maria Tuazon | Falls Church | 783 | 1995 |
|----------|--------------|--------------|-----|------|

DOMINOS - MEN

| | | | | |
|----------|-------------|-------------|-----|------|
| All Ages | Jesus Santi | Springfield | 362 | 1994 |
|----------|-------------|-------------|-----|------|

FOOTBALL THROW - WOMEN**(New in 2012)**

| | | | | |
|---------|--------------|-----------|---------|-------|
| 55 - 59 | Sue Hedges | Ashburn | 54' 10" | 2013* |
| 60 - 64 | Danita Arone | Manassas | 33' | 2013* |
| 64 - 69 | Mary Schade | Arlington | 41' 1" | 2013* |

FOOTBALL THROW - MEN**(New in 2012)**

| | | | | |
|---------|-------------------|----------------|----------|-------|
| 50 - 54 | Robert Miller | Alexandria | 100' 3" | 2013* |
| 55 - 59 | John Shafran | Great Falls | 111' 10" | 2013* |
| 60 - 64 | Doug Hastings | Alexandria | 102' 10" | 2013* |
| 65 - 69 | Don Sodo | Prince William | 102' 9" | 2012 |
| 70 - 74 | Frederick Hacker | Fairfax | 104' 3" | 2012 |
| 75 - 79 | Andrew Dixon | Fairfax | 75' 4" | 2013* |
| 80 - 84 | Nicholas Fidandis | Alexandria | 56' 10" | 2013* |
| 90 - 94 | Charlie Edwards | Fairfax | 26' 3" | 2012 |

FRISBEE THROW - WOMEN

| | | | | |
|---------|---------------------|------------|---------|-------|
| 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 | Josephine Stewart | Manassas | 36' 2" | 2013* |

FRISBEE THROW - MEN

| | | | | |
|---------|-------------------|------------|---------|------|
| 50 - 59 | Steve Goodwin | Arlington | 156'7" | 2012 |
| 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 |
| 95 - 99 | J.R. Cassidy | Manassas | 27' 7" | 2012 |

GOLF - GROSS SCORE - WOMEN

| | | | | |
|---------|------------------|------------|----|------|
| 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 |

GOLF - GROSS SCORE - MEN

| | | | | |
|---------|------------------|------------|----|------|
| 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 |

GOLF - "PEORIA" NET SCORE - WOMEN (1982-1999)

| | | | | |
|---------|------------------|-------------|----|------|
| 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 |

GOLF - "PEORIA" NET SCORE - MEN (1982-1999)

| | | | | |
|---------|---------------------|--------------|----|------|
| 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 |

| GOLF - "CALLAWAY" - NET SCORE - WOMEN | | | (2000-Present) | |
|--|----------------|------------|-----------------------|------|
| 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 |

| GOLF - "CALLAWAY" - NET SCORE - MEN | | | (2000-Present) | |
|--|-----------------|-----------|-----------------------|------|
| 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 |

| MINIATURE GOLF - WOMEN | | | | |
|-------------------------------|-------------------|--------------|----|------|
| 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 |

| MINIATURE GOLF - MEN | | | | |
|-----------------------------|--------------------|--------------|----|------|
| 50 - 59 | Ray Holt | Arlington | 36 | 1994 |
| 60 - 69 | Charlie Williams | Annandale | 35 | 2012 |
| 70 - 79 | Richard Fitzgerald | Alexandria | 40 | 2007 |
| 80 - 89 | John Gouldin | Annandale | 43 | 2012 |
| 90+ | William Keller | Lovettsville | 48 | 2006 |

| ROWING – 2 Km - WOMEN (NEW IN 2013) | | | | |
|--|---------------|------------|---------|-------|
| 50-59 | Keg Good | Woodbridge | 11:59.3 | 2013* |
| 60-69 | Sheila Brown | Woodbridge | 10:47.9 | 2013* |
| 70-79 | Marge Fatula | Woodbridge | 12:09.5 | 2013* |
| 80-89 | Sheila Gildea | McLean | 12:22.5 | 2013* |

