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2018 EVENT RESULTS

September 15 – 26, 2018

Northern Virginia Senior Olympic Committee
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2018 EVENT RESULTS

36th 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 850 senior registrants appreciate everyone's efforts on their behalf.

2018 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 2018.

BADMINTON – SINGLES – WOMEN

50-59	Gold	53	Jennifer	Kim	Springfield
	Silver	55	Tan	Armentrout	Percellville

BADMINTON – SINGLES – MEN

50-59	Gold	52	Anantha	Kalale	Fairfax
	Silver	55	Khalid	Zafar	Ashburn
60-69	Gold	64	Clement	Chan	Fairfax
	Silver	61	Lin	Ma	Potomac Falls
	Bronze	62	Jason	Xoing	Springfield
70-79	Gold	77	Pak-Yee	Chan	Herndon
	Silver	78	Adarsh	Kumar	Ashburn

BADMINTON – DOUBLES – WOMEN

50-59	Gold	53	Jennifer	Kim	Springfield
	Gold	64	Jieying	Shi	Chantilly
	Silver	64	Sabine	Warren	Sterling
	Silver	55	Tan	Armentrout	Percellville

BADMINTON – DOUBLES – MEN

50-59	Gold	53	Navjeet	Chabbewal	Ashburn
	Gold	55	Khalid	Zafar	Ashburn
	Silver	63	Anatha	Kalale	Ashburn
	Silver	58	Arnold	Poey	Alexandria
60-69	Gold	64	Clement	Chan	Fairfax
	Gold	65	Boris	Reshko	Dumfries
	Silver	63	Anwar	Hussain	Springfield
	Silver	62	Jason	Xing	Springfield
	Bronze	61	Danny	Dang	Centreville
	Bronze	62	Tim	Chau	Chantilly

BADMINTON – MIXED DOUBLES

50 - 59	58	Gold	Mai-Quyen	Bui	Burke
	64	Gold	Clement	Chan	Fairfax
	53	Silver	Jennifer	Kim	Springfield
	52	Silver	Selva	Kumar	Chantilly
60-69	62	Gold	Lili	Mills	Alexandria
	65	Gold	Boris	Reshko	Dumfries
	64	Silver	Sabine	Warren	Sterling
	68	Silver	Ramamurty	Kesapragada	Ashburn
	64	Bronze	Jieying	Shi	Chantilly
	61	Bronze	Danny	Dang	Centreville

BASKETBALL FIELD GOALS – WOMEN

50-59	Gold	55	Maureen	Pan	Alexandria	12/20*
	Silver	57	Kathy	Landerer	Falls Church	9/20
	Bronze	54	Vy	Yoder	Mason Neck	8/20
	Bronze	51	Arsema	Abbay	Burke	8/20
	5	53	Anne	Miller	Annandale	4/20
60-69	Gold	61	Andrea	Showers	Burke	2/20
	Silver	63	Cindy	Hook	Annandale	1/20
70-79	Gold	73	Nancy D	Joyner	Annandale	2/20
	Silver	70	Linda	Whitmore	Alexandria	1/20

BASKETBALL FIELD GOALS – MEN

50-59	Gold	51	Scott	Phillips	Alexandria	11/20
	Silver	52	Jeff	Huse	Centreville	9/20
	Bronze	57	Stephen	Neal	Chantilly	4/20
60-69	Gold	62	Mark	McCarron	Centreville	10/20
	Silver	64	Roger	Wagner	Vienna	9/20
	Bronze	62	Allen	Brooks	Triangle	8/20
	4	69	Charles	Harris	Alexandria	7/20
	5	62	John	Schneider	Reston	5/20
	70-79	Gold	75	Jay	Holmes	Springfield
Silver		71	Sam	Slowinski	Gainesville	14/20
Bronze		73	Paul	Van Hoozer	Arlington	11/20
4		75	Peter	McGuirk	Arlington	10/20
5		78	Charles	Hallahan	Arlington	9/20
6		72	Dugald	Gillies	Arlington	8/20
7		72	Jim	Upperman	Gainesville	7/20
8		75	Gerald	Rhoads	Burke	3/20
80-89		Gold	81	Andrew	Dixon	Fairfax

