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2017 EVENT RESULTS

September 9 – 20, 2017

Northern Virginia Senior Olympic Committee
P.O. Box 2089
Merrifield, VA 22116-9998
(703) 228-3300, ext. 9996
email: nvso1982@gmail.com
www.nvso.us

2017 EVENT RESULTS

35th Annual NORTHERN VIRGINIA SENIOR OLYMPICS

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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 760 senior registrants appreciate everyone's efforts on their behalf.

2017 EVENT RESULTS

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

Age Group	Place	Age	First Name	Last Name	City	Result
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"Age Group" and age reflects age by end of 2017.

BADMINTON – SINGLES – WOMEN

60-69	Gold	61	Lili	Mills	Alexandria
	Silver	63	Sabine	Warren	Sterling

BADMINTON – SINGLES – MEN

50-59	Gold	51	Anantha	Kalale	Fairfax
	Silver	54	Khalid	Zafar	Ashburn
	Bronze	56	Arnold	Poey	Alexandria
60-69	Gold	63	Clement	Chan	Springfield
	Silver	60	Lin	Ma	Potomac Falls
	Bronze	61	Zhongyan	Xing	Springfield
		64	Ken	Freund	Alexandria
		62	Anwar	Hussain	Alexandria
64	Mark	Daniels	Manassas		
70-79	Gold	76	Pak	Chan	Herndon
	Silver	77	Adarsh	Kumar	Ashburn
	Bronze	73	Clyde	Woods	Gainesville

BADMINTON – DOUBLES – WOMEN

50 - 59	Gold	68	Lianying	Cai	Annandale
	Gold	50	Gina	Nguyen	Fairfax
	Silver	63	Sabine	Warren	Sterling
	Silver	54	Tan	Armentrout	Purcellville

BADMINTON – DOUBLES – MEN

50-59	Gold	54	Khalid	Zafar	Ashburn
	Gold	52	Navjeet	Chabbewal	Ashburn
	Silver	57	Shih-Houng	Young	Fairfax
	Silver	63	Clement	Chan	Springfield
	Bronze	56	Arnold	Poey	Alexandria
	Bronze	51	Anantha	Kalale	Fairfax
60-69	Gold	62	Anwar	Hussain	Alexandria
	Gold	61	Zhongyan	Xing	Springfield
	Silver	67	Ramamurty	Kesapragada	Ashburn
	Silver	64	Mark	Daniels	Manassas

70-79	Gold Gold	77 73	Adarsh Clyde	Kumar Woods	Ashburn Gainesville
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BADMINTON – MIXED DOUBLES

50 - 59	Gold	51	Anantha	Kalale	Fairfax
	Gold	50	Gina	Nguyen	Fairfax
	Silver	57	Shih-Houng	Young	Fairfax
	Silver	64	Gwen	Liang	Alexandria
60-69	Bronze	68	Lianying	Cai	Fairfax
	Bronze	56	Arnold	Poey	Alexandria
60-69	Gold	63	Clement	Chan	Springfield
	Gold	61	Lili	Mills	Alexandria
	Silver	67	Ramamurty	Kesapragada	Ashburn
	Silver	63	Sabine	Warren	Sterling

BASKETBALL FIELD GOALS – WOMEN

60-69	Gold	60	Andrea	Showers	Burke	11/20
70-79	Gold	72	Nancy D	Joyner	Annandale	6/20*

BASKETBALL FIELD GOALS – MEN

50-59	Gold	50	Scott	Phillips	Alexandria	15/20 *
60-69	Gold	68	Charles	Harris	Alexandria	14/20
	Silver	61	Allen	Brooks	Triangle	13/20
	Bronze	61	Mark	McCarron	Centreville	6/20
	4	61	John	Schneider	Falls Church	5/20
	5	61	George	Hall	Woodbridge	4/20
70-79	Gold	70	Sam	Slowinski	Gainesville	13/20
	Silver	72	Paul	Van Hoozer	Arlington	12/20 #
	Bronze	74	Peter	McGuirk	Arlington	12/20
	4	70	Ron	Hauk	Haymarket	11/20
	4	71	Dugald	Gillies	Arlington	11/20
	4	74	Jay	Holmes	Springfield	11/20
	7	72	Allan	Kellum	McLean	10/20
	8	74	Gerald	Rhoads	Burke	5/20
80-89	Gold	81	James	Martin	Alexandria	10/20
	Silver	80	Andrew	Dixon	Fairfax	6/20
	Bronze	82	Lawrence	Cohen	Sterling	2/20

tie breaker determined medal winner.

BASKETBALL FREE THROW – WOMEN

50-59	Gold	57	Lynn	Thompson	Fairfax	3/20
60-69	Gold	60	Andrea	Showers	Burke	11/20
	Silver	65	Carol	Manning	Manassas	5/20
70-79	Gold	72	Nancy D	Joyner	Annandale	4/20

BASKETBALL FREE THROW – MEN

50-59	Gold	53	Robert	Tartt	Falls Church	12/20
	Silver	50	Scott	Phillips	Alexandria	11/20
60-69	Gold	68	Charles	Harris	Alexandria	17/20 *
	Silver	63	Robert	Smith	Gainesville	16/20
	Bronze	61	Allen	Brooks	Triangle	15/20
	4	61	John	Schneider	Falls Church	5/20
70-79	Gold	72	Allan	Kellum	McLean	16/20 *
	Silver	74	Jay	Holmes	Springfield	15/20
	Bronze	70	Ron	Hauk	Haymarket	14/20
	4	72	Paul	Van Hoozer	Arlington	13/20
	5	70	Sam	Slowinski	Gainesville	12/20
	6	76	Thomas	Bennett	Arlington	9/20
	7	71	Dugald	Gillies	Arlington	8/20
	7	74	Peter	McGuirk	Arlington	8/20
80-89	Gold	81	James	Martin	Alexandria	15/20 *
	Silver	80	Andrew	Dixon	Fairfax	14/20
	Bronze	82	Lawrence	Cohen	Sterling	4/20

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BASKETBALL – 3 x 3 – MEN

50-59	Gold	Metro All Stars	60	Eugene	Thomas	Woodbridge
	Gold	Metro All-Stars	53	Robert	Campbell	Lorton
	Gold	Metro All-Stars	68	Charles	Harris	Alexandria
	Gold	Metro All-Stars	55	Adrian	Lewis	Stafford
	Gold	Metro All Stars	63	Rick	Suggs	Alexandria
	Gold	Metro All Stars	61	George	Hall	Woodbridge
	Silver	Phillips Over 50	53	Derek	Highsmith	Alexandria
	Silver	Phillips Over 50	51	Reginald	Miller	Alexandria
	Silver	Phillips Over 50	61	Allen	Brooks	Triangle
	Silver	Phillips Over 50	50	Scott	Phillips	Alexandria
60-69	Silver	Phillips Over 50	61	Mick	Upsher	Alexandria
	Gold	Still Got Game	70	Ron	Hauk	Haymarket
	Gold	Still Got Game	73	John	Kuntz	Burke
	Gold	Still Got Game	68	Jim	Culbertson	Springfield
70-79	Gold	Still Got Game	61	Tom	Deegan	Fairfax
	Gold	Virginians	75	Sam	Kountoupes	McLean
	Gold	Virginians	74	Peter	McGuirk	Arlington
	Gold	Virginians	76	Paul	Peck	McLean
Gold	Virginians	74	Leonard	Upson	Washington	

	Silver	Warriors	72	Allan	Kellum	McLean
	Silver	Warriors	70	John	Stavropoulos	Annandale
	Silver	Warriors	76	Gary	Trusty	Arlington
	Silver	Warriors	72	Dan	Wodiska	Arlington
	Silver	Warriors	76	Thomas	Bennett	Arlington
80-89	Gold	Virginia Creepers	83	Dallas	Chestnut	Fredericksburg
	Gold	Virginia Creepers	81	James	Martin	Alexandria
	Gold	Virginia Creepers	81	Rosario	Rausa	Vienna
	Gold	Virginia Creepers	81	Robert	Stroud	Hyattsville

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BOCCE – WOMEN

50-59	Gold	58	Robena	Reid	Lorton
	Silver	57	Lynn	Thompson	Fairfax
60-69	Gold	64	Susan	Caputo	Springfield
	Silver	60	Andrea	Showers	Burke
	Bronze	61	Linda	Andrews	Fairfax
70-79	Gold	75	Barbara	Kaminsky	Oak Hill
	Silver	75	Isabelle	Raines	Gainesville

BOCCE – MEN

50-59	Gold	50	Joseph	Sunday	Arlington
70-79	Gold	70	Jack	Katosh	Arlington
	Silver	72	Charlie	Williams	Annandale
	Bronze	78	Herb	Levitan	Arlington
		73	Ralph	Tapp	Warrenton
		73	Jack	Bennett	Alexandria
80-89	Gold	87	Nicholas	Garito	Fairfax
	Silver	85	Sonny	Caputo	Springfield
90-99	Gold	92	Henry	Colletto	Oakton

BOWLING – TEN PIN – WOMEN

55-59	Gold	58	Peggy	Misciagna	Manassas	617
	Silver	58	Jacklyn	Rush	Dumfries	555
	Bronze	57	Susan	McFarland	Fairfax	485
60-64	Gold	64	Susan	Caputo	Springfield	673
	Silver	60	Sheryl	Rhymes	Woodbridge	529
	Bronze	61	Sandy	Austin	Dale City	477
65-69	Gold	68	Georgia	Koliopoulos	Springfield	608
	Gold	68	Tess	Gowei	Sterling	608
	Silver	66	Karen	Pickard	Annandale	584
	Bronze	68	Audrey	Huthwaite	Springfield	573
	4	68	Mary	Rhodes	Alexandria	531
	5	69	Linda	Baumbusch	Fairfax	466

70-74	Gold	70	Veronica	Jerome	Haymarket	596
	Silver	73	Jule Ann	Cheslock	Springfield	552
	Bronze	72	Margaret	Flanagan	Manassas Park	531
75-79	Gold	77	Lucia	McSweeney	Centreville	534
	Silver	75	Sandra	Graves	Linden	508
	Bronze	78	Jo	Ferry	Alexandria	500
80-84	Gold	83	Barb	Williams	Herndon	595
	Silver	80	Lourdes	Rosales	Reston	538
	Bronze	81	Frances	Price	Falls Church	492
	4	84	Alease	Brooks	Arlington	430
90-94	Gold	94	Eva	Sorensen	Alexandria	523
	Silver	92	Marge	McNare	Fairfax	491

BOWLING – TEN PIN – MEN

50-54	Gold	50	Joseph	Sunday	Arlington	602
55-59	Gold	59	Eugene	Pawlik	Manassas	663
60-64	Gold	60	James	Haydon	Manassas	635
	Silver	63	Tom	Misciagna	Manassas	579
65-69	Gold	66	Allan	Dosik	Arlington	615
	Silver	67	Robert	Fabian	Manassas	603
	Bronze	69	Ray	Marquardt	Alexandria	583
	4	65	Jon	Tervo	Springfield	551
	5	67	Earnest	Todd	Woodbridge	545
	6	69	Jerome	Jackson	Fairfax	478
70-74	Gold	70	Edward	Morgan	Woodbridge	620
	Silver	74	Jesse	Barron	Woodbridge	604
	Bronze	71	David	Jerome	Haymarket	586
	Bronze	71	Roy	Rhodes	Alexandria	586
	4	74	James	Flanagan	Manassas Park	573
	5	72	Ted	Crews	Springfield	533
	6	73	Gerald	Scott	Ashburn	513
	7	70	Michael	Lee	Manassas	449
8	74	Gerald	Rhoads	Burke	340	
75-79	Gold	75	Richard	Cheslock	Springfield	528
80-84	Gold	84	William	Galanis	Annandale	601
	Silver	80	Marvin	Smyth	Woodbridge	512
85-89	Gold	85	Sonny	Caputo	Springfield	593
	Silver	89	Leonard	Kalkwarf	Springfield	586
	Bronze	86	Jim	Lemons	Dale City	520

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BUNCO

All Ages	1st overall	85	Joan	Fogarty	Burke
	2nd overall	73	Judith	Garrett	Alexandria
	3rd overall	92	Helen	Shea	Burke

BUNCO (Game Winners)

All Ages	Gold	71	Helen	Momon	Alexandria
	Silver	73	Judith	Garrett	Alexandria
	Bronze	97	Anne	Zvijac	Burke
		92	Elma	Perkins	Burke

CHESS – RAPID Co-ED

All Ages	Gold	68	David	Novak	Vienna	4.5
	Silver	68	Deo	Mangubat	Alexandria	3.0
	Bronze	75	Dennis	Clague	Alexandria	2.5/ 4:33
		70	Robert	Kettig	Herndon	2.5/ -0:02
		73	Lyle	Priddy	Falls Church	1.5
		67	Jay Jacob	Wind	Arlington	1.0

CORNHOLE TOSS – SINGLES - WOMEN (New in 2015)

All Ages	Gold	63	Jackee	Knight	Falls Church
	Silver	50	Luzzet	MacDonald	Falls Church
	Bronze	66	Judy	Aw	Falls Church
		65	Jane	Hoge	Falls Church
		69	Sally	Storr	Annandale
		62	Cindy	Hook	Annandale
		65	Hannah	Phillips	Alexandria
		69	Fran	Dudick	Arlington
		65	Hannah	Phillips	Alexandria

CORNHOLE TOSS – SINGLES - MEN (New in 2015)

60 - 79	Gold	65	Michael	Knight	Falls Church
	Silver	74	Jay	Holmes	Springfield
	Bronze	65	Jon	Tervo	Springfield
		67	Charles	Albert	Arlington
		74	Thomas	Garcia	Arlington
		72	Gordon	Carter	Falls Church
		70	Charles	Dierkes	Arlington
		77	Woody	Hair	Arlington
		79	William	Pierce	Ashburn
		70	Jack	Katosh	Arlington
80-89	Gold	82	Charles	Toftoy	Arlington
	Silver	88	Donald	Tanner	Ashburn
	Bronze	81	Ed	Ladd	Potomac Falls
		85	W	Rice	Potomac Falls
		82	George	Hobart	Arlington
		89	George	Neborak	Arlington
	86	Vito	Bruno	Potomac Falls	

CORNHOLE TOSS – Doubles - WOMEN (New in 2015)

All Ages	Gold	65	Hannah	Phillips	Alexandria
	Gold	69	Susan	Thompson	Alexandria
	Silver	68	Kathy	Demeter	Arlington
	Silver	69	Fran	Dudick	Arlington

CORNHOLE TOSS – Doubles - MEN (New in 2015)

All Ages	Gold	74	Thomas	Garcia	Arlington
	Gold	70	Charles	Dierkes	Arlington
	Silver	82	Charles	Toftoy	Arlington
	Silver	77	Woody	Hair	Arlington
	Bronze	88	Donald	Tanner	Ashburn
	Bronze	79	William	Pierce	Ashburn
	4	85	W	Rice	Potomac Falls
	4	81	Ed	Ladd	Potomac Falls

CORNHOLE TOSS – Mixed Doubles (New in 2015)

All Ages	Gold	65	Michael	Knight	Falls Church
	Gold	63	Jackee	Knight	Falls Church
	Silver	69	Fran	Dudick	Arlington
	Silver	67	Charles	Albert	Arlington
	Bronze	55	Andra	Ryan	Annandale
	Bronze	52	Michael	Ryan	Annandale
		74	Thomas	Garcia	Arlington
		65	Mary Beth	Wilson	Arlington
		82	Charles	Toftoy	Arlington
		74	Patricia	Toftoy	Arlington
		73	Jack	Bennett	Alexandria
		58	Robena	Reid	Lorton
	77	Woody	Hair	Arlington	
	68	Kathy	Demeter	Arlington	

CRIBBAGE – COED

All Ages	Gold	54	Mark	Wever	Springfield	9/ 72
	Silver	57	James	Doperalski	Alexandria	9/ 61
	Bronze	94	Fern	Walmer	Potomac Falls	8/ 45
	4	82	George	Hobart	Arlington	7/ 35
	5	56	Ted	Poulos	McLean	4/ -26
	6	94	Ralph	Driscoll	Springfield	4/ -37

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CYCLING – 10K TIME TRIAL – WOMEN Held at (Held at Vint Hill Village Green in 2017, 2016; Northern Fauquier Community Park in 2013, 2014 & 2015; different circuit from 2011)

50-54	Gold	54	Colleen	Cornwell	Manassas	23:10
	Silver	52	Susan	Lengel	Fairfax	23:21
	Bronze	54	Ellen	Rotchford	Arlington	27:14
55-59	Gold	57	Karen	Keith	Gainesville	31:19
70-74	Gold	71	Lynn	Saunders	Gainesville	22:59*
80-84	Gold	80	Joyce	Tobias	Haymarket	37:29*