| ROWING – 2 Km - MEN (NEW IN 2013) | | | | |
|--|-------------------|------------|---------|-------|
| 50-59 | Douglas Hill | Woodbridge | 8:38.8 | 2013* |
| 60-69 | David Jerome | Haymarket | 9:14.8 | 2013* |
| 70-79 | Peter McGuirk | Arlington | 7:18.8 | 2013* |
| 80-89 | Nicholas Fidandis | Alexandria | 10:43.4 | 2013* |

| SCRABBLE - COED | | | | |
|------------------------|---------------|-----------|--------------|------|
| All Ages | Jennifer Frum | Arlington | 3 wins + 517 | 2011 |

SOFTBALL HIT - WOMEN

| | | | | |
|---------|-------------------|--------------|---------|------|
| 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 | Josephine Stewart | Manassas | 70' 1" | 2012 |
| 90 + | Mary Lathram | Falls Church | 66' 7" | 2006 |

SOFTBALL HIT - MEN

| | | | | |
|---------|------------------|-------------|----------|------|
| 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 | Thomas Sullivan | Fairfax | 228' 10" | 2012 |
| 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 |

SOFTBALL THROW - WOMEN

| | | | | |
|---------|---------------------|-----------------|---------|------|
| 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 50 YDS- WOMEN

| | | | | |
|---------|-----------------|--------------|---------|------|
| 50 - 54 | Andrea Haines | Alexandria | :37.83 | 1998 |
| 55 - 59 | Andrea Haines | Alexandria | :38:46 | 2003 |
| 60 - 64 | Susan Maguire | Arlington | :38.00 | 2012 |
| 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 |
| | Joan Doupe | Falls Church | 1:10 | 2012 |

SWIMMING – BACKSTROKE 50 YDS - MEN

| | | | | |
|---------|------------------|--------------|---------|-------|
| 50 - 54 | Dan Meek | Arlington | :27.75 | 2008 |
| 55 - 59 | Tom Scott | Woodbridge | :36.53 | 1995 |
| 60 - 64 | Bruce Fisher | Fairfax City | :35.59 | 2012 |
| 65 - 69 | Kevin Culhane | Lorton | :34.91 | 2013* |
| 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 |

SWIMMING – BREAST STROKE 50 YDS- WOMEN

| | | | | |
|---------|----------------|-----------------|---------|------|
| 50 - 54 | Andrea Haines | Alexandria | :46.06 | 1998 |
| 55 - 59 | Joanne Leilich | Springfield | :41.54 | 1997 |
| 60 - 64 | Susan Maguire | Arlington | :43.0 | 2012 |
| 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 |

SWIMMING – BREAST STROKE 50 YDS - MEN

| | | | | |
|---------|------------------|-------------|---------|-------|
| 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 | Kevin Culhane | Lorton | :39.06 | 2013* |
| 70 - 74 | Curran Tiffany | Arlington | :43.75 | 1996 |
| 75 - 79 | Mohammad Assareh | Alexandria | :49.26 | 1997 |
| 80 - 84 | Vsevolod Ivanov | Arlington | :54:28 | 2013* |
| 85 - 89 | Mohammad Assareh | Alexandria | 1:18.30 | 2010 |
| 90 - 94 | Mohammad Assareh | Ashburn | 1:18.97 | 2011 |

SWIMMING – FREESTYLE 50 YDS - WOMEN

| | | | | |
|---------|-----------------|--------------|---------|------|
| 50 - 54 | Andrea Haines | Alexandria | :33.05 | 1998 |
| 55 - 59 | Mary Schreiner | Annandale | :31.49 | 1998 |
| 60 - 64 | Susan Maguire | Arlington | :33.0 | 2012 |
| 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 |