BASKETBALL FREE THROW – WOMEN

50-59	Gold	54	Vy	Yoder	Mason Neck	18/20*
	Silver	55	Maureen	Pan	Alexandria	17/20
	Bronze	53	Anne	Miller	Annandale	9/20
	4	57	Kathy	Landerer	Falls Church	6/20
	5	51	Arsema	Abbay	Burke	5/20
60-69	Gold	61	Andrea	Showers	Burke	9/20
	Silver	63	Cindy	Hook	Annandale	4/20
70-79	Gold	70	Linda	Whitmore	Alexandria	5/20
	Silver	73	Nancy D	Joyner	Annandale	3/20

BASKETBALL FREE THROW – MEN

50-59	Gold	51	Scott	Phillips	Alexandria	16/20*
	Silver	57	Stephen	Neal	Chantilly	12/20
	Bronze	52	Jeff	Huse	Centreville	9/20
60-69	Gold	62	Allen	Brooks	Triangle	19/20*
	Silver	64	Roger	Wagner	Vienna	14/20
	Bronze	60	Matt	Kasun	Vienna	12/20
	3	69	Charles	Harris	Alexandria	12/20
	5	62	Mark	McCarron	Centreville	7/20
	6	62	John	Schneider	Reston	4/20
70-79	Gold	71	Sam	Slowinski	Gainesville	16/20*
	Silver	75	Jay	Holmes	Springfield	14/20
	Bronze	75	Peter	McGuirk	Arlington	13/20
	4	72	Jim	Upperman	Gainesville	11/20
	4	75	Gerald	Rhoads	Burke	11/20
	4	78	Charles	Hallahan	Arlington	11/20
	7	72	Dugald	Gillies	Arlington	10/20
	8	73	Paul	Van Hoozer	Arlington	6/20
80-89	Gold	81	Andrew	Dixon	Fairfax	9/20

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BASKETBALL – 3 x 3 – MEN

50-59	Gold	METRO	54	Robert	Campbell	Lorton
		Metro All-Stars	64	Richard	Suggs	Alexandria
		Metro All-Stars	69	Charles	Harris	Alexandria
		Metro All-Stars	50	Kenneth	Glover	Upper Marlboro
		Metro All-Stars	62	Mick	Upsher	Alexandria
		Metro All-Stars	52	Jeff	Huse	Centerville

60-69	Gold	Still Got Game	69	James	Culbertson	Springfield
		Still Got Game	68	Stephen	Post	Fairfax Station
		Still Got Game	62	John	Koomtz	
		Still Got Game	62	Allen	Brooks	Triangle
		Still Got Game	62	Thomas	Deegan	Fairfax
70-79	Gold	Virginians	74	Peter	Stackhouse	Alexandria
		Virginians	75	Peter	McGuirk	Arlington
		Virginians	75	Leonard "Tony"	Upson	Washington
		Virginians	76	Sam	Kountoupes	McLean
		Virginians	77	Paul	Peck	McLean

BEACH BALL WALLEYBALL (New in 2018)