CYCLING – 10K TIME TRIAL – MEN (Held at (Held at Vint Hill Village Green in 2017, 2016; Northern Fauquier Community Park in 2013, 2014 & 2015; different circuit from 2011)

50-54	Gold	54	Douglas	Porterfield	Bristow	17:58
55-59	Gold	59	Michael	Emerson	Purcellville	15:49
	Silver	56	Eric	Lengel	Fairfax	17:27
	Bronze	59	Donald	Burlingham	Stafford	17:33
	4	56	Ritch	Viola	Arlington	18:40
	5	56	Vincent	Langan	Warrenton	19:02
60-64	Gold	60	Jim	Crowley	Alexandria	15:04*
	Silver	61	John	Jeffers	Springfield	23:56
65-69	Gold	68	James	Degoey	Ashburn	17:26
	Silver	65	Gary	Kuchel	Fairfax	18:29
	Bronze	68	Walt	Grabowski	Gainesville	21:05
70-74	Gold	71	David	Jerome	Haymarket	18:25
	Silver	72	Michael	Causseaux	Marshall	18:59.11
	Bronze	70	Roger	Kurrus	Aldie	18:59.90
	4	74	William	Mahoney	Sterling	22:35
	5	71	Barry	Woods	Montclair	22:56
	6	74	Hugh	Haworth	Alexandria	24:28
75-79	Gold	76	Kenneth	Weinzapfel	Gainesville	20:00
	Silver	78	Todd	Counts	Gainesville	23:11
	Bronze	77	Stephen	Forman	McLean	23:26
	4	76	Martin	Sultan	Ashburn	23:29
80-84	Gold	81	Bill	Vest	Reston	18:42
	Silver	84	Thomas	Tobias	Haymarket	21:34
	Bronze	82	Roy	Huffman	Gainesville	23:43
	4	80	Charles	Battaglia	Alexandria	28:15
	5	83	Ron	Farra	Bristow	32:12

CYCLING – 20K TIME TRIAL – WOMEN (Held at Vint Hill Village Green)

50-54	Gold	54	Colleen	Cornwell	Manassas	48:09
	Silver	52	Susan	Lengel	Fairfax	48:11
	Bronze	54	Ellen	Rotchford	Arlington	55:25
55-59	Gold	57	Karen	Keith	Gainesville	68:01
60-64	Gold	60	Paula	Harris	Centreville	60:54
70-74	Gold	71	Lynn	Saunders	Gainesville	46:01

CYCLING – 20K TIME TRIAL–MEN (Held at Vint Hill Village Green)

50-54	Gold	54	Douglas	Porterfield	Bristow	34:55
55-59	Gold	59	Michael	Emerson	Purcellville	31:12
	Silver	59	Donald	Burlingham	Stafford	34:46
	Bronze	56	Eric	Lengel	Fairfax	36:01
	4	56	Ritch	Viola	Arlington	37:13
	5	58	Thomas	Carroll	Chantilly	39:06
60-64	Gold	60	Jim	Crowley	Alexandria	30:44*
	Silver	61	John	Jeffers	Springfield	47:18
65-69	Gold	68	James	Degoey	Ashburn	34:08
	Silver	65	Gary	Kuchel	Fairfax	35:50
	Bronze	67	Joseph	Florence	Warrenton	39:52
	4	68	Walt	Grabowski	Gainesville	42:09
70-74	Gold	71	David	Jerome	Haymarket	37:08
	Silver	70	Roger	Kurrus	Aldie	37:45
	Bronze	72	Michael	Causseaux	Marshall	38:15
	4	74	Martt	Harding	Springfield	40:47
	5	71	Barry	Woods	Montclair	46:18
75-79	Gold	76	Kenneth	Weinzapfel	Gainesville	39:55
	Silver	76	Tom	D'Amico	Warrenton	45:43
	Bronze	77	Stephen	Forman	McLean	47:33
	4	78	Todd	Counts	Gainesville	48:24
80-84	Gold	81	Bill	Vest	Reston	36:47
	Silver	84	Thomas	Tobias	Haymarket	43:13
	Bronze	82	Roy	Huffman	Gainesville	45:52
	4	83	Ron	Farra	Bristow	69:45

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DIVING – WOMEN

50-54	Gold	50	Deidre	Maccannon	Alexandria	DNP
65-69	Gold	67	Carol	MacKela	Arlington	179.30
	Silver	68	Karen	Alderman	Arlington	171.95
75-79	Gold	77	Mandy	Whalen	Falls Church	87.95*

DIVING – MEN

65-69	Gold	68	Duane	Clayton-Cox	Fairfax	175.95
70-74	Gold	74	Samir	Salman	Vienna	100.75
75-79	Gold	77	Kim	Alderman	Arlington	161.10

DUPLICATE BRIDGE - Co-Ed (All Ages)

North/South Pairs	Gold	64	Mary	Mudd	Fairfax Station	61.70%
		64	Barry	Sparks	Fairfax Station	
	Silver	66	Lucy	McCoy	Annandale	60.42%
		87	Angelo	Zuccaro	Arlington	
	Bronze	87	Erven	Meyer	Annandale	58.33%
		75	Karl	VanNewkirk	Arlington	
	4	68	Dale	Dallaire	Aldie	52.88%
		66	Donna	Stoker	Aldie	
	5	82	Jean	Jones	Arlington	52.08%
		61	Terry	Jones	Arlington	
		68	Linda	Burton	Alexandria	51.28%
		71	Marvin	Raines	Alexandria	
		90	Joseph	Griffin	Springfield	49.52%
		86	Betty	Griffin	Springfield	
		75	Ann	McIntosh	Arlington	46.63%
		83	Enid	Gerard	Arlington	
		85	Julia	Michaels	Arlington	45.51%
		77	Marlene	Gross	McLean	
		83	Norma	Morganbesser	Falls Church	45.51%
		89	Carole	Laird	Falls Church	
		87	Marilyn	Daignault	Lake Ridge	43.91%
		79	Marilyn	Batra	Lake Ridge	
		75	William	Sinacori	Arlington	43.59%
		102	Vera	Punke	Arlington	

		85	Gaby	Kloiber	Lake Ridge	38.62%
		81	Brian	Moriarty	Lake Ridge	

East/West Pairs	Gold	73	Marian	Johns	Springfield	65.54%
		86	Edward	Johns	Springfield	
	Silver	75	Phyllis	Woodring	Arlington	61.06%
		81	Mary Jane	Garner	Arlington	
	Bronze	94	Fern	Walmer	Potomac Falls	56.89%
		87	Carol	Aitken	Sterling	
	4	86	Wayne	Osgood	Ashburn	53.85%
		97	Vivian	Hess	Ashburn	
	5	73	Lyle	Priddy	Falls Church	50.32%
		80	Deanna	Shuman	Falls Church	
		74	Judy	Stuber	Woodbridge	48.56%
		83	Jack	Reep	Lake Ridge	
		86	Janine	Bland	Arlington	48.40%
		93	Eugene	Davidson	Arlington	
		85	Sondra	Eisen	Falls Church	47.92%
		87	Edward	Eisen	Falls Church	
		66	William	Perkey	Alexandria	46.63%
		80	Sandra	Kantak	Alexandria	
		78	Yvonne	Shang	Falls Church	46.63%
		79	Mary	DeCorps	Falls Church	
		80	Mary Ann	Kuehne	Falls Church	46.47%
		82	Thomas	Kuehne	Falls Church	
		93	Anna S.	Powell	Springfield	45.19%
		82	Joan	White	Springfield	
		78	Hugh	Stevenson	Woodbridge	32.53%
		85	David	Parkinson	Woodbridge	

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EIGHT BALL POOL – WOMEN

60-69	Gold	65	Britanya	Rapp	Arlington
80-89	Gold	87	Betty	Roadcap	Ashburn
	Silver	84	Diane	Hill	Springfield
90-99	Gold	91	Edwina	Sheldahl	Arlington

EIGHT BALL POOL – MEN

50-59	Gold	59	Charles	Crum	Bealeton
60-69	Gold Silver Bronze	67	Cornelius	Davis	Bristow
		66	Gary	Jackson	Fairfax
		68	Pliney	Britford	Arlington
		67	Charles	Albert	Arlington
		67	Gene	Branson	Sterling
		68	Deo	Mangubat	Alexandria
		68	Gerald	Sajewski	Arlington
		64	Raymond	Wilkinson	Annandale
70-79	Gold Silver Bronze	72	Arthur	Bohn	Manassas
		71	Robert	Grannis	Manassas
		79	Rajendra	Prasad	Sterling
		78	Gaspere	Giacchina	Sterling
		71	Carroll	Howard	Leesburg
		74	Daniel	Mancini	Alexandria
		73	Balbinder	Pathak	Ashburn
		72	Phillip	Simpson	Alexandria
		72	James	Westray	Arlington
71	Shaw	Zee	Reston		
80-89	Gold Silver Bronze	81	Clifford	Nolan	Bristow
		82	George	Hobart	Arlington
		83	Fred	Hohlweg	Arlington
		84	Joseph	Clement	Springfield
		86	John	Ewing	Falls Church
		84	Nicholas	Fidandis	Alexandria
		80	Yining	Wang	Fairfax
90-99	Gold	90	Joseph	Griffin	Springfield

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FOOTBALL THROW – WOMEN

55-59	Gold	59	Greta	Budweg	Ashburn	56'
60-64	Gold	60	Lori	Grimm	Arlington	60' 5" *
	Silver	62	Cindy	Hook	Annandale	58' 10"
65-69	Gold	65	Jane	Hoge	Falls Church	53' 5" *
70-74	Gold	72	Georgia	Fuller	Falls Church	32' 5"
75-79	Gold	79	Irene	McDonnell	Falls Church	18' 5"
80-84	Gold	80	Mary	Thornton	Annandale	20' 11" *
90-94	Gold	90	Rosemary	Furher	Annandale	17' 5" *

FOOTBALL THROW – MEN

55-59	Gold	56	Paul	Shelkin	Woodbridge	75'
60-64	Gold	64	Charles	Geyer	Fairfax Station	90'
65-69	Gold	68	Doug	Hastings	Alexandria	101' 11"
	Silver	66	Louis	Mazel	Falls Church	82' 8"
	Bronze	69	Eiji	Yasuhara	Sterling	74' 3"
	4	66	Thomas	Godwin	McLean	57' 11"
	5	66	Bob	Kerstein	Fairfax	54'
70-74	Gold	71	Clarence John	Wells-Martin	Herndon	104' 3"
	Silver	72	Thomas	Sullivan	Oakton	101'
	Bronze	71	Charles	Grammick	Warrenton	82' 2"
	4	72	Douglas	Cary	Great Falls	77' 7"
	5	74	Norbert (Bud)	Commons	Ashburn	70' 10"
	6	73	Donald	Meli	Annandale	70' 4"
	7	74	Gerald	Rhoads	Burke	67' 11"
	8	72	Joseph	Bauer	Arlington	66' 4"
	9	73	Chuck	Kleymeyer	Arlington	50' 8"
75-79	Gold	78	Herb	Levitan	Arlington	59' 7"
80-84	Gold	80	Andrew	Dixon	Fairfax	73' 3" *
	Silver	82	Jerry	Bradley	Oakton	65' 4"
	Bronze	81	Ed	Ladd	Potomac Falls	54' 2"
	4	81	William	Nehrke	Spotsylvania	35' 6"
85-89	Gold	85	Bill	Wieand	McLean	46' 1" *
	Silver	88	Donald	Tanner	Ashburn	42' 9"
	Bronze	89	Leonard	Kalkwarf	Springfield	31' 2"
	4	89	Barry	Shelkin	Alexandria	24' 1"
95-99	Gold	95	Donald	Brooks	Potomac Falls	22' 10" *

FRISBEE THROW – WOMEN

55-59	Gold	59	Greta	Budweg	Ashburn	59' 10"
60-64	Gold	62	Cindy	Hook	Annandale	82' 9"
	Silver	60	Lori	Grimm	Arlington	64' 1"
	Bronze	64	Patti	Tuholski	Herndon	30' 9"
65-69	Gold	65	Jane	Hoge	Falls Church	60' 0"
70-74	Gold	72	Georgia	Fuller	Falls Church	28' 6"
75-79	Gold	79	Irene	McDonnell	Falls Church	31'
80-84	Gold	80	Mary	Thornton	Annandale	26' 1"
	Silver	82	Helga	Rathjen	Herndon	13' 10"
85-89	Gold	86	Sally	Dishun	Herndon	27' 2"

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FRISBEE THROW – MEN

55-59	Gold	59	Edward	Scholl	Arlington	160' 1" *
55-59	Silver	56	Paul	Shelkin	Woodbridge	98' 2"
60-64	Gold	64	Charles	Geyer	Fairfax Station	116' 11"
65-69	Gold	66	Thomas	Godwin	Mclean	96' 1"
	Silver	66	Louis	Mazel	Falls Church	93' 1"
	Bronze	69	Eiji	Yasuhara	Sterling	84' 7"
	4	66	Allan	Dosik	Arlington	74' 4.5"
	5	66	Bob	Kerstein	Fairfax	66' 0"
70-74	Gold	72	Thomas	Sullivan	Oakton	147' 2"
	Silver	71	Robert	Grannis	Manassas	87' 3"
	Bronze	73	Chuck	Kleymeyer	Arlington	81' 0"
	4	74	Gerald	Rhoads	Burke	60' 1"
	5	73	Donald	Meli	Annandale	49' 2"
	6	71	Ron	Asche	Burke	41' 2"
75-79	Gold	78	Herb	Levitan	Arlington	59' 3"
80-84	Gold	82	Jerry	Bradley	Oakton	61' 3"
85-89	Gold	89	Leonard	Kalkwarf	Springfield	53' 6"
	Silver	89	Barry	Shelkin	Alexandria	34' 0"
	Bronze	85	Larry	Lasik	Herndon	27' 6.5"

GOLF - WOMEN

50-54	Gold	54	Colleen	Cornwell	Manassas	111
55-59	Gold	59	Greta	Budweg	Ashburn	117
60-64	Gold	60	Paula	Harris	Centreville	84
	Silver	64	Mary	Tate	Fairfax Station	95
65-69	Gold	68	Kathryn	Chandler	Falls Church	109
	Silver	67	Mary	Wall	Oakton	130
70-74	Gold	72	Suzan	French	Ashburn	134

GOLF – MEN

55-59	Gold	59	Eugene	Pawlik	Manassas	86
65-69	Gold	68	John	O'Neill	Annandale	85
	Silver	67	James	Ivery	Alexandria	95
70-74	Gold	74	Craig	Olson	Arlington	75
	Silver	72	Douglas	Cary	Great Falls	77
	Bronze	72	Paul	Van Hoozer	Arlington	82
	4	71	John	Higgins	Reston	86
	5	74	Norbert (Bud)	Commons	Ashburn	89
	6	71	David	Jerome	Haymarket	98
75-79	Gold	77	Thomas	East	Haymarket	90
	Silver	76	Barry	Gale	Arlington	94
80-84	Gold	81	Clifford	Nolan	Bristow	109
	Silver	83	William	Lang	Falls Church	108
	Bronze	84	Thomas	Moffett	Haymarket	121
85-89	Gold	87	Marvin	Reed	Oak Hill	101
	Silver	86	Daniel	Levin	Arlington	108
	Bronze	88	Raymond	Moffett	Haymarket	126

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HANDBALL SINGLES – MEN (NEW IN 2013)

60-64	Gold	63	Keith	Neihart	Alexandria
	Silver	63	Leven	Gray	Fairfax
70-79	Gold	76	Karl	Lady	Alexandria
	Silver	74	Oscar	Fitzgerald	Alexandria
	Bronze	73	Andre	Francis	Springfield

HANDBALL DOUBLES - MEN (NEW IN 2014)

60 - 79	Gold	63	Keith	Neihart	Alexandria
	Gold	70	Steve	Metzger	Fairfax
	Silver	63	Leven	Gray	Fairfax
	Silver	64	David	Fleming	Alexandria
	Bronze	76	Karl	Lady	Alexandria
	Bronze	74	Oscar	Fitzgerald	Alexandria
4		73	Andre	Francis	Springfield
4		73	William	Ridley	Burke

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HORSESHOES – WOMEN

50-59	Gold	57	Lynn	Thompson	Fairfax
60-69	Gold	62	Cindy	Hook	Annandale
	Silver	60	Andrea	Showers	Burke
70-79	Gold	75	Barbara	Kaminsky	Oak Hill

HORSESHOES – MEN

70-79	Gold	73	Ralph	Tapp	Warrenton
	Silver	78	Herb	Levitan	Arlington
80-89	Gold	89	Leonard	Kalkwarf	Springfield
	Silver	85	Larry	Lasik	Herndon
	Bronze	80	Andrew	Dixon	Fairfax
		82	Jerry	Bradley	Oakton
		86	Jim	Lemons	Dale City