SWIMMING – FREESTYLE 50 YDS - MEN

| | | | | |
|---------|---------------|------------|--------|-------|
| 50 - 54 | Bret Bailey | Herndon | :26.46 | 2012 |
| 55 - 59 | Tom Scott | Woodbridge | :28.34 | 1995 |
| 60 - 64 | Bruce Fisher | Sterling | :29.0 | 2012 |
| 65 - 69 | Kevin Culhane | Lorton | :28.56 | 2013* |
| 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 |

SWIMMING – FREESTYLE 900 YDS (~HALF MILE) - WOMEN

| | | | | |
|---------|-----------------------|--------------|----------|------|
| 50 - 54 | Maria-Angelica Cortes | Sterling | 11:44.27 | 2005 |
| 55 - 59 | Andrea Haines | Alexandria | 12:34:72 | 2003 |
| 60 - 64 | Patricia Lenge | Arlington | 15:16 | 2012 |
| 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 |

SWIMMING – FREESTYLE 900 YDS (~HALF MILE) - MEN

| | | | | |
|---------|-----------------------|--------------|----------|------|
| 50 - 54 | Mark Harris | Alexandria | 11:08 | 2012 |
| 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 |

WII BOWLING – WOMEN**(NEW in 2009)**

| | | | | |
|-------|-------------------|-------------|-----|-------|
| 50-59 | Sue Thaler | Arlington | 600 | 2013* |
| 60-69 | Ann Daniels | Springfield | 732 | 2009 |
| 70-79 | Joan Matteson | Springfield | 847 | 2011 |
| 80-89 | Joan Matteson | Springfield | 827 | 2012 |
| 90-99 | Virginia Mitchell | Springfield | 624 | 2013* |
| 100+ | Doris Woodring | Lake Ridge | 419 | 2013* |

WII BOWLING – MEN**(NEW in 2009)**

| | | | | |
|---------|-----------------|-------------|-----|-------|
| 50 - 59 | Ronald Boulware | Alexandria | 502 | 2009 |
| 60 - 69 | Clinton Lambert | Springfield | 666 | 2012 |
| 70 - 79 | Ed Ladd | Sterling | 815 | 2013* |
| 80 - 89 | Ted Campbell | Springfield | 680 | 2011 |
| 90 - 99 | Joseph Saha | Alexandria | 623 | 2012 |

TRACK AND FIELD EVENTS**DISCUS - WOMEN**

| | | | | |
|---------|---------------------|--------------|------------|-------|
| 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 | Sheila Gildea | McLean | 44' 9" | 2013* |
| 85 - 89 | Josephine Stewart | Manassas | 35' 9" | 2010 |
| 90 - 94 | Mary Lathram | Falls Church | 20' 4" | 2008 |

DISCUS - MEN

| | | | | |
|---------|-------------------|-------------|------------|-------|
| 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 | Robert Price | Vienna | 115' 5" | 2013* |
| 75 - 79 | Robert Laurents | Fairfax | 92' 7 1/4" | 1996 |
| 80 - 84 | J.R. Cassidy | Manassas | 81' 1 3/4" | 1995 |
| 85 - 89 | J.R. Cassidy | Manassas | 66' | 2000 |
| 90 - 94 | Charles Pistorino | McLean | 54' 0" | 2013* |
| 95 - 99 | J.R. Cassidy | Manassas | 36' 4" | 2010 |

LONG JUMP - RUNNING - WOMEN

| | | | | |
|---------|-----------------|-------------|---------|------|
| 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 - 89 | Carla Convery | Alexandria | 4' 3" | 2000 |
| 90 - 94 | Jean W. Burdell | Springfield | 2' 0" | 2012 |

LONG JUMP - RUNNING - MEN

| | | | | |
|---------|----------------|--------------|-------------|-------|
| 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 | Bernhard Stamm | Ashburn | 12' 2.5" | 2013* |
| 75 - 79 | Josiah Smith | Ashburn | 10' 10 1/4" | 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 |

LONG JUMP - STANDING - WOMEN

| | | | | |
|---------|----------------|--------------|---------|------|
| 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' 1" | 1995 |
| 85 - 89 | Mary Lathram | Falls Church | 3' 9" | 2001 |
| 90 - 94 | Mary Lathram | Falls Church | 2' 8" | 2006 |