All Ages Co-Ed	Gold	Net Assets	68	Ken	Terrell	Vienna
	Gold	Net Assets	63	Sally	Unger	Vienna
	Gold	Net Assets	81	Patricia	Seale	McLean
	Gold	Net Assets	73	Nancy D	Joyner	Annandale
	Gold	Net Assets	63	Ken	Unger	Vienna
	Gold	Net Assets	69	Gailmarie	Goldrick	Falls Church
	Silver	Senioresses Plus One	79	Jenny	Chang	Oakton
	Silver	Senioresses Plus One	66	Rosemary	Reca	Vienna
	Silver	Senioresses Plus One	80	Erika	Ridgway	Alexandria
	Silver	Senioresses Plus One	73	Art	Howard	Annandale
	Silver	Senioresses Plus One	85	Robert	Stotz	Ashburn
	Silver	Senioresses Plus One	80	Gail	Smith	McLean
	Bronze	44 Magnum	70	Edward	Zager	Oakton
	Bronze	44 Magnum	61	Susan	Murphy	Falls Church
	Bronze	44 Magnum	82	Andy	Kapfer	Annandale
	Bronze	44 Magnum	54	Ellen	Harrison	Fairfax
	Bronze	44 Magnum	74	Harry	Baisden	Falls Church
	4	The Diggers	81	Cynthia	Weidman	Fairfax
	4	The Diggers	87	Stephen	Weidman	Fairfax
	4	The Diggers	70	Judy	Landolt-Korns	Clifton
	4	The Diggers	76	Alan	Aument	Falls Church
	4	The Diggers	80	Beverly	Fuller	Centreville
	4	The Diggers	71	Frank	Distasio	Falls Church

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BOCCE – WOMEN

50-59	Gold	59	Robena	Reid	Lorton
60-69	Gold	65	Susan	Caputo	Springfield
	Silver	60	Linda	Sholl	Arlington
70-79	Gold	70	Judy	Landolt-Korns	Clifton

BOCCE – MEN

50-59	Gold	51	Joseph	Sunday	Arlington
70-79	Gold	72	John	Murphy	Fairfax Station
	Silver	79	Herb	Levitan	Arlington
	Bronze	71	Jack	Katosh	Arlington
		75	Gerald	Rhoads	Burke
		75	Jay	Holmes	Springfield
80-89	Gold	86	Sonny	Caputo	Springfield
	Silver	88	Nicholas	Garito	Fairfax

BOWLING – TEN PIN – WOMEN

55-59	Gold	59	Peggy	Misciagna	Manassas	615
	Silver	59	Jacklyn	Rush	Dumfries	508
	Bronze	58	Cynthia	Cortner	Sterling	502
65-69	Gold	69	Tess	Gowei	Sterling	726*
	Silver	69	Mary	Rhodes	Alexandria	590
	Bronze	69	Audrey	Huthwaite	Springfield	582
		4	65	Susan	Caputo	Springfield
	5	69	Georgia	Koliopoulos	Springfield	549
	6	65	Miriam	Witherspoon	Arlington	548
	7	66	Deb	Shepherd	Aldie	522
	8	67	Karen	Pickard	Annandale	490
70-74	Gold	74	Josefina	Navarro	Ashburn	576
	Silver	71	Veronica	Jerome	Haymarket	528
	Bronze	74	Lucky-Ratri	Friend	Alexandria	517
		4	70	Linda	Baumbusch	Fairfax
	5	72	Judith	Raman	Arlington	471
75-79	Gold	79	Helen	Noblezada	Sterling	653
75-79	Silver	79	Mary	D'Alessandris	Falls Church	649
	Bronze	78	Linda	Sangley	Sterling	633
		4	78	Lucia	McSweeney	Centreville
	5	76	Sandra	Graves	Linden	552
80-84	Gold	84	Barb	Williams	Herndon	594
	Silver	81	Rochelle	Markowitz	Arlington	532
90-94	Gold	93	Marge	McNare	Fairfax	517
95-99	Gold	95	Eva	Sorensen	Alexandria	513*