MAH JONGG Co-ed

All Ages	Gold	68	Florence	Byrne	Haymarket	245
	Silver	82	Joan	White	Springfield	170
	Bronze	92	Hilda	Yuspeh	Arlington	160
		4	80	Sara	Mason	Springfield
	5	70	Veronica	Jerome	Haymarket	125
	6	90	Faith	Diamond	Springfield	120
	7	76	Linda	Cannon	Springfield	85
	7	77	Lynn	Durel	Arlington	85
	8	76	Marianne	Graves	Arlington	80

MEXICAN TRAIN DOMINOES Co-ed; All ages

All Ages	Gold	82	Helga	Rathjen	Herndon	75
	Silver	60	Marilyn	Geary	Arlington	80
	Bronze	74	Helga	Flory	Falls Church	115
		77	Liz	Welborn	Fairfax	139
	76	Marianne	Graves	Arlington	147	
	94	Eva	Sorensen	Alexandria		
	82	Julia	Jeffries	Arlington		
	83	Maury	Cralle	Potomac Falls		
	69	Sally	Storr	Annandale		
	88	Kitty	Cacciapaglia	Falls Church		
	66	Jim	Haynes	Fairfax		
	93	Helen	Henderson	Falls Church		
	86	Sally	Dishun	Herndon		
	82	George	Hobart	Arlington		
	69	Fran	Dudick	Arlington		

MINIATURE GOLF – WOMEN

55-59	Gold	57	Lynn	Thompson	Fairfax	50
60-64	Gold	60	Andrea	Showers	Burke	42
	Silver	61	Linda	Andrews	Fairfax	55
65-69	Gold	69	Linda	Whitmore	Alexandria	40
	Silver	67	Mary	Wall	Oakton	43 (+1)
	Bronze	68	Kathryn	Chandler	Falls Church	43 (+2)
		4	65	Carol	Manning	Manassas
	4	69	Linda	Baumbusch	Fairfax	53
	6	68	Barbara	Williams	Alexandria	54
70-74	Gold	74	Dorothy	Neumann	Arlington	44
	Silver	74	Aurora	Tapp	Warrenton	51
80-84	Gold	80	Lourdes	Rosales	Reston	54

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MINIATURE GOLF – MEN

50-54	Gold	53	Jon	Woodyatt	Fairfax	40
	Silver	50	Joseph	Sunday	Arlington	45
55-59	Gold	59	Charles	Crum	Beaeton	43
60-64	Gold	64	Christopher	Dettmar	Reston	38
	Silver	64	Steve	Ferguson	Vienna	40
	Bronze	63	David	Mann	Fairfax	42
65-69	Gold	69	Paul	Massell	Falls Church	45
70-74	Gold	73	Ralph	Tapp	Warrenton	38 *
	Silver	71	John	Cordyack	Reston	42
	Bronze	72	Gordon	Carter	Falls Church	43
	4	72	Charlie	Williams	Annandale	44
75-79	Gold	77	Woody	Hair	Arlington	38 *
80-84	Gold	82	Charles	Toftoy	Arlington	55

NINE BALL POOL - WOMEN (New in 2015)

60-69	Gold	65	Britanya	Rapp	Arlington
80-89	Gold	84	Diane	Hill	Springfield
90-99	Gold	91	Edwina	Sheldahl	Arlington

NINE BALL POOL - MEN (New in 2015)

50-59	Gold	50	Joseph	Sunday	Arlington
60-69	Gold	67	Cornelius	Davis	Bristow
	Silver	66	Gary	Jackson	Fairfax
	Bronze	68	Pliney	Britford	Arlington
		67	Gene	Branson	Sterling
		68	Deo	Mangubat	Alexandria
	64	Raymond	Wilkinson	Annandale	

70-79	Gold	71	Robert	Grannis	Manassas
	Silver	78	Gaspere	Giacchina	Sterling
	Bronze	71	Carroll	Howard	Leesburg
		74	Daniel	Mancini	Alexandria
		73	Balbinder	Pathak	Ashburn
		79	Rajendra	Prasad	Sterling
		72	Phillip	Simpson	Alexandria
		72	James	Westray	Arlington
71	Shaw	Zee	Reston		
80-89	Gold	83	Fred	Hohlweg	Arlington
	Silver	80	Yining	Wang	Fairfax
	Bronze	84	Joseph	Clement	Springfield
		86	John	Ewing	Falls Church
		84	Nicholas	Fidandis	Alexandria
		82	George	Hobart	Arlington
		81	Clifford	Nolan	Bristow
90-99	Gold	90	Joseph	Griffin	Springfield

ORIENTEERING Beginner Course (Yellow) - WOMEN (Lake Accotink Park) New in 2016

60-64	Gold	60	Karen	Butler	Arlington	56.57
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ORIENTEERING Beginner Course (Yellow) - MEN (Lake Accotink Park) New in 2016

70-74	Gold	72	Charlie	Williams	Annandale	49.41
80-84	Gold	80	Roger	Webb	Ashburn	1:35.00

ORIENTEERING Advance Course (Brown) - WOMEN (Lake Accotink Park) New in 2016

50-54	Gold	54	Helen	Doherty	Oak Hill	2:06.14
	Silver	52	Sue	Myracle	Burke	2:15.24
60-64	Gold	60	Keg	Good	Woodbridge	1:30.32
	Silver	61	Karla	Hulett	Fairfax	2:54.54

ORIENTEERING Advance Course (Brown) - MEN (Lake Accotink Park) New in 2016

50-54	Gold	51	Paul	Hession	Fairfax	1:06.27
	Silver	51	Louis	Novak	Alexandria	2:13.37
55-59	Gold	57	Dennis	Doherty	Oak Hill	59:54
	Silver	55	Paul	Collinson	Arlington	1:35.49
	Bronze	57	Daniel	Heimgartner	The Plains	2:59.59
60-64	Gold	60	Mike	Meenehan	Fairfax	1:23.39
65-69	Gold	65	Gary	Smith	Fairfax	1:12.31
70-74	Gold	70	Edward	Wyse	Springfield	2:55.54
80-84	Gold	80	Sidney	Sachs	Lorton	1:34.06

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PICKLEBALL – MIXED DOUBLES

50 - 59	Gold	50	Luzzet	MacDonald	Falls Church
	Gold	61	Franz	Roland	Arlington
	Silver	54	Gina	Binder	Manassas
	Silver		Michael	Whitlock	Warrenton
	Bronze	51	Sally	Small	Warrenton
	Bronze	53	Scot	Small	Warrenton
		50	Randy	Mantiplay	Warrenton
		55	Michelle	Lipscomb	Nokesville
		55	Rayman	Hamid	Manassas
		56	Hwa	Youn	Gainesville
60 - 64	Gold	65	Michael	Knight	Falls Church
	Gold	64	Jackie	Cubero	Arlington
	Silver	70	Andy	Leighton	Arlington
	Silver	64	Helen	White	Arlington
	Bronze	62	Corwin	Umbach	Arlington
	Bronze	69	Mary	Rousselot	Arlington
		64	Tony	Broskey	Ashburn
		68	Marty	Rosencrans	Leesburg
		72	Ron	Tugwell	Springfield
		62	Peggy	Tugwell	Springfield
65 - 69	Gold	65	Harolyn	Andrews	Arlington
	Gold	67	Ed	Latsha	Arlington
	Silver	65	Jane	Hoge	Falls Church
	Silver	75	Paul	Miller	Falls Church
	Bronze	66	Judy	Aw	Falls Church
	Bronze	69	David	Sandidge	Vienna
		68	Katie	Brooks	Leesburg
		65	Tim	Coughlin	Leesburg
		68	Jeanette	Heath	Lake Ridge
		71	Larry	Heath	Lake Ridge

70 - 79	Gold	71	Neil	Shawen	Falls Church
	Gold	73	Karen	Pearson	McLean
	Silver	72	Bob	Moe	Warrenton
	Silver	80	Margareta	Bennett	Gainesville
80-89	Bronze	76	Sheila	Hoben	Alexandria
	Bronze	71	Allen	Sparrow	Alexandria
	4	81	William	Hewitt	Arlington
	4	78	Sun Y.	Yang	Arlington
80-89	Gold	82	Betty	de la Cruz	Arlington
	Gold	83	Horacio	Reyes	Arlington
	Silver	82	Ralph(Larry)	Hyer	Annandale
	Silver	82	Kelly	McCaffery	Springfield
80-89	Bronze	82	Charles	Toftoy	Arlington
	Bronze	84	Alease	Brooks	Arlington
	4	82	Robert	Sampson	Springfield
	4	81	Margaret	Denise	Springfield

PICKLEBALL – DOUBLES – MEN

50 - 59	Gold	55	Rayman	Hamid	Manassas
	Gold	64	Steven	Meredith	Arlington
	Silver	50	Randy	Mantiplay	Warrenton
	Silver	60	Michael	Whitlock	Warrenton
50 - 59	Bronze	66	Jack	Gray	Warrenton
	Bronze	53	Scot	Small	Warrenton
	4	55	Stephen	Nurre	Annandale
	4	61	Warren	Pack	Springfield
60 - 64	Gold	65	Michael	Knight	Falls Church
	Gold	62	Corwin	Umbach	Arlington
	Silver	61	Franz	Roland	Arlington
	Silver	69	Joe	Blackburn	Arlington
60 - 64	Bronze	67	Ed	Latsha	Arlington
	Bronze	65	Gregory	Gallagher	Alexandria
		68	Howard	Gale	Arlington
		62	Steve	Cory	Arlington

		63 69	Scott Larry	Triplett Maysack	Haymarket Haymarket
65 - 69	Gold Gold	75 68	Dennis Michael	Clague Byrnes	Arlington Arlington
	Silver Silver	72 69	Ron David	Tugwell Sandidge	Springfield Vienna
	Bronze Bronze	72 67	Bob Alan	Moe Thomson	Warrenton Manassas
	4 4	67 74	Peter Steven	Luisa Philapy	Dumfries Dumfries
70 - 79	Gold Gold	70 74	Andy Donald	Leighton Tomb	Arlington Arlington
	Silver Silver	70 71	Phil Joe	Nudo Moschetto Sr	Reston Ashburn
	Bronze Bronze	74 78	Gerald Herb	Rhoads Levitan	Burke Arlington
		71 74	Thomas Thomas	Bauer Garcia	Vienna Arlington
		71 71	Allen Neil	Sparrow Shawen	Alexandria Falls Church
		70 71	Ron David	Hauk Jerome	Haymarket Haymarket
		82 71	Charles Alan	Toftoy Scheider	Arlington Arlington
80-89	Gold Gold	81 83	William Horacio	Hewitt Reyes	Arlington Arlington
	Silver Silver	88 83	Donald William	Tanner Walker	Ashburn Ashburn
	Bronze Bronze	82 83	Ralph(Larry) Fred	Hyer Hart	Annandale Springfield

PICKLEBALL – DOUBLES – WOMEN

50-59	Gold	50	Luzzet	MacDonald	Falls Church
	Gold	60	Mary Ann	Amstutz	Herndon
	Silver	51	Sally	Small	Warrenton
	Silver	60	Karen	Gray	Warrenton
	Bronze	54	Gina	Binder	Manassas
	Bronze	55	Michelle	Lipscomb	Nokesville
60 - 64	Gold	61	Marybeth	Wilson	Arlington
	Gold	62	Peggy	Tugwell	Springfield
	Silver	63	Naomi	Strain	Fairfax
	Silver	63	Carol	Weishuhn	Arlington
	Bronze	63	Barbara	Brenner	Arlington
	Bronze	65	Jane	Hoge	Falls Church
65 - 69	Gold	76	Sheila	Hoben	Alexandria
	Gold	66	Judy	Aw	Falls Church
	Silver	68	Katie	Brooks	Leesburg
	Silver	68	Marty	Rosencrans	Leesburg
	Bronze	74	Louise	Moore	Springfield
	Bronze	66	Judith	McVerry	Arlington
	4	65	Rita	Dietrich	Waterford
	4	66	Eleonora	Florance	Leesburg
70 - 79	Gold	75	Sandra	Simmers	Purcellville
	Gold	77	Helen	Garrett	McLean
	Silver	78	Jo	Ferry	Alexandria
	Silver	78	Sun Y.	Yang	Arlington
	Bronze	82	Kelly	McCaffery	Springfield
	Bronze	74	June	McMenamin	Springfield
	4	77	Helen	Crum	Annandale
	4	81	Margaret	Denise	Springfield
80-89	Gold	84	Alease	Brooks	Arlington
	Gold	82	Betty	de la Cruz	Arlington

PICKLEBALL – SINGLES – WOMEN

60 - 69	Gold	66	Judy	Aw	Falls Church
	Silver	62	Sandra	Hammersley	Manassas
70 - 79	Gold	77	Helen	Crum	Annandale
80 - 89	Gold	82	Betty	de la Cruz	Arlington
	Silver	84	Alease	Brooks	Arlington

PICKLEBALL – SINGLES – MEN

50 - 59	Gold	55	Rayman	Hamid	Manassas
	Silver	55	Stephen	Nurre	Annandale
60 - 69	Gold	65	Bob	Thompson	Arlington
	Silver	65	Ed	Johnson	Arlington
	Bronze	61	Franz	Roland	Arlington
	4	67	Peter	Luisa	Dumfries
70 - 74	Gold	74	Donald	Tomb	Arlington
	Silver	72	Bob	Moe	Warrenton
	Bronze	74	Gerald	Rhoads	Burke
		74	Thomas	Garcia	Arlington
		74	Steven	Philapy	Dumfries
75 - 79	Gold	78	Herb	Levitan	Arlington
	Silver	75	Dennis	Clague	Arlington
	Bronze	79	Gerard	de la Cruz	Arlington
80 - 89	Gold	83	William	Walker	Ashburn
	Silver	88	Donald	Tanner	Ashburn
	Bronze	82	Charles	Toftoy	Arlington

RACQUETBALL – WOMEN

No Women Participated

RACQUETBALL – MEN

64-69	Gold	64	William	Bouie	Reston
	Silver	67	Peter	Luisa	Dumfries
70-74	Gold	71	Robert	McArthur	Vienna
	Silver	74	Jay	Holmes	Springfield
80-84	Gold	80	Daniel	Clark	Lorton
	Silver	80	Bill	Sidenstick	Burke
	Bronze	80	Sidney	Sachs	Lorton

ROWING – 2 Km - WOMEN (NEW IN 2013)

65-69	Gold	67	Jill	Hill	Springfield	10:23.2*
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ROWING – 2 Km - MEN (NEW IN 2013)

50-54	Gold	50	Joseph	Sunday	Arlington	9:59.4
55-59	Gold	55	Joseph	Stiskal	Reston	7:49.3
	Silver	58	John	Sullivan	Fairfax	8:13.3
	Bronze	57	Brandon	White	Woodbridge	10:06.4
60-64	Gold	63	Roger	Wagner	Vienna	8:21.3
	Silver	64	Ken	Freund	Alexandria	10:00.1
65-69	Gold	66	Michael	Coleman	Falls Church	7:56.5*
70-74	Silver	71	Ron	Asche	Burke	12:40.7
	Gold	74	Hugh	Haworth	Alexandria	8:28.2
75-79	Gold	76	Kenneth	Weinzapfel	Gainesville	8:20.7*
	Silver	76	Harvey	Snyder	Arlington	8:54.9
	Bronze	78	Herb	Levitan	Arlington	9:00.5
85-89	Gold	85	Bill	Wieand	McLean	10:47.1*
	Silver	89	Barry	Shelkin	Alexandria	11:41.8
	Bronze	79	Leonard	Kalkwarf	Springfield	12:26.3

RUMMIKUB – COED (new in 2016)

All Ages	Gold	77	Jennifer	Frum	Arlington
	Silver	60	Marilyn	Geary	Arlington
	Bronze	69	Fran	Dudick	Arlington
		64	Ken	Freund	Alexandria
		60	Youmna	Bonnot	Arlington
		65	Michael	Knight	Falls Church
		77	Lynn	Durel	Arlington
		82	Carole	Brown	Springfield
		69	Sally	Storr	Annandale
		76	Marianne	Graves	Arlington
		78	Herb	Levitan	Arlington
		74	Helga	Flory	Falls Church
		92	Elma	Perkins	Burke
		75	Susan	Rushton	Arlington