LONG JUMP - STANDING - MEN

| | | | | |
|---------|------------------|-------------|---------|------|
| 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 ½" | 2005 |
| 90 - 94 | Andy Simko | Springfield | 3' 3" | 2008 |

| | | | | |
|-----------------------------------|---------------------|----------------------|-----------|-------|
| HIGH JUMP – WOMEN | | (NEW in 2012) | | |
| 50 - 54 | Mary Fowler | Alexandria | 4' 2" | 2012 |
| 60 - 64 | Charlotte Perdue | Arlington | 3' 2" | 2012 |
| HIGH JUMP – MEN | | (NEW in 2012) | | |
| 55 - 59 | Douglas Hill | Woodbridge | 3' 8" | 2013* |
| 60 - 64 | Gerard Nezet | Arlington | 4' 10" | 2013* |
| 65 - 69 | Robert Earheart | Springfield | 4' 0" | 2012 |
| | Jeff Young | McLean | 4' 0" | 2013* |
| 70 - 74 | Curtis Morgan | Falls Church | 4' 6" | 2013* |
| MINI JAVELIN THROW – WOMEN | | | | |
| 50 - 54 | Linda Shell | Arlington | 49' 8" | 2010 |
| 55 - 59 | Keg Good | Woodbridge | 47' 1" | 2012 |
| 60 - 64 | Charlotte Perdue | Arlington | 44' 10" | 2009 |
| 65 - 69 | Carol Stamm | Ashburn | 33' 7" | 2013* |
| 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 |
| MINI JAVELIN THROW – MEN | | | | |
| 50 - 54 | Leo McArdle | Fort Belvoir | 68' 8" | 2009 |
| 55 - 59 | Douglas Hill | Woodbridge | 86' 2" | 2012 |
| 60 - 64 | Paul Decot | Fairfax | 106' 2" | 2009 |
| 65 - 69 | George Marmorino | Alexandria | 90' 11" | 2013* |
| 70 - 74 | Bernhard Stamm | Ashburn | 103' 10" | 2013* |
| 75 - 79 | Ezzat Pashai | Fairfax | 75' 10" | 2012 |
| 80 - 84 | Charles Pistorino | McLean | 61' 3" | 2010 |
| 85 - 89 | Charles Pistorino | McLean | 50' 9" | 2012 |
| 90 - 94 | Charles Pistorino | McLean | 43' 7" | 2013* |
| 95 - 99 | J.R. Cassidy | Manassas | 24' 10" | 2010 |
| SHOT PUT - WOMEN | | | | |
| 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 | Sheila Gildea | McLean | 19' 8.25" | 2013* |
| 85 - 89 | Josephine Stewart | Manassas | 21' 4" | 2010 |
| 90 - 94 | Josephine Stewart | Manassas | 18' 6.5" | 2013* |

SHOT PUT - MEN

| | | | | |
|---------|-------------------|-------------|-----------|-------|
| 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 | Charles Pistorino | McLean | 21' 9.25" | 2013* |
| 95 - 99 | J.R. Cassidy | Manassas | 15' 10" | 2010 |

50 METER DASH - Outdoor Track - WOMEN

| | | | | |
|---------|-------------------|------------|-------|------|
| 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 |

50 METER DASH - Outdoor Track - MEN

| | | | | |
|---------|------------------|--------------|-------|------|
| 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 |

60 METER DASH - INDOOR TRACK - WOMEN

| | | | | |
|---------|-------------------|------------|-------|-------|
| 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 | Mary White | Arlington | 10.15 | 2012 |
| 70 - 74 | Mandy Whalen | Alexandria | 12.00 | 2013* |
| 75 - 79 | Lee Glassco | McLean | 14.41 | 2007 |
| 80 - 84 | Josephine Stewart | Manassas | 12.09 | 2007 |
| 85 - 89 | Josephine Stewart | Manassas | 12.70 | 2010 |
| 90 - 94 | Josephine Stewart | Manassas | 13.7 | 2013* |