BOWLING – TEN PIN – MEN

50-54	Gold	51	Joseph	Sunday	Arlington	661
55-59	Gold	59	Rick	Thompson	Fairfax	633
60-64	Gold	60	Eugene	Pawlik	Manassas	646
	Silver	64	Thomas	Misciagna	Manassas	637
	Bronze	62	Julian	Dres	Leesburg	613
	4	61	James	Haydon	Manassas	517
65-69	Gold	66	Jon	Tervo	Springfield	696
	Silver	68	Robert	Fabian	Manassas	601
70-74	Gold	71	Edward	Morgan	Woodbridge	720*
	Silver	70	Jerome	Jackson	Fairfax	663
	Bronze	70	Chris	Fialkovich	Arlington	617
	4	72	Roy	Rhodes	Alexandria	611
	5	72	Michael	Cicale	Springfield	606
	6	71	Kenneth	Kelly	Woodbridge	601
	7	73	Ted	Crews	Springfield	554
	8	70	Raymond	Marquardt	Alexandria	546
	9	72	David	Jerome	Haymarket	534
	10	73	Gordon	Carter	Falls Church	511
75-79	Gold	77	David	Tutt	Falls Church	606
	Silver	76	Robert	Foor	Alexandria	558
	Bronze	79	Carlos	Rodriguez	Dumfries	510
	4	75	Jesse	Barron	Lake Ridge	487
	5	75	Gerald	Rhoads	Burke	397
80-84	Gold	81	Marvin	Smyth	Woodbridge	504
85-89	Gold	86	Sonny	Caputo	Springfield	588

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BUNCO (Co-ed)

All Ages	Gold	93	Elma	Perkins	Burke
	Silver	96	Marjorie	Surles	Burke
	Bronze	72	Helen	Momon	Alexandria

BUNCO (Game Winners)

	Gold	98	Anne	Zvijac	Burke
	Silver	96	Marjorie	Surles	Burke
	Bronze	80	Beverly	Fuller	Centreville

CHESS – RAPID Co-ED

All ages	Gold	69	David	Novak	Vienna	3.0
	Silver	58	James	Doperalski	Alexandria	1.5
	Bronze	68	Jay Jacob	Wind	Arlington	0.5

CANASTA (NEW IN 2018) Co-ED

All Ages	Gold	70	Sally	Storr	Annandale	9,960
Co-ed	Gold		Isabel	Haddad	Arlington	9,960
	Silver	72	Judith	Raman	Arlington	9,570
	Silver	86	Hazel	Houston	Arlington	9,570
	Bronze	93	Hilda	Yuspeh	Arlington	8,895
	Bronze	84	Jackson	Boswell	Arlington	8,895
	4	84	Rita	Carney	Arlington	6,050
	4	90	George	Neborak	Arlington	6,050
	5	87	Ruth	Krulfeld	Arlington	5,645
	5	103	Vera	Punke	Arlington	5,645
	6	76	Donna	Forsman	Arlington	5,480
	6	76	William	Sinacori	Arlington	5,480

CORNHOLE TOSS – SINGLES - WOMEN (New in 2015)

All Ages	Gold	60	Linda	Sholl	Arlington
	Silver	66	Jane	Hoge	Falls Church
	Bronze	64	Barbara	Brenner	Arlington
	4	72	Beth	Baynes	Alexandria
		63	Cindy	Hook	Annandale
		52	Deborah	Maffett	Sterling
		56	Ann	Carney	Alexandria
		67	Judy	Aw	Falls Church
		69	Kathy	Demeter	Arlington
		70	Sally	Storr	Annandale
		83	Nadine	Ray	Herndon

CORNHOLE TOSS – SINGLES - MEN (New in 2015)

All Ages	Gold	86	Ron	Kutscher	Ashburn
	Silver	89	Donald	Tanner	Ashburn
	Bronze	68	Charles	Albert	Arlington
	4	71	Jack	Katosh	Arlington
		73	Gordon	Carter	Falls Church
		86	Wesley	Rice	Potomac Falls
		70	Paul	Massell	Falls Church
		75	Tom	Garcia	Arlington
		75	Gerald	Rhoads	Burke
		75	Jay	Holmes	Springfield
		78	Woody	Hair	Arlington
		82	Eddie	Ladd	Potomac Falls
		83	Charles	Toftoy	Arlington
		83	James	Ray	Herndon
		69	Howard	Gale	Arlington

CORNHOLE TOSS – Doubles - WOMEN (New in 2015)

All Ages	Gold	69	Kathy	Demeter	Arlington
	Gold	70	Fran	Dudick	Arlington
	Silver	72	Beth	Baynes	Alexandria
	Silver	73	Georgia	Fuller	Falls Church