SCRABBLE – COED

All Ages	Gold	77	Jennifer	Frum	Arlington	3 wins +304
	Silver	70	Joel	Yudson	Arlington	3 wins +164
	Bronze	66	Eileen	Daly	Falls Church	3 wins +98
		71	Chari	Bartolome	Arlington	2-1 +192
	86	Bruce	Roth	Woodbridge	2-1 +156	
	89	Jean	Goodson	Falls Church	2-1 +148	
	60	Youmna	Bonnot	Arlington	2-1 +123	
	72	Kamlesh	Jain	Ashburn	2-1 +60	
	70	David	Robinson	Arlington	2-1 +81	
	77	Lynn	Durel	Arlington	2-1 +22	
	71	John	Cordyack	Reston	2-1 -55	
	84	Annette	Paley	Falls Church	1-1-1 +15	
	87	Mary Jane	Meyer	Alexandria	1-1-1 -28	
	79	Fidelita	Levy	Alexandria	1-2 +15	
	75	Barbara	Phillips	Alexandria	1-2 +6	
	72	Vicki	Kagan	Burke	1-2 -28	
	57	Margie	Urano	Fairfax	1-2 -64	
	69	Sally	Storr	Annandale	1-2 -147	
	88	Lois	Czapiewski	Falls Church	1-2 -223	
	82	Carole	Brown	Springfield	3L -169	
	73	Jack	Bennett	Alexandria	3L -183	
	68	Rebecca	Hansen	Arlington	3L -269	
	69	Bruce	Fisher	Fairfax	3L -283	

SOFTBALL HIT – WOMEN

55-59	Gold	59	Greta	Budweg	Ashburn	111' 9"
60-64	Gold	60	Lori	Grimm	Arlington	135'
	Silver	62	Cindy	Hook	Annandale	123' 1"
70-74	Gold	72	Nancy D	Joyner	Annandale	68'
	Silver	72	Georgia	Fuller	Falls Church	51' 6.5"
80-84	Gold	80	Mary	Thornton	Annandale	69' 8"
90-94	Gold	90	Rosemary	Furher	Annandale	37 '4"

SOFTBALL HIT – MEN

55-59	Gold	59	Edward	Scholl	Arlington	201'
	Silver	58	Craig	Day	Falls Church	144' 9"
	Bronze	56	Paul	Shelkin	Woodbridge	19'
60-64	Gold	64	Charles	Geyer	Fairfax Station	155'
65-69	Gold	66	Louis	Mazel	Falls Church	214' 9"
	Silver	68	Doug	Hastings	Alexandria	189'
	Bronze	66	Thomas	Godwin	McLean	184' 6"
	4	69	Eiji	Yasuhara	Sterling	45' 11"
70-74	Gold	71	Charles	Grammick	Warrenton	255' *
	Silver	72	Thomas	Sullivan	Oakton	233' 10"
	Bronze	72	Douglas	Cary	Great Falls	164' 7"
	4	71	Clarence John	Wells-Martin	Herndon	153'
	5	74	Norbert (Bud)	Commons	Ashburn	132' 5"
	6	73	Chuck	Kleymeyer	Arlington	129'
	7	73	Donald	Meli	Annandale	99' 9"
	8	72	Joseph	Bauer	Arlington	45' 9"
75-79	Gold	78	Herb	Levitan	Arlington	93' 10"
	Silver	76	Karl	Lady	Alexandria	52'
80-84	Gold	80	Andrew	Dixon	Fairfax	156' 6"
	Silver	81	Ed	Ladd	Potomac Falls	131' 1"
	Bronze	84	Bill	Brennan	Annandale	106' 2'
	4	82	Jerry	Bradley	Oakton	86'
	5	81	William	Nehrke	Spotsylvania	68' 6"
85-89	Gold	89	Leonard	Kalkwarf	Springfield	59' 7"
	Silver	89	Barry	Shelkin	Alexandria	38' 5"5
	Bronze	88	Donald	Tanner	Ashburn	37' 5"
95-99	Gold	95	Donald	Brooks	Potomac Falls	56' 2"

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SOFTBALL THROW – WOMEN

55-59	Gold	59	Greta	Budweg	Ashburn	80' 6"
60-64	1	60	Lori	Grimm	Arlington	86' 5"
	2	62	Cindy	Hook	Annandale	79' 6"
	3	64	Patti	Tuholski	Herndon	15' 2"
65-69	Gold	65	Jane	Hoge	Falls Church	88' 6"
70-74	Gold	72	Georgia	Fuller	Falls Church	54' 6"
75-79	Gold	79	Betsy	Younkins	McLean	39' 0"
	Silver	79	Irene	McDonnell	Falls Church	36' 8"
80-84	Gold	80	Mary	Thornton	Annandale	38' 7"
85-89	Gold	86	Sally	Dishun	Herndon	37' 1"
90-94	Gold	90	Rosemary	Furcer	Annandale	33' 0" *

SOFTBALL THROW – MEN

55-59	Gold	59	Edward	Scholl	Arlington	168' 2"
	Silver	56	Paul	Shelkin	Woodbridge	120' 2"
	Bronze	58	Craig	Day	Falls Church	102' 0"
60-64	Gold	64	Charles	Geyer	Fairfax Station	125' 6"
65-69	Gold	66	Allan	Dosik	Arlington	142' 4"
	Silver	68	Doug	Hastings	Alexandria	126'-10½"
	Bronze	66	Louis	Mazel	Falls Church	119' 8"
	4	69	Eiji	Yasuhara	Sterling	103' 0"
70-74	Gold	72	Thomas	Sullivan	Oakton	160' -2 ½"
	Silver	71	Clarence John	Wells-Martin	Herndon	111'-10½"
	Bronze	73	Donald	Meli	Annandale	108' 6"
	4	72	Joseph	Bauer	Arlington	99' -8 ½"
	5	72	Douglas	Cary	Great Falls	88' 11"
	6	73	Chuck	Kleymeyer	Arlington	73' 9"
75-79	Gold	76	Karl	Lady	Alexandria	121' -3 ½"
	Silver	78	Herb	Levitan	Arlington	94' 7"
80-84	Gold	80	Andrew	Dixon	Fairfax	102' 8"
	Silver	82	Jerry	Bradley	Oakton	82' 0"
	Bronze	84	Bill	Brennan	Annandale	75' 7"
	Bronze	81	Ed	Ladd	Potomac Falls	75' 7"
85-89	Gold	85	Bill	Wieand	McLean	60' 8"
	Silver	88	Donald	Tanner	Ashburn	48' 0"
	Bronze	85	Larry	Lasik	Herndon	46' 0"
	4	89	Leonard	Kalkwarf	Springfield	41' - ½"
	5	89	Barry	Shelkin	Alexandria	31' 5"
95-99	Gold	95	Donald	Brooks	Potomac Falls	29' 0"

SUDOKU COED

50-59	Gold	56	Ted	Poulos	McLean	35:07
	Silver	59	Marion	Marrs	Sterling	76:04
	Bronze	59	Sinclair	Sheers	McLean	161:35
60-69	Gold	64	Frank	Kotula	Fairfax	69:49
	Silver	69	Sally	Storr	Annandale	117:10
	Bronze	68	Amy	Lee	Arlington	155:41
	4	69	Linda	Whitmore	Alexandria	183:08
70-79	Gold	77	Jennifer	Frum	Arlington	78:28
	Silver	70	Jack	Katosh	Arlington	103:56
	Bronze	72	Harlan	Lee	Fairfax	106:06
	4	72	Kamlesh	Jain	Ashburn	113:04
	5	75	Joe	McIntosh	Arlington	115:24
	6	71	Anthony	Lee	Springfield	162:18
80-89	Gold	86	Wayne	Osgood	Ashburn	160:24

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SWIMMING – BACKSTROKE 50 YARDS – WOMEN

50-54	Gold	53	Terri	Cameron	Bristow	45.62
55-59	Gold	56	Joanne	Shabelski	Alexandria	1:08.03
60-64	Gold	62	Priscilla	Knight	Gainesville	51.03
70-74	Gold	70	Elinor	Schwartz	Arlington	57.40
75-79	Gold	79	Fidelita	Levy	Alexandria	1:46.40
80-84	Gold	80	Joyce	Tobias	Haymarket	1:27.75
85-89	Gold	86	Mary	Simpson	Manassas	1:30.75

SWIMMING – BACKSTROKE 50 YARDS – MEN

50-54	Gold	52	Ian	Liu	Falls Church	37.31
55-59	Gold	56	Michael	Anderson	Bristow	45.78
60-64	Gold	61	Ralph	Swiger	Leesburg	49.84
70-74	Gold	71	Kevin	Culhane	Lorton	35.84 *
	Silver	73	Donald	Meli	Annandale	48.31
	Bronze	73	Chuck	Kleymeyer	Arlington	54.55
75-79	Gold	78	Herb	Levitan	Arlington	49.06
	Silver	79	Neil	Levy	Alexandria	1:04.12
	Bronze	76	Takehiko	Kato	Springfield	1:21.74
80-84	Gold	82	Niel	Sween	Vienna	53.78
	Silver	83	Ron	Farra	Bristow	1:05.94
85-89	Gold	88	Phil	Case	Springfield	58.21
	Silver	85	Donald	McPherson	Ashburn	1:05.21
	Bronze	89	Willard	Rieger	Springfield	2:34.03

SWIMMING – BACKSTROKE 100 YARDS – WOMEN (NEW IN 2014)

50-54	Gold	54	Ellen	Rotchford	Arlington	2:17.25
60-64	Gold	62	Priscilla	Knight	Gainesville	1:56.37
65-69	Gold	65	Denise	Kirwan	Leesburg	1:21.90
	Silver	65	Carol	Rivers	Arlington	4:20.06
80-84	Gold	80	Joyce	Tobias	Haymarket	2:48.28

SWIMMING – BACKSTROKE 100 YARDS – MEN (NEW IN 2014)

50-54	Gold	52	Ian	Liu	Falls Church	1:19.75
55-59	Gold	56	Michael	Anderson	Bristow	1:40.91
60-64	Gold	61	Ralph	Swiger	Leesburg	1:52.30
65-69	Gold	69	Bruce	Fisher	Fairfax	1:22.83
	Silver	67	James	Hill	Springfield	1:24.20
70-74	Gold	73	Donald	Meli	Annandale	1:45.50
75-79	Gold	78	Herb	Levitan	Arlington	1:47.65
	Silver	79	Neil	Levy	Alexandria	2:35.99
85-89	Gold	88	Phil	Case	Springfield	2:11.06 *
	Silver	85	Donald	McPherson	Ashburn	2:27.60
	Bronze	89	Willard	Rieger	Springfield	5:27.05

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SWIMMING – BREASTSTROKE 50 YARDS – WOMEN

50-54	Gold	53	Terri	Cameron	Bristow	53.59
55-59	Gold	57	Susan	McFarland	Fairfax	51.65
	Silver	56	Joanne	Shabelski	Alexandria	53.09
60-64	Gold	61	Betsy	Boswell	Vienna	51.56
	Silver	62	Priscilla	Knight	Gainesville	54.75
65-69	Gold	65	Carol	Rivers	Arlington	2:23.65
70-74	Gold	70	Elinor	Schwartz	Arlington	1:08.11
75-79	Gold	79	Fidelita	Levy	Alexandria	1:47.08
80-84	Gold	84	Janet	Clarkson	Falls Church	1:34.32
85-89	Gold	86	Mary	Simpson	Manassas	1:55.22

SWIMMING – BREASTSTROKE 50 YARDS – MEN

50-54	Gold	52	Ian	Liu	Falls Church	38.18
55-59	Gold	59	Robert	Romo	Oakton	38.25
60-64	Gold	61	Ralph	Swiger	Leesburg	49.25
65-69	Gold	69	Eiji	Yasuhara	Sterling	48.46
	Silver	66	Thomas	Godwin	McLean	56.56
70-74	Gold	71	Kevin	Culhane	Lorton	38.53*
	Silver	73	Donald	Meli	Annandale	51.75
	Bronze	74	Samir	Salman	Vienna	58.34
	4	73	Chuck	Kleymeyer	Arlington	1:01.38
75-79	Gold	77	John	Dineen	Springfield	47.59
	Silver	78	Herb	Levitan	Arlington	51.62
	Bronze	76	Takehiko	Kato	Springfield	1:14.34
80-84	Gold	81	David	Nicholas	Oakton	51.58
85-89	Gold	85	Bill	Wieand	McLean	1:13.40
	Silver	88	Phil	Case	Springfield	1:19.25

SWIMMING – BREASTSTROKE 100 YARDS – WOMEN (NEW IN 2016)

55-59	Gold	56	Joanne	Shabelski	Alexandria	1:55.18 *
60-64	Gold	61	Betsy	Boswell	Vienna	1:51.31
	Silver	62	Priscilla	Knight	Gainesville	2:00.12
65-69	Gold	65	Denise	Kirwan	Leesburg	1:31.03 *
70-74	Gold	70	Elinor	Schwartz	Arlington	2:34.46 *

SWIMMING – BREASTSTROKE 100 YARDS – MEN (NEW IN 2016)

50-54	Gold	52	Ian	Liu	Falls Church	1:20.28
55-59	Gold	59	Robert	Romo	Oakton	1:22.03*
60-64	Gold	61	Ralph	Swiger	Leesburg	1:41.72
65-69	Gold	67	James	Hill	Springfield	1:22.31*
	Silver	69	Eiji	Yasuhara	Sterling	1:48.49
70-74	Gold	73	Donald	Meli	Annandale	1:53.78
	Silver	74	Samir	Salman	Vienna	2:00.91
75-79	Gold	78	Herb	Levitan	Arlington	1:53.84
	Silver	77	John	Dineen	Springfield	1:58.65
80-84	Gold	81	David	Nicholas	Oakton	1:51.09*

SWIMMING – FREESTYLE 50 YARDS – WOMEN

50-54	Gold	53	Terri	Cameron	Bristow	38.13
	Silver	54	Ellen	Rotchford	Arlington	55.32
55-59	Gold	57	Susan	McFarland	Fairfax	36.46
	Silver	59	Martha	Mothershead	Falls Church	41.31
	Bronze	56	Joanne	Shabelski	Alexandria	52.46
60-64	Gold	61	Betsy	Boswell	Vienna	39.04
	Silver	62	Priscilla	Knight	Gainesville	43.21
65-69	Gold	66	Joan	Girardi	Manassas	53.72
	Silver	68	Bethami	Auerbach	Falls Church	56.21
	Bronze	65	Carol	Rivers	Arlington	1.34.34
75-79	Gold	79	Fidelita	Levy	Alexandria	1:44.03
80-84	Gold	80	Joyce	Tobias	Haymarket	1:29.35
85-89	Gold	86	Mary	Simpson	Manassas	1:19.03

SWIMMING – FREESTYLE 50 YARDS– MEN

50-54	Gold	52	Ian	Liu	Falls Church	29.65
55-59	Gold	59	Robert	Romo	Oakton	32.93
	Silver	56	Michael	Anderson	Bristow	35.40
	Bronze	56	Vincent	Langan	Warrenton	35.56
	4	57	Brandon	White	Woodbridge	47.93
60-64	Gold	61	Ralph	Swiger	Leesburg	40.43
65-69	Gold	66	Thomas	Godwin	Mclean	37.97
	Silver	69	Eiji	Yasuhara	Sterling	42.03
70-74	Gold	71	Kevin	Culhane	Lorton	29.56 *
	Silver	71	Vince	Romano	Annandale	36.21
	Bronze	73	Donald	Meli	Annandale	37.59
	4	73	Chuck	Kleymeyer	Arlington	40.62
75-79	Gold	79	John	Woodward	Fairfax	38.05
	Silver	77	John	Dineen	Springfield	38.62
	Bronze	78	Herb	Levitan	Arlington	48.09
	4	76	Takehiko	Kato	Springfield	1:01.43
80-84	Gold	81	David	Nicholas	Oakton	41.19
	Silver	83	Ron	Farra	Bristow	1:14.06
85-89	Gold	85	Donald	McPherson	Ashburn	53.21
	Silver	88	Phil	Case	Springfield	58.25
	Bronze	85	Bill	Wieand	McLean	1:00.09
	4	85	Lou	Brown	Leesburg	1:17.21
	5	89	Willard	Rieger	Springfield	2:31.03

SWIMMING – FREESTYLE 100 YARDS – WOMEN (NEW IN 2014)

50-54	Gold	54	Ellen	Rotchford	Arlington	2:18.69
55-59	Gold	56	Joanne	Shabelski	Alexandria	1:56.32
60-64	Gold	61	Betsy	Boswell	Vienna	1:27.84
	Silver	62	Priscilla	Knight	Gainesville	1:36.93
65-69	Gold	65	Denise	Kirwan	Leesburg	1:13.93 *
	Silver	66	Joan	Girardi	Manassas	2:04.31
	Bronze	68	Bethami	Auerbach	Falls Church	2:05
80-84	Gold	80	Joyce	Tobias	Haymarket	3:05.21 *

SWIMMING – FREESTYLE 100 YARDS – MEN (NEW IN 2014)