60 METER DASH - INDOOR TRACK - MEN

| | | | | |
|---------|------------------|-------------|-------|-------|
| 50 - 54 | David Hobbs | Arlington | 8.01 | 2012 |
| 55 - 59 | Charles Crum | Bealeton | 8.3 | 2013* |
| 60 - 64 | Schuyler Webb | Arlington | 8.18 | 2012 |
| 65 - 69 | Terrance Kuruppu | McLean | 8.31 | 2009 |
| 70 - 74 | Peter Andrews | McLean | 9.50 | 2012 |
| 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 |

100 METER DASH - Outdoor Track - WOMEN

| | | | | |
|---------|-------------------|------------|-------|------|
| 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 |

100 METER DASH - Outdoor Track - MEN

| | | | | |
|---------|-----------------|-------------|-------|------|
| 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 |

200 METER RUN - INDOOR TRACK - WOMEN

| | | | | |
|---------|---------------------|------------|---------|-------|
| 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 |
| 65 - 69 | Mary White | Arlington | 41.15 | 2012 |
| 70 - 74 | Lee Glassco | McLean | 56.75 | 2007 |
| 75 - 79 | Alease Brooks | Arlington | 1:11.13 | 2011 |
| 80 - 84 | Josephine Stewart | Manassas | 46.4 | 2008 |
| 85 - 89 | Josephine Stewart | Manassas | 51.72 | 2012 |
| 90 - 94 | Josephine Stewart | Manassas | 51.0 | 2013* |

200 METER RUN - INDOOR TRACK - MEN

| | | | | |
|---------|----------------|------------|-------|-------|
| 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 | Eiji Yashuhara | Sterling | 32.9 | 2013* |
| 70 - 74 | Peter Andrews | McLean | 33.56 | 2012 |
| 75 - 79 | Hal Goolsby | McLean | 35.69 | 2007 |
| 80 - 84 | John Martin | Fairfax | 43.91 | 2007 |

200 METER DASH - Outdoor Track - WOMEN

| | | | | |
|---------|-------------------|------------|-------|------|
| 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 |

200 METER DASH - Outdoor Track - MEN

| | | | | |
|---------|----------------|-------------|---------|------|
| 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 |

400 METER RUN - INDOOR TRACK - WOMEN

| | | | | |
|---------|--------------------|------------|---------|-------|
| 50 - 54 | Saska Estupian-Day | McLean | 1:22.3 | 2009 |
| 55 - 59 | Hannah Phillips | Alexandria | 1:24.70 | 2008 |
| 60 - 64 | Charlotte Perdue | Arlington | 1:36.00 | 2008 |
| 70 - 74 | Mandy Whalen | Alexandria | 2:21.3 | 2013* |
| 75 - 79 | Lee Glassco | McLean | 2:35.82 | 2007 |

400 METER RUN - INDOOR TRACK - MEN

| | | | | |
|---------|------------------|------------|---------|-------|
| 50 - 54 | Gary Presuhn | Burke | 1:06.80 | 2008 |
| | Frederick Thomas | Arlington | 1:06.8 | 2013* |
| 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 | Peter Andrews | McLean | 1:21 | 2012 |
| 75 - 79 | Hal Goolsby | McLean | 1:30.17 | 2007 |
| 80 - 84 | Peter Han | Alexandria | 1:48.2 | 2013* |

400 METER RUN - Outdoor Track - WOMEN

| | | | | |
|---------|-------------------|------------|---------|------|
| 50 - 54 | Hannah Phillips | Alexandria | 1:20.09 | 2005 |
| 55 - 59 | Rachel Brown | Fairfax | 1:24.36 | 1987 |
| 60 - 64 | Helen Crum | Annandale | 1:27.53 | 2001 |
| 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 |

400 METER RUN - Outdoor Track - MEN

| | | | | |
|---------|-----------------|-------------|---------|------|
| 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 |