CORNHOLE TOSS – Doubles - MEN (New in 2015)

All Ages	Gold	53	Pete	Raack	Alexandria
	Gold	52	Jerry	Hill	Alexandria
	Silver	86	Ron	Kutscher	Ashburn
	Silver	89	Donald	Tanner	Ashburn
	Bronze	78	Woody	Hair	Arlington
	Bronze	83	Charles	Toftoy	Arlington
		66	Steve	Davis	Springfield
		75	Gerald	Rhoads	Burke
		82	Eddie	Ladd	Potomac Falls
		86	Wesley	Rice	Potomac Falls

CORNHOLE TOSS – Mixed Doubles (New in 2015)

All Ages	Gold	70	Fran	Dudick	Arlington
	Gold	83	Charles	Toftoy	Arlington
	Silver	72	Beth	Baynes	Alexandria
	Silver	75	Gerald	Rhoads	Burke
	Bronze	66	Adrie	Custer	Arlington
	Bronze	69	Howard	Gale	Arlington
	4	69	Kathy	Demeter	Arlington
	4	78	Woody	Hair	Arlington

CRIBBAGE – COED

All ages	Gold	55	Mark	Wever	Springfield	12*
	Silver	58	James	Doperalski	Alexandria	10
	Bronze	65	Ken	Freund	Alexandria	8
	4	90	Grace	Cohen	Alexandria	6
	5	71	George	Gero	Dumfries	5
	5	57	Ted	Poulos	McLean	5
	7	52	Deborah	Maffett	Sterling	4
	7	95	Eva	Sorensen	Alexandria	4
	9	83	George	Hobart	Arlington	2
	10	82	George	Meek	Arlington	0

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CROQUET (NEW IN 2018) CO-ED

All Ages	Gold	81	Wilfred	Danielson	Arlington
Co-ED	Silver	77	Eleanor	Karro	Falls Church
	Bronze	82	Beverly	Hennessey	Falls Church
		82	Toki	Shimabukuro	Falls Church
		82	Sharon	Ewing	Falls Church
		78	Jennifer	Frum	Arlington
		89	Lucy	Sands	Falls Church
		83	George	Hobart	Arlington

CYCLING – 10K TIME TRIAL – WOMEN Held at (Held at Vint Hill Village Green in 2018, 2017, 2016; Northern Fauquier Community Park in 2013, 2014 & 2015; different circuit from 2011)

55-59	Gold	55	Colleen	Cornwell	Manassas	21:22
	Silver	58	Suzanne	Knight	Manassas	25:42
60-64	Gold	63	Debra	Lewis	Fairfax Station	21:51*
	Silver	60	Diane	Childers	Warrenton	41:21
70-74	Gold	72	Lynn	Saunders	Gainesville	22:16*
	Silver	72	Gloria	Raddatz	Leesburg	27:42
80-84	Gold	81	Joyce	Tobias	Haymarket	31:44*

CYCLING – 10K TIME TRIAL – MEN (Held at (Held at Vint Hill Village Green in 2018, 2017, 2016; Northern Fauquier Community Park in 2013, 2014 & 2015; different circuit from 2011)