50-54	Gold	52	Ian	Liu	Falls Church	1:14.69
55-59	Gold	59	Robert	Romo	Oakton	1:08.06
	Silver	56	Michael	Anderson	Bristow	1:21.56
	Bronze	56	Vincent	Langan	Warrenton	1:26.50
60-64	Gold	61	Ralph	Swiger	Leesburg	1:28.75
65-69	Gold	69	Bruce	Fisher	Fairfax	1:09.25
	Silver	67	James	Hill	Springfield	1:20.63
	Bronze	66	Thomas	Godwin	Mclean	1:25.12
70-74	Gold	71	Vince	Romano	Annandale	1:23.16
	Silver	73	Donald	Meli	Annandale	1:23.73
	Bronze	73	Chuck	Kleymeyer	Arlington	1:35.47
75-79	Gold	79	John	Woodward	Fairfax	1:27.69
	Silver	77	John	Dineen	Springfield	1:30.94
	Bronze	78	Herb	Levitan	Arlington	1:34.05
80-84	Gold	81	David	Nicholas	Oakton	1:33.84 *
85-89	Gold	85	Donald	McPherson	Ashburn	2:02.09 *
	Silver	88	Phil	Case	Springfield	2:13.50
	Bronze	85	Lou	Brown	Leesburg	2:41.38
	4	89	Willard	Rieger	Springfield	5:39.74

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

50-54	Gold	54	Ellen	Rotchford	Arlington	23:15.97
55-59	Gold	55	Jackie	Chen	Fairfax Station	14:39.40
	Silver	56	Joanne	Shabelski	Alexandria	22:20.28
60-64	Gold	60	Sharon	O'Neill	Annandale	16:35.62
	Silver	62	Priscilla	Knight	Gainesville	17:48.25
65-69	Gold	68	Bethami	Auerbach	Falls Church	22:26.03
	Silver	67	Carol	MacKela	Arlington	24:16.65
	DNF	65	Denise	Kirwan	Leesburg	
80-84	Gold	81	Geertruida	Derosa	Springfield	27:31.81
	Silver	80	Joyce	Tobias	Haymarket	28:55

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

50-54	Gold	52	Ian	Liu	Falls Church	13:12.56
55-59	Gold	56	Michael	Anderson	Bristow	14:44.48
60-64	Gold	61	Ralph	Swiger	Leesburg	15:21.41
65-69	Gold	67	James	Hill	Springfield	13:54.07
	Silver	67	David	Conover	Great Falls	14:02.62
	Bronze	69	Bruce	Fisher	Fairfax	14:14.49
	4	67	Jim	Donahue	Oakton	14:40.15
70-74	Gold	71	Vince	Romano	Annandale	17:26
	Silver	73	Donald	Meli	Annandale	18:20
	Bronze	74	Craig	Olson	Arlington	25:09.68
75-79	Gold	79	Neil	Levy	Alexandria	24:21.01
	Silver	77	Larry	Medley	Gainesville	26:47.38
80-84	Gold	81	David	Nicholas	Oakton	17:59.17

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TABLE TENNIS – WOMEN

50-59	Gold	55	Jackie	Chen	Fairfax Station
60-69	Gold	60	Jenny	Lang	Mclean
	Silver	62	Sandra	Hammersley	Manassas
	Bronze	65	Jane	Hoge	Falls Church
	4	66	Judy	Aw	Falls Church
70-79	Gold	75	Barbara	Kaminsky	Oak Hill
	Silver	78	Sun Y.	Yang	Arlington
	Bronze	72	Marilyn	Gilbert	Fairfax
80-89	Gold	89	Ruth	Goldman	Gainesville
	Silver		Ethel	Scaccio	Dumfries

TABLE TENNIS – MEN

50-59	Gold	57	Gordon	Lee	Oakton
	Silver	52	Kevin	Walton	Ashburn
	Bronze	58	Hung	Pham	Springfield
		4	50	Paul	Cachion
		59	Nghia	Tran	Woodbridge
		50	Catalin	Lupu	Fairfax
		58	Larry	Kirk	Woodbridge
		58	Bruce	Mackliet	Vienna
		53	Robert	Tartt	Falls Church
	60-69	Gold	61	John	Olsen
Silver		64	Xiaobang	Shi	Sterling
Bronze		64	Frank	Kotula	Fairfax
		4	62	Candadai	Madhavan
		67	Samir	Tahan	Dumfries
		60	Brian	Bochicchio	Vienna

70-79	Gold	71	Shaw	Zee	Reston
	Silver	71	Richard	Eddy	Alexandria
	Bronze	71	Anthony	Lee	Springfield
		70	Douglas	Whitwood	Dumfries
		77	Karl	Mueller	Alexandria
		71	Hong	Kim	Annandale
		78	Hae Mun	Byun	Alexandria
		71	Robert	Grannis	Manassas
		78	Herb	Levitan	Arlington
		73	Ernest	Krapfl	Woodbridge
	76	Michael	Brown	Fairfax	
80-89	Gold	80	Su	Kim	Burke
	Silver	86	Emilio	Bernal-Labrada	Leesburg
	Bronze	81	Dimitrios	Papaconstantopoulos	Vienna
		81	Ed	Ladd	Potomac Falls
		80	Charles	Battaglia	Alexandria
		84	Ed	Scaccio	Dumfries
		83	William	Walker	Ashburn
		89	John	Smucker	Alexandria
		87	Gerald	Lowe	Falls Church

TENNIS - SINGLES – WOMEN

50-59	Gold	59	Sheila	Laszlo	Ashburn
60-69	Gold	62	Lisa	Bridges	McLean
70-79	Gold	77	Pearl	Hicks	Arlington
	Silver	78	Sun Y.	Yang	Arlington

TENNIS - SINGLES – MEN

50-59	Gold	56	Mark	Matsko	Arlington
	Silver	56	John	Heather	Falls Church
	Bronze	59	Edward	Scholl	Arlington
		55	Stephen	Nurre	Annandale
60-69	Gold	65	Michael	Ryon	Warrenton
	Silver	69	Gary	Usrey	Arlington
	Bronze	68	David	Viar	Centreville
		63	Trevor	Major	Vienna
		63	Scott	Triplett	Haymarket
70-79	Gold	78	Barton	Richwine	McLean
	Silver	75	Dennis	Clague	Arlington
		72	Douglas	Cary	Great Falls
		72	Donald	Chendorain	Woodbridge
		70	Ron	Hauk	Haymarket
		74	Norbert (Bud)	Commons	Ashburn
		72	Paul	Van Hoozer	Arlington
		74	Paul	Thompson	Springfield

		74	William	Mahoney	Sterling
		75	Stephen	Gold	Vienna
		72	Stephen	Thacher	Burke
		74	Jay	Holmes	Springfield
80-89	Gold	80	Tony	Beale	Springfield
	Silver	83	Robert	Shellhouse	Alexandria
	Bronze	85	Marc	Barthello	Potomac Falls

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TENNIS - DOUBLES – WOMEN

50-59	Gold	54	Vanessa	Brownley	Oakton
	Gold	62	Lisa	Bridges	McLean
70-79	Gold	74	June	McMenamin	Springfield
	Gold	82	Kelly	McCaffery	Springfield

TENNIS - DOUBLES – MEN

60-69	Gold	69	Larry	Maysack	Haymarket
	Gold	63	Scott	Triplett	Haymarket
	Silver	62	Randolph	Miller	Bristow
	Silver	72	Larry	Blair	Bristow
70-79	Gold	74	Patrick	McCarthy	Gainesville
	Gold	72	Will	Misner	Gainesville
	Silver	78	Dennis	Hill	Falls Church
	Silver	76	Wayne	Ching	Chantilly
	Bronze	70	Ron	Hauk	Haymarket
4	Bronze	73	William	Baird	Haymarket
	4	74	Paul	Thompson	Springfield
	4	74	Gerald	Rhoads	Burke
80-89	Gold	81	Robert	Wilkinson	Fairfax
	Gold	81	Jerry	Vance	Annandale
	Silver	81	Ed	Ladd	Potomac Falls
	Silver	85	W	Rice	Potomac Falls

VOLLEYBALL

No competition in 2017.

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WII BOWLING – WOMEN

60-64	Gold	62	Sara	Fimiani	Chantilly	524
65-69	Gold	68	Amy	Lee	Arlington	448
	Silver	69	Fran	Dudick	Arlington	406
	Bronze	65	Carol	Manning	Manassas	367
70-74	Gold	74	Helga	Flory	Falls Church	432
	Silver	71	Chari	Bartolome	Arlington	255
75-79	Gold	79	Gloria	Tomita	Springfield	665
	Silver	76	Violet	Fenty	Arlington	649
	Bronze	76	Jane	Brungart	Falls Church	507
80-84	Gold	82	Martha	Siemering	Springfield	763
	Silver	81	Susan	Barrick	Springfield	649
	Bronze	84	Sofia	Henriquez	Arlington	647
	4	80	Sara	Mason	Springfield	615
	5	83	Donna	Blackburn	Alexandria	538
	6	82	Victoria	Morriberon	Arlington	515
	7	81	Sharon	Ewing	Falls Church	417
85-89	Gold	87	Betty	Roadcap	Ashburn	595
	Silver	85	Hazel	Houston	Arlington	504
	Bronze	87	Renie	Burdetsky	Arlington	499
90-94	Gold	93	Marian	Gonzales	Springfield	721*
	Silver	94	Vivian	Mitchell	Springfield	703
	Bronze	92	Ione	Braswell	Potomac Falls	535
	4	92	Hilda	Yuspeh	Arlington	499
	5	90	Ruth	Bucklin	Falls Church	487
	6	91	Adele	Graham	Ashburn	478
100+	Gold	100	Maria	Kennedy	Alexandria	491

WII BOWLING – MEN

50-54	Gold	50	Paul	Cachion	Arlington	583*
70-74	Gold	72	Gordon	Carter	Falls Church	607
75-79	Gold	76	Eric	Bergstrom	Springfield	590
	Silver	78	Richard (Dick)	Stohr	Lake Ridge	572
	Bronze	78	Herb	Levitan	Arlington	319
80-84	Gold	81	Ed	Ladd	Potomac Falls	798
	Silver	83	Peter	Elenois	Alexandria	621
	Bronze	82	Juan	Morriberon	Arlington	607
	4	82	Jack	Martin	Falls Church	533
85-89	Gold	85	Ronald	Hommas	Springfield	607
	Silver	89	George	Neborak	Arlington	480
	Bronze	86	John	Ewing	Falls Church	443
90-94	Gold	93	Bernard	Reynolds	Springfield	665
	Silver	94	Raymond	Wright	Springfield	594
	Bronze	92	Robert	Shamaskin	Arlington	384
95-99	Gold	95	Henry	Stawicki	Burke	560

YO-YO - Women

50-69	Gold	58	Robena	Reid	Lorton	Beginner
70+	Gold	72	Janet	Murphy-Gloss	Woodbridge	Novice

Men

70+	Gold	72	John	Hopkins	Lake Ridge	Novice
70+	Silver	73	Jack	Bennett	Alexandria	Novice
70+	Gold	80	Roger	Webb	Ashburn	Advanced

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TRACK & FIELD

LONG JUMP, STANDING – WOMEN

55-59	Gold	59	Greta	Budweg	Ashburn	1.53 M	5' 0"
	Silver	56	Joanne	Shabelski	Alexandria	1.44	4' 9"
65-69	Gold	65	Jane	Hoge	Falls Church	1.50	5' 0"
	Silver	65	Hannah	Phillips	Alexandria	1.49	4' 9"
70-74	Gold	72	Suzan	French	Ashburn	0.70	2' 4"
80-84	Gold	84	Alease	Brooks	Arlington	0.85	2' 9"

LONG JUMP, STANDING – MEN

50-54	Gold	53	Robert	Tartt	Falls Church	1.86 M	6'-1"
55-59	Gold	58	Thomas	Carroll	Chantilly	1.86	6'
60-64	Gold	60	Aubrey	Toller	Woodbridge	2.16	7'
65-69	Gold	68	Doug	Hastings	Alexandria	2.11	6'-11"
	Silver	69	Eiji	Yasuhara	Sterling	2.06	6'-9"
	Bronze	67	Gerard	Nezet	Arlington	1.90	6'-3"
70-74	Gold	71	Clarence John	Wells-Martin	Herndon	1.92	6'-4"
	Silver	73	Donald	Meli	Annandale	1.78	5'-9"
	Bronze	73	Jack	Bennett	Alexandria	1.42	4'-7"
	4	71	John	Cordyack	Reston	1.34	4'-5"
75-79	Gold	78	Bernhard	Stamm	Ashburn	1.95	6'-5"
	Silver	75	Parviz	Youssefi	Gainesville	1.75	5'-9"
	Bronze	78	Herb	Levitan	Arlington	1.55	5'-1"
	4	77	Karl	Mueller	Alexandria	1.39	4'-6"
80-84	Gold	82	Jerry	Bradley	Oakton	1.21	4' 0"
85-89	Gold	85	Bill	Wieand	McLean	1.22	4'-0"
	Silver	89	Leonard	Kalkwarf	Springfield	0.67	2'-2"

LONG JUMP, RUNNING – WOMEN

55-59	Gold	56	Joanne	Shabelski	Alexandria	2.45 M	8'-0"
65-69	Gold	65	Hannah	Phillips	Alexandria	2.48	8'-1" *
80-84	Gold	84	Alease	Brooks	Arlington	1.31	4'-4"

LONG JUMP, RUNNNG – MEN

50-54	Gold	53	Robert	Tartt	Falls Church	2.92	9'-7"
55-59	Gold	58	Thomas	Carroll	Chantilly	2.95	9'-8"
60-64	Gold	60	Aubrey	Toller	Woodbridge	3.59	11'-9"
	Silver	64	David	Kelly	Alexandria	3.39	11'-1"
65-69	Gold	68	Doug	Hastings	Alexandria	3.77	12'-5"
	Silver	69	Jeff	Young	McLean	2.83	9'-3"
	Bronze	69	Eiji	Yasuhara	Sterling	2.64	8'-5"
70-74	Gold	71	Clarence John	Wells-Martin	Herndon	3.17	10'-6"
	Silver	73	Donald	Meli	Annandale	2.50	8'-2"
75-79	Gold	75	Parviz	Youssefi	Gainesville	2.89	9'-6"
	Silver	77	Karl	Mueller	Alexandria	1.95	6'-5"
	Bronze	78	Herb	Levitan	Arlington	1.20	4'-0"
80-84	Gold	82	Jerry	Bradley	Oakton	2.02	6'-5"
85-89	Gold	89	Leonard	Kalkwarf	Springfield	1.11	3'-5"

HIGH JUMP - WOMEN

55-59	Gold	56	Joanne	Shabelski	Alexandria	0.91 M	3'-0"
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HIGH JUMP – MEN

50-54	Gold	53	Robert	Tartt	Falls Church	1.04 M	3'-5"
55-59	Gold	58	Thomas	Carroll	Chantilly	1.04	3'-5"
60-64	Gold	64	David	Kelly	Alexandria	1.14	3'-9"
65-69	Gold	67	Gerard	Nezet	Arlington	1.27	4'-2"
	Silver	68	Doug	Hastings	Alexandria	1.22	4'-0"
	Bronze	69	Gerald	Patterson	Alexandria	1.04	3'-5"
70-74	Gold	72	Paul	Van Hoozer	Arlington	1.22	4'-0"
	Silver	73	Donald	Meli	Annandale	1.09	3'-7"
	Bronze	71	Clarence John	Wells-Martin	Herndon	1.04	3'-5"
75-79	Gold	75	Curtis	Morgan	Falls Church	1.32	4'-4"
	Silver	78	Bernhard	Stamm	Ashburn	1.22	4'-0"
	Silver	75	Parviz	Youssefi	Gainesville	1.22	4'-0"

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MINI JAVELIN THROW – WOMEN

50-54	Gold	54	Maureen	Pan	Alexandria	20.19 M	66'-3"
55-59	Gold	56	Lisa	Ninomiya	Vienna	22.94	75'-3" *
	Silver	59	Kathleen	Wilson	Springfield	21.26	69'-9"
	Bronze	59	Greta	Budweg	Ashburn	17.09	56'-1"
		56	Joanne	Shabelski	Alexandria	8.89	29'-2"
65-69	Gold	65	Hannah	Phillips	Alexandria	13.31	43'-8" *
70-74	Gold	72	Nancy D	Joyner	Annandale	12.24	40'-2" *
	Silver	72	Suzan	French	Ashburn	9.55	31'-4"
80-84	Gold	84	Alease	Brooks	Arlington	6.17	20'-3"