800 METER RUN - INDOOR TRACK - WOMEN

| | | | | |
|---------|-----------------|------------|---------|-------|
| 55 - 59 | Hannah Phillips | Alexandria | 3:22.98 | 2007 |
| 60 - 64 | Hannah Phillips | Alexandria | 3:30 | 2012 |
| 70 - 74 | Mandy Whalen | Alexandria | 5:37.7 | 2013* |

800 METER RUN - INDOOR TRACK - MEN

| | | | | |
|---------|------------------|-------------|---------|-------|
| 50 - 54 | Steve Nearman | Alexandria | 2:22.00 | 2011 |
| 55 - 59 | Clifton Anderson | Warrenton | 2:41.5 | 2013* |
| 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 |
| 80 - 84 | Peter Han | Alexandria | 4:14.8 | 2013* |

800 METER RUN - Outdoor Track - WOMEN

| | | | | |
|---------|----------------|-------------|---------|------|
| 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 |

800 METER RUN - Outdoor Track - MEN

| | | | | |
|---------|------------------|--------------|---------|------|
| 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 |

400 METER WALK - INDOOR TRACK - WOMEN (New in 2012)

| | | | | |
|---------|-------------------|--------------|--------|-------|
| 55 - 59 | Keg Good | Woodbridge | 2:46 | 2012 |
| 65 - 69 | Josephina Smith | Centreville | 2:50.4 | 2013* |
| 70 - 74 | Mandy Whalen | Alexandria | 2:58.0 | 2013* |
| 75 - 79 | Barbara Curran | Purcellville | 3:24 | 2012 |
| 80 - 84 | Jean Dawson | Purcellville | 3:29 | 2012 |
| 90 - 94 | Josephine Stewart | Manassas | 3:28.0 | 2013* |

400 METER WALK - INDOOR TRACK - MEN (New in 2012)

| | | | | |
|---------|------------------|--------------|--------|-------|
| 50 - 54 | Marty Willis | Falls Church | 2:52.3 | 2013* |
| 55 - 59 | Rob Aaront | Centreville | 2:32 | 2012 |
| 60 - 64 | Thomas Augustine | Woodbridge | 2:21.7 | 2013* |
| 65 - 69 | Gary Cook | Lovettsville | 2:21.4 | 2013* |
| 70 - 74 | Brian Forst | Reston | 2:40.4 | 2013* |
| 75 - 79 | Roger Webb | Alexandria | 2:55 | 2012 |
| 80 - 84 | Tom Quinn | Arlington | 2:55.4 | 2013* |
| 85 - 89 | Leonard Kalkwarf | Springfield | 3:55.2 | 2013* |

800 METER WALK - INDOOR TRACK - WOMEN

| | | | | |
|---------|---------------------|--------------|---------|-------|
| 50 - 54 | Betty Williams | Manassas | 5:50 | 2012 |
| 55 - 59 | Maureen Ruel | Ashburn | 5:20.00 | 2011 |
| 60 - 64 | Maryann Schwab | Fairfax | 5:45 | 2010 |
| 65 - 69 | Josephina Smith | Centreville | 5:55.7 | 2013* |
| 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 |

800 METER WALK - INDOOR TRACK - MEN

| | | | | |
|---------|---------------------|--------------|---------|------|
| 50 - 54 | Dave Osmun | Fairfax | 4:43 | 2011 |
| 55 - 59 | Peter Blank | Annandale | 4:13 | 2009 |
| 60 - 64 | Thomas Augustine | McLean | 5:02 | 2012 |
| 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 | Tom Quinn | Arlington | 6:10 | 2012 |
| 90 - 94 | Edward Seeger | Falls Church | 9:43 | 2007 |
| 95 - 99 | Chester Christenson | Falls Church | 13:07 | 2009 |

800 METER WALK - Outdoor Track - WOMEN

| | | | | |
|---------|--------------|--------------|---------|------|
| 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 |

800 METER WALK - Outdoor Track - MEN

| | | | | |
|---------|------------------|--------------|---------|------|
| 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 |