MINI JAVELIN THROW – MEN

50-54	Gold	53	Robert	Tartt	Falls Church	24.18	79'-4"	
	Silver	51	Louis	Novak	Alexandria	20.75	68'-1"	
	Bronze	50	Joseph	Sunday	Arlington	17.07	56'-0"	
55-59	Gold	58	Thomas	Carroll	Chantilly	18.31	60'-1"	
65-69	Gold	69	George	Marmorino	Alexandria	24.38	80'-0"	
	Silver	67	Jim	Donahue	Oakton	21.87	71'-9"	
	Bronze	68	Doug	Hastings	Alexandria	19.86	65'-2"	
		4	66	Louis	Mazel	Falls Church	15.34	50'-4"
		5	69	Paul	Massell	Falls Church	11.99	39'-4"
70-74	Gold	72	Thomas	Sullivan	Oakton	27.13	89'-0"	
	Silver	74	Robert	Price	Vienna	25.15	82'-6"	
	Bronze	71	Clarence John	Wells-Martin	Herndon	22.00	72'-2"	
		4	72	Paul	Van Hoozer	Arlington	20.27	66'-6"
	5	73	Donald	Meli	Annandale	19.08	62'-7"	
	6	74	Jay	Holmes	Springfield	17.78	58'-4"	
	7	71	John	Cordyack	Reston	10.69	35'-1"	
75-79	Gold	78	Bernhard	Stamm	Ashburn	30.33	99'-6"	
	Silver	78	Herb	Levitan	Arlington	17.20	56'-5"	
85-89	Gold	89	Leonard	Kalkwarf	Springfield	7.98	26'-2"	

SHOT PUT – WOMEN

50-54	Gold	54	Maureen	Pan	Alexandria	8.53 M	28'-0"
55-59	Gold	56	Lisa	Ninomiya	Vienna	7.79	25'-6 ½"
	Silver	59	Kathleen	Wilson	Springfield	7.52	24'-8"
	Bronze	59	Greta	Budweg	Ashburn	6.36	20'-10 ½"
		4	56	Joanne	Shabelski	Alexandria	4.65
65-69	Gold	65	Jane	Hoge	Falls Church	6.21	20'-0"
70-74	Gold	72	Suzan	French	Ashburn	4.39	15'-8 ½"
80-84	Gold	84	Alease	Brooks	Arlington	4.24	13'-11"

SHOT PUT – MEN

50-54	Gold	53	Robert	Tartt	Falls Church	8.63 M	28'-3 ¾"
	Silver	51	Louis	Novak	Alexandria	7.85	25'-9"
	Bronze	50	Joseph	Sunday	Arlington	7.04	23'-1 ¼"
55-59	Gold	58	Craig	Day	Falls Church	9.43	30'-11 ¼"
	Silver	58	Thomas	Carroll	Chantilly	6.48	21'-3"
65-69	Gold	69	Jeff	Young	McLean	9.58	31'-5"
	Silver	66	Louis	Mazel	Falls Church	8.6	28'-2 ½"
70-74	Gold	72	Thomas	Sullivan	Oakton	10.87	35'-8"
	Silver	74	Robert	Price	Vienna	10.62	34'-10"
	Bronze	71	Kevin	Culhane	Lorton	9.19	30'-1 ¾"
	4	71	Clarence John	Wells-Martin	Herndon	7.93	26'-¼"
	5	74	Jay	Holmes	Springfield	7.62	25'-0"
	6	73	Donald	Meli	Annandale	6.95	22'-9 ½"
	7	74	Norbert (Bud)	Commons	Ashburn	6.57	21'-6 ½"
75-79	Gold	78	Bernhard	Stamm	Ashburn	8.26	27'-1 ¼"
80-84	Gold	82	Jerry	Bradley	Oakton	5.88	19'-3 ½"
	Silver	80	Roger	Webb	Ashburn	3.77	12'-4 ½"
85-89	Gold	85	Bill	Wieand	McLean	5.36	17'-7"
85-89	Silver	89	Leonard	Kalkwarf	Springfield	4.43	14'-6 ¼"

DISCUS – WOMEN

50-54	Gold	54	Maureen	Pan	Alexandria	26.23 * M	86'-¾" *
55-59	Gold	56	Lisa	Ninomiya	Vienna	21.19	69'-6 ¼"
	Silver	59	Greta	Budweg	Ashburn	19.52	64'-¼"
	Bronze	56	Joanne	Shabelski	Alexandria	8.43	27'-8"
65-69	Gold	65	Hannah	Phillips	Alexandria	12.35	40'-6 ¼"
70-74	Gold	72	Suzan	French	Ashburn	10.4	34'-1 ¾"
80-84	Gold	84	Alease	Brooks	Arlington	6.52	21'-4 ¾"

DISCUS – MEN

50-54	Gold	51	Louis	Novak	Alexandria	22.34 M	73'-3 ½"
	Silver	53	Robert	Tartt	Falls Church	20.1	65'-11 ¼"
	Bronze	50	Joseph	Sunday	Arlington	13.18	43'-3"
55-59	Gold	58	Craig	Day	Falls Church	30.97	101'-7 ½"
	Silver	58	Thomas	Carroll	Chantilly	18.89	61'-11 ¾"
65-69	Gold	69	George	Marmorino	Alexandria	34.87 *	114'-5" *
	Silver	69	Eiji	Yasuhara	Sterling	21.97	72'-1"
	Bronze	66	Louis	Mazel	Falls Church	20.54	67'-4 ½"
70-74	Gold	72	Thomas	Sullivan	Oakton	32.21	105'-8"
	Silver	74	Robert	Price	Vienna	31.32	102'-9"
	Bronze	73	Donald	Meli	Annandale	20.5	67'-3 ¼"
	4	71	Clarence J	Wells-Martin	Herndon	18.51	60'-8 ¾"
	5	71	Kevin	Culhane	Lorton	17.93	58'-9 ¾"
	6	74	Jay	Holmes	Springfield	16.83	55'-2 ½"

75-79	Gold	75	George	Levendis	Arlington	25.6	84'0"
	Silver	75	Parviz	Youssefi	Gainesville	22.37	73'-4 ¾"
	Bronze	78	Bernhard	Stamm	Ashburn	20.86	68'-5 ¼"
	4	78	Herb	Levitan	Arlington	12.87	42"-3"
80-84	Gold	82	Jerry	Bradley	Oakton	15.33	50'-3 ½"
	Silver	80	Roger	Webb	Ashburn	10.29	33'-9 ¼"
85-89	Gold	85	Bill	Wieand	McLean	11.73	38'-5 ¾"
	Silver	89	Leonard	Kalkwarf	Springfield	10.35	33'-11 ½"

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TRACK – 60 METER RUN – WOMEN

55-59	Gold	56	Joanne	Shabelski	Alexandria	12.03
	Silver	59	Greta	Budweg	Ashburn	12.43
	Bronze	56	Monica	Hill	Woodbridge	14.53
60-64	Gold	60	Keg	Good	Woodbridge	10.72
	Silver	62	Sara	Fimiani	Chantilly	16.46
65-69	Gold	69	Debbi	Miller	Fairfax	16.40
70-74	Gold	72	Suzan	French	Ashburn	21.30
75-79	Gold	77	Mandy	Whalen	Falls Church	16.42
80-84	Gold	84	Alease	Brooks	Arlington	22.54
90-94	Gold	94	Eva	Sorensen	Alexandria	34.00

TRACK – 60 METER RUN – MEN

50-54	Gold	54	Zachary	McBride	Woodbridge	7.81*
	Silver	53	Jeff	Shad	Alexandria	8.48
55-59	Gold	57	Brandon	White	Woodbridge	8.48
	Silver	59	Stephan	Moretti	Springfield	10.25
60-64	Gold	63	Ron	Adams	Springfield	8.72
	Silver	60	Aubrey	Toller	Woodbridge	9.59
	Bronze	60	Kamran	Khan	Springfield	13.21
65-69	Gold	66	Sky	Webb	Arlington	7.85*
	Silver	69	Eiji	Yasuhara	Sterling	10.12
	Bronze	67	Charles	Corry	Alexandria	12.77
70-74	Gold	71	Clarence John	Wells-Martin	Herndon	9.45
	Silver	74	Daniel	Durante	Gainesville	9.93
	Bronze	73	Donald	Meli	Annandale	10.47
	4	73	John	Shippy	Arlington	10.66
	5	70	Gregory	Cleva	Arlington	12.00
75-79	Gold	79	J.J.	Smith	Alexandria	10.44
	Silver	79	Wayne	Willson	Haymarket	10.78
	Bronze	77	Woody	Hair	Arlington	11.50
80-84	Gold	82	Hyung	Park	Springfield	12.44
	Silver	84	Joseph	Clement	Springfield	13.10
	Bronze	80	Charles	Battaglia	Alexandria	15.00

85-89	Gold	87	Kent	Halstead	Arlington	13.48
	Silver	85	Don	McPhearson	Ashburn	13.56
	Bronze	87	John	Snyder	Arlington	14.38
	4	89	Leonard	Kalkwarf	Springfield	21.00
	5	89	John	Smucker	Alexandria	38.84

TRACK – 200 METER RUN – WOMEN

55-59	Gold	56	Joanne	Shabelski	Alexandria	42.75
	Silver	59	Greta	Budweg	Ashburn	46.32
60-64	Gold	60	Keg	Good	Woodbridge	38.22
65-69	Gold	65	Hannah	Phillips	Alexandria	36.81*
	Silver	69	Debbi	Miller	Fairfax	1:07.75
75-79	Gold	77	Mandy	Whalen	Falls Church	1:02.40

TRACK – 200 METER RUN – MEN

50-54	Gold	53	Jeff	Shad	Alexandria	29.44
	Silver	54	Duane	Williamson	Warrenton	31.78
55-59	Gold	57	Brandon	White	Woodbridge	29.66
	Silver	57	Everton	Barrett	Fairfax	30.76
	Bronze	59	Stephan	Moretti	Springfield	34.01
	4	58	Thomas	Carroll	Chantilly	37.03
60-64	Gold	64	David	Kelly	Alexandria	35.95
65-69	Gold	66	Sky	Webb	Arlington	27.78
	Silver		Dan	Williams	Reston	32.35
	Bronze	69	Eiji	Yasuhara	Sterling	35.25
70-74	Gold	71	Clarence John	Wells-Martin	Herndon	33.84
	Silver	73	John	Shippy	Arlington	37.21
	Bronze	73	Donald	Meli	Annandale	40.09
	4	74	Norbert (Bud)	Commons	Ashburn	1:07.84
75-79	Gold	79	J.J.	Smith	Alexandria	37.16
	Silver	79	Wayne	Willson	Haymarket	42.09
	Bronze	77	Woody	Hair	Arlington	43.07
80-84	Gold	82	Hyung	Park	Springfield	43.05
	Silver	83	Robert	Hannah	Oakton	55.40
85-89	Gold	88	Peter	Han	Alexandria	44.41*
	Silver	85	Donald	McPherson	Ashburn	50.00
	Bronze	87	Kent	Halstead	Arlington	52.62

TRACK – 400 METER RUN – WOMEN

50-54	Gold	50	Debrah	McBride	Woodbridge	1:59
55-59	Gold	56	Joanne	Shabelski	Alexandria	1:40
60-64	Gold	60	Keg	Good	Woodbridge	1:54
65-69	Gold	65	Hannah	Phillips	Alexandria	1:28*
	Silver	69	Debbi	Miller	Fairfax	2:53
75-79	Gold	77	Mandy	Whalen	Falls Church	2:18*

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TRACK – 400 METER RUN – MEN

50-54	Gold	54	Duane	Williamson	Warrenton	1:10
	Silver	54	Zachary	McBride	Woodbridge	1:19
55-59	Gold	59	Stephan	Moretti	Springfield	1:14
	Silver	57	Everton	Barrett	Fairfax	1:17
	Bronze	55	Joseph	Stiskal	Reston	1:21
	4	58	Thomas	Carroll	Chantilly	1:24
60-64	Gold	63	Trevor	Major	Vienna	1:24
	Silver	64	David	Kelly	Alexandria	1:31
65-69	Gold	66	Sky	Webb	Arlington	1:12
	Silver		Dan	Williams	Reston	1:24
	Bronze	69	Eiji	Yasuhara	Sterling	1:30
70-74	Gold	71	Clarence John	Wells-Martin	Herndon	1:18*
	Silver	73	Jason	Page	Hamilton	1:19
	Bronze	73	Donald	Meli	Annandale	1:34
	4	74	Norbert (Bud)	Commons	Ashburn	2:50
80-84	Gold	82	Hyung	Park	Springfield	1:53
85-89	Gold	88	Peter	Han	Alexandria	1:59
	Silver	87	Kent	Halstead	Arlington	2:25
	Bronze	85	Donald	McPherson	Ashburn	2:35

TRACK – 800 METER RUN – WOMEN

55-59	Gold	56	Joanne	Shabelski	Alexandria	3:37
65-69	Gold	65	Hannah	Phillips	Alexandria	3:28*

TRACK – 800 METER RUN – MEN

50-54	Gold	54	Duane	Williamson	Warrenton	2:42
55-59	Gold	59	Stephan	Moretti	Springfield	2:53
	Silver	56	Ritch	Viola	Arlington	2:58
	Bronze	55	Joseph	Stiskal	Reston	3:02
	4	58	Thomas	Carroll	Chantilly	3:18
60-64	Gold	63	Trevor	Major	Vienna	3:27
	Silver	64	David	Kelly	Alexandria	3:32
70-74	Gold	73	Jason	Page	Hamilton	3:00
75-79	Gold	76	George	Brown	Fairfax	4:47
85-89	Gold	88	Peter	Han	Alexandria	4:29

TRACK – 1600 METER RUN – WOMEN

55-59	Gold	56	Joanne	Shabelski	Alexandria	7:34
65-69	Gold	65	Hannah	Phillips	Alexandria	7:19*
75-79	Gold	77	Mandy	Whalen	Falls Church	10:54

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TRACK – 1600 METER RUN – MEN

50-54	Gold	50	Paul	Cachion	Arlington	5:53
55-59	Gold	55	Joseph	Stiskal	Reston	6:12
	Silver	56	Ritch	Viola	Arlington	6:20
	Bronze	59	Stephan	Moretti	Springfield	6:33
	4	58	Thomas	Carroll	Chantilly	7:00
	5	56	Ted	Poulos	McLean	7:22
60-64	Gold	60	Aubrey	Toller	Woodbridge	6:42
	Silver	64	David	Kelly	Alexandria	7:21
	Bronze	61	Joe	Lerner	Arlington	8:27
65-69	Gold	68	James	Lengle	Arlington	7:18
70-74	Gold	73	Jason	Page	Hamilton	6:30
	Silver	70	Eric	Assur	Fairfax	9:06
75-79	Gold	76	George	Brown	Fairfax	10:36
80-84	Gold	80	Ken	Quincy	Vienna	9:25
85-89	Gold	88	Peter	Han	Alexandria	9:18

TRACK – 400 METER WALK – WOMEN

55-59	Gold	56	Monica	Hill	Woodbridge	2:55
	Silver	59	Greta	Budweg	Ashburn	2:58
60-64	Gold	62	Cindy	Hook	Annandale	3:20
65-69	Gold	69	Debbi	Miller	Fairfax	3:18
	Silver	69	Linda	Whitmore	Alexandria	3:39
	Bronze	68	Ellen	Marrone	Alexandria	4:16
70-74	Gold	71	Chari	Bartolome	Arlington	3:22
	Silver	72	Suzan	French	Ashburn	3:40
	Bronze	74	Kristin	Krombein	Falls Church	3:53
75-79	Gold	77	Mandy	Whalen	Falls Church	3:05
	Silver	77	Beverly	Franklin	Springfield	3:41
	Bronze	79	Betsy	Younkins	McLean	3:57
80-84	Gold	84	Alease	Brooks	Arlington	4:02
85-89	Gold	86	Janine	Bland	Arlington	3:36*

TRACK – 400 METER WALK – MEN

50-54	Gold	50	Brett	Baughman	Woodbridge	3:25
55-59	Gold	58	Arthur	Skaer	South Riding	3:25
60-64	Gold	64	Rob	Aaront	Centreville	2:53
	Silver	61	John	Schneider	Falls Church	3:35
65-69	Gold	69	Eiji	Yasuhara	Sterling	2:55
	Silver	66	Louis	Mazel	Falls Church	3:09
70-74	Gold	71	Ron	Asche	Burke	3:39
80-84	Gold	82	Charles	Partridge	Arlington	3:11
	Silver	80	Roger	Webb	Ashburn	3:13
	Bronze	84	Walter	Lundy	Falls Church	3:40
85-89	Gold	87	Kent	Halstead	Arlington	3:04
	Silver	85	Larry	Lasik	Herndon	3:13
	Bronze	89	Leonard	Kalkwarf	Springfield	4:02

TRACK – 800 METER WALK – WOMEN

50-54	Gold	50	Debrah	McBride	Woodbridge	6:40
55-59	Gold	56	Monica	Hill	Woodbridge	6:08
	Silver	59	Greta	Budweg	Ashburn	6:38
60-64	Gold	60	Keg	Good	Woodbridge	5:41*
	Silver	62	Monica	Hoffman	Springfield	6:08
	Bronze	62	Cindy	Hook	Annandale	6:43
	4	62	Sara	Fimiani	Chantilly	6:44
65-69	Gold	69	Debbi	Miller	Fairfax	6:54
	Silver	68	Amy	Lee	Arlington	7:10
	Bronze	69	Linda	Whitmore	Alexandria	7:12
70-74	Gold	71	Beth	Baynes	Alexandria	5:59*
	Silver	71	Chari	Bartolome	Arlington	7:02
	Bronze	72	Suzan	French	Ashburn	7:03
	4	74	Kristin	Krombein	Falls Church	6:48 ++ '++ Time for 3 laps instead of 4'
75-79	Gold	77	Mandy	Whalen	Falls Church	6:14
	Silver	77	Beverly	Franklin	Springfield	7:17
80-84	Gold	83	Constance	Bubon	Ashburn	7:05
	Silver	84	Alease	Brooks	Arlington	8:01
85-89	Gold	86	Janine	Bland	Arlington	7:24

TRACK – 800 METER WALK – MEN

50-54	Gold	50	Brett	Baughman	Woodbridge	6:50
60-64	Gold	64	Rob	Aaront	Centreville	6:08
	Silver	61	John	Schneider	Falls Church	7:38
65-69	Gold	69	Eiji	Yasuhara	Sterling	6:11
	Silver	66	Allan	Dosik	Arlington	6:34
	Bronze	66	Louis	Mazel	Falls Church	6:38
70-74	Gold	71	Ron	Asche	Burke	7:38
75-79	Gold	78	Herb	Levitan	Arlington	6:51
80-84	Gold	83	William	Walker	Ashburn	6:40
	Silver	80	Roger	Webb	Ashburn	6:44
	Bronze	82	Charles	Partridge	Arlington	6:45
	4	84	Walter	Lundy	Falls Church	7:37
85-89	Gold	87	Kent	Halstead	Arlington	6:38*
	Silver	89	Leonard	Kalkwarf	Springfield	7:59

TRACK – 1600 METER WALK – WOMEN

55-59	Gold	56	Monica	Hill	Woodbridge	14:39
60-64	Gold	60	Keg	Good	Woodbridge	12:25
65-69	Gold	65	Carmen	Shippy	Arlington	12:31*
	Silver	68	Amy	Lee	Arlington	15:15
	Bronze	69	Debbi	Miller	Fairfax	15:28
	4	69	Linda	Whitmore	Alexandria	16:07
70-74	Gold	71	Chari	Bartolome	Arlington	14:56
	Silver	74	Kristin	Krombein	Falls Church	16:31
85-89	Gold	85	Efthalia	Papailias	Arlington	14:44*

TRACK – 1600 METER WALK – MEN

55-59	Gold	58	Arthur	Skaer	South Riding	14:45
60-64	Gold	64	Rob	Aaront	Centreville	14:13
	Silver	61	John	Schneider	Falls Church	17:17
65-69	Gold	69	Eiji	Yasuhara	Sterling	13:25
80-84	Gold	80	Roger	Webb	Ashburn	13:42
	Silver	82	Charles	Partridge	Arlington	13:43
	Bronze	84	Walter	Lundy	Falls Church	16:07
	DQ	81	George	Meek	Arlington	

TRACK – 3-MILE WALK – WOMEN

55-59	Gold	56	Monica	Hill	Woodbridge	36:08
60-64	Gold	63	Maureen	Ruel	Ashburn	33:33*
	Silver	62	Monica	Hoffman	Springfield	39:38
	Bronze	63	Betsy	Culbertson	Vienna	42:15
4		60	Sharon	O'Neill	Annandale	44:14
	Gold	69	Debbi	Miller	Fairfax	47:12
70-74	Gold	71	Beth	Baynes	Alexandria	36:31
	Silver	74	Kristin	Krombein	Falls Church	49:26
75-79	Gold	77	Mandy	Whalen	Falls Church	38:37*
80-84	Gold	83	Constance	Bubon	Ashburn	43:52*

TRACK – 3-MILE WALK – MEN

50-54	Gold	50	Brett	Baughman	Woodbridge	43:35
55-59	Gold	57	Michael	Soler	Manassas	53:42
60-64	Gold	64	Rob	Aaront	Centreville	38:10
65-69	Gold	68	John	O'Neill	Annandale	36:06
	Silver	67	Michael	Hodge	Dumfries	39:56
70-74	Gold	73	Glenwood	Sickels	Haymarket	47:05
75-79	Gold	78	Herb	Levitan	Arlington	41:14
	Silver	75	Joe	McIntosh	Arlington	42:26
80-84	Gold	83	William	Walker	Ashburn	40:22
	Silver	80	Roger	Webb	Ashburn	43:16
85-89	Gold	86	Bruce	Roth	Woodbridge	45:50
	Silver	89	Leonard	Kalkwarf	Springfield	47:46
90-94	Gold	93	Jorge	Soler	Falls Church	53:42

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NVSO Record Holders 1982-2017

Asterisk (*) Indicates tied or established new NVSO record in 2017

(Click on Event Name to go directly to event records)

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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	Erin McKenney	Annandale	12/20	2015
60 – 69	Helen White	Arlington	12/20	2013
70 – 79	Nancy Joyner	Annandale	6/20	2016&2017*
80 – 89	Sheila Gildea	McLean	7/20	2013 & 2015

BASKETBALL FIELD GOALS – MEN (New in 2012)

50 – 59	Peter Martinson	Arlington	14/20	2012
	Scott Phillips	Alexandria	15/20	2017*
60 – 69	Sam Slowinski	Gainesville	15/20	2016
70 – 79	Peter McGuirk	Arlington	15/20	2014
	Allan Kellum	McLean	15/20	2015
80 – 89	James Martin	Alexandria	15/20	2016

BASKETBALL FREE THROW – WOMEN

50 - 59	Pat Blackman	Arlington	24/25	1995
	Mauren Pan	Alexandria	12/20	2016
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
70 – 79	Nancy Joyner	Annandale	9/20	2016
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
50 – 59	Aubrey Seabrooks	Clinton	15/20	2016
60 - 69	Harold Skeins	Fairfax	23/25	2002 & 2007
	Charles Harris	Alexandria	17/20	2017*
60 - 64	Harold Skeins	Fairfax	23/25	1999
65 - 69	Richard Smith	Springfield	24/25	1997
70 - 79	Peter McGuirk	Arlington	23/25	2015
	Jay Holmes	Springfield	16/20	2016
	Allan Kellum	McLean	16/20	2017*
80 - 84	George Ryffel	Arlington	20/25	2000
85 - 90	JR Cassidy	Manassas	14/25	2005
80 – 89	James Martin	Alexandria	15/20	2016 & 2017*
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
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BOWLING - DUCK PIN - MEN

All Ages	Garland Suggs	Alexandria	92	1985
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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	Betty Graves	Alexandria	719	2014
80 - 84	Dorothy Segal	Fairfax	673	1994
85 - 89	Eva Sorenson	Alexandria	655	2012
90 – 94	Eva Sorenson	Alexandria	617	2016

BOWLING - TEN PIN – MEN

50 - 54	Thomas Robinson	Hendon	726	2016
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
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CANASTA - MEN

All Ages	Francis Bordeaux	Sterling	23,430	1985
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CRIBBAGE – COED

All Ages	Paul McFarland	Springfield	12	2011
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CYCLING – 10K Time Trial – WOMEN (Held at Northern Fauquier Community Park in 2012, '13, '14, and '15)

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 – WOMEN (Held at Vint Hill Village Green in 2016, 2017)

50-54	Susan Lengel	Fairfax	22:40	2016
55-59	Bridget Sedlak	Haymarket	20:35	2016
70-74	Lynn Saunders	Gainesville	22:59	2017*
75-79	Susan Jones	Springfield	24:04	2016
80-84	Joyce Tobias	Haymarket	37:29	2017*

CYCLING – 10K Time Trial – MEN (Held at Northern Fauquier Community Park in 2012, '13, '14, and '15)

50-54	Eric Lengel	Fairfax	17:58.56	2015
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	Giulio Porta	Annandale	18:44.6	2015
75-79	Stephan Forman	McLean	22:19.06	2015
80-84	Thomas Tobias	Haymarket	19:50.71	2014
85-89	Otto Gerken	Gainesville	33:50.75	2014

CYCLING – 10K Time Trial – MEN (Held at Vint Hill Village Green in 2016, 2017)

50-54	Ariundbold Densengombo	Falls Church	16:41	2016
55-59	Michael Emerson	Leesburg	14:52	2016
60-64	Jim Crowley	Alexandria	15:04	2017*
65-69	James Degoey	Reston	15:42	2016
70-74	David Jerome	Haymarket	17:09	2016
75-79	Kenneth Weinsapfel	Gainesville	19:03	2016
80-84	Bill Vest	Reston	18:07	2016
85-89	Otto Gercken	Gainesville	33:53	2016

CYCLING – 20K Time Trial – WOMEN (Held at Northern Fauquier Community Park in 2012, '13, '14, and '15)

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	46:43.25	2014
70-74	Susan Lucas	Gainesville	40:49.4	2012
75-79	Joyce Tobias	Haymarket	1:02:18.6	2013

CYCLING – 20K Time Trial – WOMEN (Held at Vint Hill Village Green in 2016, 2017)

50-54	Susan Lengel	Fairfax	46:15	2016
55-59	Susan Bleistein	Springfield	39:50	2016
60-64	Anne Calhoun	Ashburn	45:45	2016
70-74	Lynn Saunders	Gainesville	43:19	2016
75-79	Susan Jones	Springfield	48:47	2016

CYCLING – 20K Time Trial – MEN (Held at Northern Fauquier Community Park in 2012, '13, '14, and '15)

50-54	Eric Lengel	Fairfax	36:41.73	2015
55-59	Jim Crowley	Alexandria	32:24.73	2014
60-64	Mark Holt	Fairfax	33:12.01	2014
65-69	James Degoey	Reston	34:12.87	2015
70-74	Giulio Porta	Annandale	37:51.03	2015
75-79	Charles Nelson	Arlington	44:42.6	2013
80-84	Thomas Tobias	Haymarket	40:58.81	2014
85-89	Otto Gercken	Gainesville	1:11:45.29	2015

CYCLING – 20K Time Trial – MEN (Held at Vint Hill Village Green in 2016, 2017)

50-54	Ariunbold Denzengombo	Falls Church	33:00	2016
55-59	Eric Lengel	Fairfax	28:25	2016
60-64	Jim Crowley	Alexandria	30:44	2017*
65-69	James Degoey	Reston	31:31	2016
70-74	David Jerome	Haymarket	34:45	2016
75-79	Kenneth Weinzapfel	Gainesville	38:07	2016
80-84	Bill Vest	Reston	35:42	2016
85-89	Otto Gercken	Gainesville	1:10:47	2016

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	Karen Alderman	Arlington	185.45	2016
75 – 79	Mandy Whalen	Falls Church	87.95	2017*

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	Duane Clayton Cox	Fairfax	205.15	2015
70 - 74	Kim Alderman	Arlington	166.35	2012
75 - 79	Kim Alderman	Arlington	168.45	2016
80 - 84	John Gouldin	Annandale	99.2	2013

DOMINOS - WOMEN

All Ages	Maria Tuazon	Falls Church	783	1995
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DOMINOS - MEN

All Ages	Jesus Santi	Springfield	362	1994
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FOOTBALL THROW – WOMEN**(New in 2012)**

50 – 54	Colleen Cornwell	Manassas	73’	2016
55 – 59	Andrea Showers	Burke	69’ 6”	2016
60 – 64	Lori Grimm	Arlington	60’ 5”	2017*
65 – 69	Jane Hoge	Falls Church	53’ 5”	2017*
70 – 74	Georgia Fuller	Falls Church	44’	2016
75 – 79	Jacqueline Stephens	Fairfax Station	31’ 1”	2014
80 – 84	Mary Thorton	Annandale	20’ 11”	2017*
85 – 89	Sheila Gildea	McLean	27’ 4”	2016
90 – 94	Rosemary Furcher	Annandale	17’ 5”	2017*

FOOTBALL THROW – MEN**(New in 2012)**

50 – 54	Thomas Sampson	Centreville	132’ 8”	2014
55 – 59	John Shafran	Great Falls	112’	2014
60 – 64	Charles Appler	Springfield	106’ 8”	2014
65 – 69	Doug Hastings	Alexandria	110’ 10”	2014
70 – 74	Frederick Hacker	Fairfax	104’ 3”	2012
75 – 79	Bernhard Stamm	Ashburn	101’ 6”	2014
80 – 84	Andres Dixon	Fairfax	73’ 3”	2017*
85 – 89	Bill Wieand	McLean	46’ 1”	2017*
90 – 94	Charlie Edwards	Fairfax	26’ 3”	2012
95 – 99	Donald Brooks	Potomac Falls	22’ 10”	2017*

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FRISBEE THROW – WOMEN

50 – 54	Maureen Pan	Alexandria	79' 5"	2014
55 - 59	Sue Hedges	Ashburn	92'	2015
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
85 – 89	Sally Dishun	Herndon	48'	2016
90 – 99	Josephine Stewart	Manassas	36' 2"	2013

FRISBEE THROW – MEN

50 - 59	Steve Goodwin	Arlington	156'7"	2012
55 – 59	Ed Scholl	Arlington	160' 1"	2017*
60 - 69	Thomas Sullivan	Oakton	172'	2014
70 - 74	Thomas Sullivan	Oakton	174'	2015
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 (2007 – Present)

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 (2007 – Present)

50 - 59	William Somers	Arlington	69	2007
60 - 69	Harvey Doerksen	Fairfax	71	2009
70 - 79	Orland Van Bavel	Woodbridge	77	2002
80 - 84	Larry Lasik	Herndon	71	2014
80 - 89	Sandy Grady	Reston	71	2009
85 - 90	Marvin Reed	Oak Hill	99	2016

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 (2000-2006)

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 (2000-2006)

50 - 59	Steve Brooks	Dale City	57	2006
60 - 69	Don Borcharding	McLean	49	2000
70 - 79	Jim Lemons	Vienna	51	2000

MAH JONGG – CO-ED, ALL AGES (NEW IN 2014)

	Phyllis Bowman	Haymarket	300	2014
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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 - 74	Ralph Tapp	Warrenton	38	2017*
75 – 79	Woody Hair	Arlington	38	2017*
80 - 89	John Gouldin	Annandale	43	2012
90+	William Keller	Lovettsville	48	2006

ROWING – 2 Km - WOMEN (NEW IN 2013)

50-54	Gloria Mudge	Oakton	9:35.7	2015
55-59	Aimee Vosper	Alexandria	9:37.3	2016
60-64	Dawn O'Neill	Arlington	9:12.1	2016
65-69	Jill Hill	Springfield	10:23.2	2017*
70-74	Linda Richards	Dale City	13:57.6	2015
70-79	Marge Fatula	Woodbridge	12:09.5	2013
75-79	Jacqueline Stephens	Fairfax Station	11:20.2	2015
80-84	Sheila Gildea	McLean	12:22.0	2014
85-89	Sheila Gildea	McLean	13:06.7	2015

ROWING – 2 Km - MEN (NEW IN 2013)

50-54	Joseph Stiskal	Reston	7:51.9	2016
55-59	Mark Mildorf	Alexandria	7:30.4	2015
60-64	Mark Mildorf	Alexandria	7:34.2	2016
65-69	Michael Coleman	Falls Church	7:56.5	2017*
60-69	David Jerome	Haymarket	9:14.8	2013
70-74	Peter McGuirk	Arlington	7:18.8	2013
75-79	Kenneth Weinsapfel	Gainesville	8:20.7	2017*
80-84	Nicholas Fidandis	Alexandria	10:36.8	2014
85-89	Bill Wieand	McLean	10:47.1	2017*

SCRABBLE – COED

All Ages	Jennifer Frum	Arlington	3 wins + 517	2011
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SOFTBALL HIT – WOMEN

50 - 54	Colleen Cornwell	Manassas	176' 5"	2016
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	Sheila Gildea	McLean	74' 2"	2012
90 +	Mary Lathram	Falls Church	66' 7"	2016

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	Charles Grammick	Warrenton	255'	2017*
75 - 79	Dennis Mong	Warrenton	202' 7"	2016
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	Sally Dishun	Herndon	44'	2016
90 - 94	Rosemary Furcher	Annandale	33' 0"	2017*
100+	Orpha Christenson	Falls Church	6' 0"	2009

SOFTBALL THROW – MEN

50 - 54	Thomas Sampson	Centreville	206' 0"	2015
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	Thomas Sullivan	Oakton	179' 4"	2016
75 - 79	Bernard Stamm	Ashburn	158' 1"	2014
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	Kevin Culhane	Lorton	:35.84	2017*
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

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SWIMMING – BACKSTROKE 100 YDS – WOMEN (NEW IN 2014)