1500 METER WALK - Outdoor Track - WOMEN

| | | | | |
|---------|----------------|--------------|----------|------|
| 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 |

1500 METER WALK - Outdoor Track - MEN

| | | | | |
|---------|------------------|--------------|----------|------|
| 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 |

1600 METER RUN - Outdoor Track - WOMEN

| | | | | |
|---------|------------------|--------------|----------|------|
| 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 |

1600 METER RUN - Outdoor Track - MEN

| | | | | |
|---------|---------------|-------------|---------|------|
| 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 |

1600 METER WALK - INDOOR TRACK - WOMEN

| | | | | |
|---------|-----------------|--------------|---------|-------|
| 55 - 59 | Maryann Schwab | Fairfax | 11:01 | 2007 |
| 60 - 64 | Maryann Schwab | Fairfax | 11:44 | 2010 |
| 65 - 69 | Josefina Smith | Centreville | 13:11.2 | 2013* |
| 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 |

1600 METER WALK - INDOOR TRACK - MEN

| | | | | |
|---------|------------------|-------------|---------|-------|
| 50 - 54 | Peter Blank | Annandale | 9:47 | 2007 |
| 55 - 59 | Peter Blank | Annandale | 9:07.8 | 2009 |
| 60 - 64 | Thomas Augustine | Woodbridge | 10.22 | 2012 |
| 65 - 69 | Ron Hoffman | Sterling | 10:18.7 | 2009 |
| 70 - 74 | Richard Deringer | Annandale | 11:04.8 | 2009 |
| 75 - 79 | James W.C. Chang | Oakton | 11:44 | 2012 |
| 80 - 84 | Tom Quinn | Arlington | 12:30.0 | 2013* |
| 85 - 89 | Joseph Peters | Great Falls | 13:16 | 2007 |

1600 METER WALK - Outdoor Track - WOMEN

| | | | | |
|---------|------------------|--------------|----------|------|
| 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 |

1600 METER WALK - Outdoor Track - MEN

| | | | | |
|---------|-----------------|--------------|----------|------|
| 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 |

1600 METER RUN - INDOOR TRACK - WOMEN (New in 2011)

| | | | | |
|-------|-----------------|------------|---------|-------|
| 55-59 | Hannah Phillips | Alexandria | 7:37 | 2011 |
| 60-64 | Hannah Phillips | Alexandria | 7:37 | 2012 |
| 65-69 | Judy Snellgrove | Manassas | 9:02 | 2011 |
| 70-74 | Mandy Whalen | Alexandria | 11:04.7 | 2013* |

1600 METER RUN - INDOOR TRACK - MEN (New in 2011)

| | | | | |
|-------|------------------|------------|--------|-------|
| 50-54 | Ted Poulos | McLean | 5:30 | 2012 |
| 55-59 | Clifton Anderson | Warrenton | 5:47.0 | 2013* |
| 60-64 | Jay Wind | Arlington | 6:31 | 2011 |
| 65-69 | Jason Page | Hamilton | 6.02 | 2012 |
| 70-74 | Brian Forst | Reston | 8:37 | 2012 |
| 75-79 | Terence McCarthy | Leesburg | 8:23 | 2011 |
| 80-84 | Peter Han | Alexandria | 9:03.6 | 2013* |

3 MILE WALK - INDOOR TRACK - WOMEN

| | | | | |
|---------|---------------------|--------------|-------|------|
| 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 |

3 MILE WALK - INDOOR TRACK - MEN

| | | | | |
|---------|------------------|--------------|--------|------|
| 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 | Edwardo Arriaga | Arlington | 36:47 | 2012 |
| 85 - 89 | Jorge Soler | Falls Church | 41:30 | 2010 |

3 MILE WALK - Outdoor Track -WOMEN

| | | | | |
|---------|-----------------|--------------|----------|------|
| 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 |

3 MILE WALK - Outdoor Track - MEN

| | | | | |
|---------|------------------|--------------|----------|------|
| 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 |