50 – 54	Elaine Clancy	McLean	1:40.37	2015
55 - 59	Lynn Wymelenberg	Reston	1:43.7	2014
60 – 64	Denise Kirwan	Falls Church	1:20.28	2016
65 – 69	Mary Schade	Arlington	2:06.1	2014
75 – 79	Jane Gleison	Arlington	2:17.5	2014

SWIMMING – BACKSTROKE 100 YDS – MEN (NEW IN 2014)

50 - 54	Tom Gittins	Falls Church	1:08.21	2016
55 – 59	Ralph Swiger	Leesburg	1:35	2014
60 – 64	Ralph Swiger	Leesburg	1:42.93	2016
65 – 69	Bruce Fisher	Fairfax	1:19.6	2014
70 – 74	Leo Deege	Vienna	1:20.2	2014
75 – 79	Niel Sween	Vienna	1:46.3	2014
80 – 84	Lou Brown	Leesburg	1:52	2014
85 – 89	Phil Case	Springfield	2:11.06	2017*

SWIMMING – BREAST STROKE 50 YDS- WOMEN

50 - 54	Elaine Clancy	McLean	:45.65	2015
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	Fidelita Levy	Alexandria	1:02.41	2016
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	:38.25	2015
70 - 74	Kevin Culhane	Lorton	:38.53	2017*
75 - 79	John Dineen	Springfield	:46.21	2015
80 - 84	Lawrence Cohen	Sterling	:51.46	2015
85 - 89	Phil Chase	Springfield	1:10.50	2015
90 - 94	Mohammad Assareh	Ashburn	1:18.97	2011

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SWIMMING – BREAST STROKE 100 YDS – WOMEN (NEW IN 2016)

55 - 59	Joanne Brenton	Alexandria	1:55.18	2017*
60 - 64	Denise Kirwan	Falls Church	1:27.59	2016
65 - 69	Denise Kirwan	Leesburg	1:31.03	2017*
70 - 74	Elinor Schwartz	Arlington	2:34.46	2017*
75 - 79	Karen Parker		1:59.25	2016

SWIMMING – BREAST STROKE 100 YDS – MEN (NEW IN 2016)

50 - 54	Mark Harris	Alexandria	1:13.46	2016
55 - 59	Robert Romo	Oakton	1:22.03	2017*
60 - 64	Ralph Swiger	Leesburg	1:38.75	2016
65 - 69	James Hill	Springfield	1:22.31	2017*
70 - 74	James Leimkuhler	McLean	1:39.50	2016
75 - 79	Herb Levitan	Arlington	1:51.56	2016
80 - 84	David Nichols	Oakton	1:51.09	2017*
85 - 89	Phil Case	Springfield	2:57.56	2016

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	Kevin Culhane	Lorton	:29.56	2017*
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

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SWIMMING – FREESTYLE 100 YDS – WOMEN (NEW IN 2014)

50 - 59	Ellen Rotchford	Arlington	2:00.06	2015
55 - 59	Lynn Wymelenberg	Reston	1:17.73	2014
60 - 64	Betsy Boswell	Vienna	1:24.21	2016
65 - 69	Denise Kirwan	Leesburg	1:13.93	2017*
75 - 79	Jane Geison	Haymarket	2:03.81	2014
80 - 84	Joyce Tobias	Haymarket	3:05.21	2017*

SWIMMING – FREESTYLE 100 YDS – MEN (NEW IN 2014)

50 - 54	Mark Harris	Alexandria	:56.21	2016
55 - 59	Greg Ruhlin	Herndon	1:05.4	2014
60 - 64	Jim Donahue	Oakton	1:08.3	2014
65 - 69	Bruce Fisher	Fairfax	1:06.3	2014
70 - 74	James Leimkuhler	McLean	1:20.09	2015
75 - 79	David Nicholas	Sterling	1:24.09	2015
80 - 84	David Nicholas	Oakton	1:33.84	2017*
85 - 89	Donald McPherson	Ashburn	2:02.09	2017*
90 - 94	Lawson Winslow	Ashburn	3:08.03	2016

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	Denise Kirwan	Falls Church	13:10.53	2016
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	10:55.50	2016
55 - 59	James Hill	Springfield	12:29.61	2006
60 - 64	Willis Braswell	Arlington	11:32.07	2008
65 - 69	Bruce Fisher	Fairfax	13:03.31	2015
70 - 74	David McAfee	Falls Church	15:11.12	1983
75 - 79	David Nichols	Oakton	15:00.50	2015
80 - 84	Lawrence Cohen	Sterling	17:11.44	2015
85 - 89	Pat Russell	McLean	22:54.00	2004
90 - 94	Lawson Winslow	Ashburn	35:18.00	2016

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	Helen Moot	Springfield	843	2015
90-94	Marian Gonzalas	Springfield	721	2017*
100+	Doris Woodring	Lake Ridge	419	2013

WII BOWLING – MEN**(NEW in 2009)**

50 – 54	Paul Cachon	Arlington	583	2017*
55 – 59	Craig Winters	Alexandria	581	2014
60 - 69	Clinton Lambert	Springfield	666	2012
70 - 79	Ed Ladd	Sterling	815	2013
80 - 89	Lawrence Earl	Springfield	837	2015
90 - 99	Henry Stawicki	Burke	688	2015

[Back To Table of Contents](#)[Back to list of Events with Records](#)**TRACK AND FIELD EVENTS****DISCUS – WOMEN**

50 - 54	Maureen Pan	Alexandria	86' ¾"	26.23 M	2017*
55 - 59	Cindy Lee 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	Josephine Stewart	Manassas	27' 5.52"	8.37M	2014

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	George Marmorino	Alexandria	114' 5"	34.87 M	2017*
70 - 74	Robert Price	Vienna	115' 5"		2013
75 - 79	Robert Laurents	Fairfax	92' 7 ¼ "		1996
80 - 84	J.R. Cassidy	Manassas	81' 1 ¾ "		1995
85 - 89	J.R. Cassidy	Manassas	66' 0"		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	Tsipi Mercurio	Reston	10' 4 ½"		2016
65 - 69	Hannah Phillips	Alexandria	8' 1"	2.48M	2017*
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	John Schachter	Arlington	12' 2"	3.71M	2014
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 ½"		2013
75 - 79	Bernhard Stamm	Ashburn	12' 1 ½"	3.70	2014
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
	Tsipi Mercurio	Reston	6' 4"		2016
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	Bernhard Stamm	Ashburn	6' 10 ½"	2.10	2014
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

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HIGH JUMP – WOMEN

50 - 54	Mary Fowler	Alexandria	4' 2"		2012
60 - 64	Charlotte Perdue	Arlington	3' 2"		2012

(NEW in 2012)

HIGH JUMP – MEN**(NEW in 2012)**

50 – 54	John Schachter	Arlington	3' 11"	120 cm	2014
55 – 59	John Casale	Ashburn	4' 11"	150 cm	2014
60 – 64	Gerard Nezet	Arlington	4' 10"	147 cm	2013
65 – 69	Gerard Nezet	Arlington	4' 8"	142 cm	2015
70 – 74	Curtis Morgan	Falls Church	4' 9"	145 cm	2014
75 – 79	Bernhard Stamm	Ashburn	4' 5"	135 cm	2014

MINI JAVELIN THROW – WOMEN

50 – 54	Maureen Pan	Alexandria	69' 6"		2016
55 – 59	Lisa Ninomiya	Vienna	75' 3"	22.94 M	2017*
60 - 64	Charlotte Perdue	Arlington	44' 10"		2009
65 – 69	Hannah Phillips	Alexandria	43' 8"	13.31	2017*
70 – 74	Nancy D. Joner	Annandale	40' 2"	12.24	2017*
75 - 79	Sheila Gildea	McLean	32' 11"		2009
80 - 84	Angela Fernandes	Burke	30' 4"		2016
85 - 89	Bernie Kleinschmidt	Annandale	24' 3"		2009
90 - 94	Carla Convery	Alexandria	11' 8"		2010

MINI JAVELIN THROW – MEN

50 – 54	Mark Abbott	Delaplane	88' 8 ½"	27.04 M	2015
55 – 59	John Casale	Ashburn	107' 2"	32.66M	2014
60 - 64	Paul Decot	Fairfax	106' 2"		2009
65 – 69	Thomas Sullivan	Oakton	100' 6 ½"	30.65M	2014
70 – 74	Bernhard Stamm	Ashburn	103' 10"		2013
75 - 79	Bernhard Stamm	Ashburn	100' 6 ¼"	30.64M	2014
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	Maureen Pam	Alexandria	9.20M	30' 2.16"	2014
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	Angela Fernandes	Burke		19' 9"	2016
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 ¼"	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	Danita Moses	Alexandria	9.90	2015
60 - 64	Mary White	Arlington	9.89	2007
65 - 69	Mary White	Arlington	10.15	2012
70 - 74	Mary White	Arlington	11.10	2016
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

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60 METER DASH - INDOOR TRACK – MEN

50 - 54	Zachary McBride	Woodbridge	7:81	2017*
55 - 59	Charles Crum	Bealeton	8.3	2013
60 - 64	Schuyler Webb	Arlington	7.85	2014

65 - 69	Schuyler Webb	Arlington	7.85	2017*
70 - 74	Clarence-John Wells-Martin	Herndon	9.42	2016
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	Hannah Phillips	Alexandria	38.22	2017*
70 - 74	Lee Glassco	McLean	56.75	2007
75 - 79	Mandy Whalen	Falls Church	59.44	2015
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	Robert Forsythe	Annandale	28.03	2016
55 - 59	Sola Cole	Arlington	28.90	2008
60 - 64	Schuyler Webb	Arlington	27.68	2014

65 - 69	Schuyler Webb	Arlington	27.31	2016
70 - 74	Clarence John Wells-Martin	Herndon	33.36	2016
75 - 79	Hal Goolsby	McLean	35.69	2007
80 - 84	Hal Goolsby	McLean	41.34	2014
85 - 89	Peter Han	Alexandria	44.41	2017*

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	Hannah Phillips	Alexandria	1:23.10	2008
65 - 69	Hannah Phillips	Alexandria	1:28	2017*
70 - 74	Mandy Whalen	Alexandria	2:12.13	2014
75 - 79	Mandy Whelan	Falls Church	2:18	2017*

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400 METER RUN - INDOOR TRACK - MEN

50 - 54	Robert Forsythe	Annandale	:58.99	2016
55 - 59	Frederick Thomas	Arlington	1:05.78	2014
60 - 64	Schuyler Webb	Arlington	1:06.19	2014
65 - 69	Schuyler Webb	Arlington	1:05.84	2016
70 - 74	Clarence John Wells-Martin	Herndon	1:18	2017*
75 - 79	Hal Goolsby	McLean	1:30.17	2007
80 - 84	Hal Goolsby	McLean	1:43.41	2014
85 - 89	Peter Han	Alexandria	1:47.40	2016

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

50 - 54	Joanne Carter	Alexandria	3:28	2015
55 - 59	Hannah Phillips	Alexandria	3:22.98	2007
60 - 64	Hannah Phillips	Alexandria	3:22.28	2016
65 - 69	Hannah Phillips	Alexandria	3:28	2017*
70 - 74	Mary Lou Fowler	Ashburn	4:17.25	2014
75 - 79	Mandy Whalen	Falls Church	5:36.6	2015

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	Clifton Anderson	Warrenton	2:42.57	2014
65 - 69	Jason Page	Hamilton	2:42.00	2010
70 - 74	Jason Page	Hamilton	2:57.2	2015
75 - 79	Terence McCarthy	Leesburg	3:59.00	2011
80 - 84	Peter Han	Alexandria	4:14.8	2013
85 - 89	Peter Han	Alexandria	4:16.7	2015

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)				
50 – 54	Monica Hill	Woodbridge	2:54.4	2015
55 - 59	Becky Klein	Woodbridge	2:34	2016
60 – 64	Deedee Smith	Falls Church	2:48.01	2016
65 - 69	Josephina Smith	Centreville	2:50.4	2013
70 - 74	Mandy Whalen	Falls Church	2:54.34	2014
70 – 74	Beth Baynes	Arlington	2:54	2016
75 - 79	Mandy Whalen	Falls Church	2:57	2016
80 - 84	Jean Dawson	Purcellville	3:29	2012
85 – 89	Jannine Bland	Arlington	3:36	2017*
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	Albert Arcand	Woodbridge	2:23.78	2014
60 - 64	Albert Arcand	Woodbridge	2:14.6	2016
65 - 69	Doug Hastings	Alexandria	2:13.68	2016
70 - 74	Brian Forst	Reston	2:30	2015
75 - 79	Roger Webb	Alexandria	2:55	2012
80 – 84	Charles Toftoy	Arlington	2:48.72	2016
85 – 89	Kent Halstead	Arlington	2:48.30	2016
90 – 95	Marvin Bryant	Lake Ridge	4:54	2016

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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	Keg Good	Woodbridge	5:41	2017*
65 - 69	Josephina Smith	Centreville	5:55.7	2013
70 - 74	Beth Baynes	Arlington	5:59	2016,2017*
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	Harold Dockins	Fairfax	4:35.84	2014
55 - 59	Peter Blank	Annandale	4:13	2009
60 - 64	Thomas Augustine	McLean	5:01.24	2014
65 - 69	Victor Litwinski	McLean	4.46	2009
70 - 74	Richard Deringer	Annandale	5:10.91	2008
75 - 79	Charles Morris	Falls Church	5:55	2016

80 - 84	Tom Quinn	Arlington	6:10	2012
85 - 89	Kent Halstead	Arlington	6:38	2017*
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 Alelle	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

50 - 54	Monica Hill	Woodbridge	12:48	2015
55 - 59	Maryann Schwab	Fairfax	11:01	2007
60 - 64	Maryann Schwab	Fairfax	11:44	2010
65 - 69	Debbi Miller	Fairfax	12:30.59	2014
65 - 69	Carmen Shippy	Arlington	12:31	2017*
70 - 74	Dorothy Skinner	Alexandria	12:02	2007
75 - 79	Dorothy Skinner	Alexandria	12:47.9	2009
75 - 79	Mandy Whalen	Falls Church	12:48.0	2015
80 - 84	Mary Boska	Alexandria	13:50	2007
85 - 89	Efthalia Papailias	Arlington	14:44	2017*
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	James W.C. Chang	Oakton	12:05.8	2015
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)

50-54	Joanne Carter	Alexandria	7:10	2015
55-59	Joanne Brenton	Alexandria	7:33	2016
60-64	Hannah Phillips	Alexandria	7:30	2016
65-69	Hannah Phillips	Alexandria	7:19	2017*
70-74	Judy Snellgrove	Manassas	9:49	2016
75-79	Mandy Whalen	Falls Church	10:54	2015

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

50-54	Duane Williamson	Warrenton	5:28	2015
55-59	Clifton Anderson	Warrenton	5:47.0	2013
60-64	Clifton Anderson	Warrenton	5:50.59	2014
65-69	Paul Ryan	Arlington	6.00	2016
70-74	Jason Page	Hamilton	6:23	2015
75-79	Carl Cox	Falls Church	8:15.69	2014
80-84	Peter Han	Alexandria	9:03.6	2013
85-89	Peter Han	Alexandria	8:02	2016

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3 MILE WALK - INDOOR TRACK - WOMEN

50 - 54	Monica Hill	Woodbridge	38:55	2015
55 - 59	Maureen Ruel	Ashburn	33:10	2011
60 - 64	Maureen Ruel	Ashburn	33:33	2017*
65 - 69	Beth Baynes	Arlington	36:22	2014
70 - 74	Beth Baynes	Alexandria	36.18	2016
75 - 79	Mandy Whalen	Falls Church	38:37	2017*
80 - 84	Constance Bubon	Ashburn	43:52	2017*
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
90 - 94	Jorge Soler	Falls Church	48.24	2014

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

5K ROAD RACE – WOMEN (NEW IN 2014)

50 – 54	Carol Schaedel	Alexandria	23:08	2016
55 – 59	Lili Wang	Alexandria	27:37	2014
60 – 64	Ginny Hughes	Warrenton	25:36	2014
65 – 69	Virginia Sielen	Oakton	29:11	2016
70 – 74	Rosemary Schwartzbard	Arlington	33:35	2015
75 – 79	Karen Lovelace	Alexandria	48:24	2014

5K ROAD RACE – MEN (NEW IN 2014)

50 – 54	Ted Poulos	McLean	19:45	2014
55 – 59	Stephan Moretti	Springfield	22:55	2016
60 – 64	Clifton Anderson	Warrenton	22:05	2014
65 – 69	Vincent Murphy	Woodbridge	24:16	2015
70 – 74	Jason Page	Hamilton	21:34	2014
75 – 79	Ken Quincy	Vienna	30:21	2014
80 – 84	Terence McCarthy	Leesburg	34:24	2015
85 – 89	Peter Han	Alexandria	32:01	2014

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