50-54	Gold	51	Tony	Lang	Alexandria	14:41*
	Silver	53	Douglas	Litchfield	McLean	19:09
	Bronze	54	Ariunbold	Denzengombo	Alexandria	30:30
55-59	Gold	56	Larry	Touve	Sterling	16:10
	Silver	57	Eric	Lengel	Fairfax	17:29
	Bronze	55	Douglas	Porterfield	Bristow	17:40
	4	57	Richard	Viola	Arlington	18:19
	5	59	Thomas	Carroll	Chantilly	19:28
	6	59	Michael	Shelkin	Alexandria	20:42
60-64	Gold	61	Jim	Crowley	Alexandria	15:12
	Silver	60	Mike	Emerson	Purcellville	15:56
	Bronze	63	Andreas	Felschow	Springfield	17:24
	4	62	John	Jeffers	Springfield	20:39
65-69	Gold	69	James	DeGoey	Ashburn	16:55
	Silver	66	Gary	Kuchel	Fairfax	18:05
	Bronze	65	Charles	Geyer	Fairfax Station	19:35
70-74	Gold	73	Robert	Causseaux	Marshall	19:59
	Silver	72	Barry	Woods	Alexandria	23:03
75-79	Gold	77	Kenneth	Weinzapfel	Gainesville	20:03
	Silver	77	Gary	Nooger	Falls Church	25:00
	Bronze	79	Herb	Levitan	Arlington	25:36
80-84	Gold	82	Bill	Vest	Reston	19:34
	Silver	83	Roy	Huffman	Gainesville	23:18
	Bronze	84	Ron	Farra	Bristow	26:40
	4	81	Charles	Battaglia	Alexandria	26:51
85-89	Gold	85	Thomas	Tobias	Haymarket	21:36*

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

55-59	Gold	55	Betty	Francis	Warrenton	38:44*
	Silver	55	Colleen	Cornwell	Manassas	43:31
70-74	Gold	72	Lynn	Saunders	Gainesville	44:23
	Silver	70	Constance	Marchese-Baum	Warrenton	1:07:11
80-84	Gold	81	Joyce	Tobias	Haymarket	1:02*

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

50-54	Gold	51	Tony	Lang	Alexandria	29:11*
	Silver	54	Ronald	Dillinger	Bristow	33:32
	Bronze	53	Douglas	Litchfield	McLean	38:58
55-59	Gold	56	Larry	Touve	Sterling	34:17
	Silver	55	Douglas	Porterfield	Bristow	34:48
	Bronze	57	Eric	Lengel	Fairfax	35:04
	4	59	James	Hohman	Alexandria	35:58
	5	57	Richard	Viola	Arlington	37:57
	6	59	Thomas	Carroll	Chantilly	40:47
60-64	Gold	61	Jim	Crowley	Alexandria	30:44*
	Silver	60	Mike	Emerson	Purcellville	32:28
	Bronze	63	Andreas	Felschow	Springfield	33:11
	4	63	Steve	Gallagher	Burke	33:51
	5	62	Keith	Kerr	Sterling	35:33
	6	61	Dan	Jones	Fairfax	36:38
	7	64	David	Lewis	Fairfax Station	37:06
	8	61	Mark	Cochrane	Reston	41:47
	9	62	John	Jeffers	Springfield	42:18
	10	64	William	Nelson	Leesburg	46:12
65-69	Gold	69	James	DeGoey	Ashburn	33:41
	Silver	66	Gary	Kuchel	Fairfax	36:35
	Bronze	65	Charles	Geyer	Fairfax Station	38:48
	4	67	Bill	Baum	Warrenton	1:11:42
70-74	Gold	73	Robert	Causseaux	Marshall	39:04
	Silver	72	Barry	Woods	Alexandria	45:22
	Bronze	70	David	Borowski	Annandale	55:07
75-79	Gold	77	Kenneth	Weinzapfel	Gainesville	38:53
	Silver	75	Martt	Harding	Springfield	39:53
	Bronze	77	Tom	D'Amico	Warrenton	44:57
	4	77	Gary	Nooger	Falls Church	48:32
80-84	Gold	82	Bill	Vest	Reston	38:37
	Silver	83	Roy	Huffman	Gainesville	46:09
	Bronze	84	Ron	Farra	Bristow	1:04:14
85-89	Gold	85	Thomas	Tobias	Haymarket	44:46*

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DIVING – WOMEN

55-59	Gold	56	Madeline	Fleckenstein	Arlington	206.50*
65-69	Gold	68	Carol	Mackela	Springfield	203.60*
	Silver	69	Karen	Alderman	Arlington	190.40
75-79	Gold	78	Mandy	Whalen	Falls Church	101.95*

DIVING – MEN

65-69	Gold	69	Duane	Claytoncox	Fairfax	201.15
75-79	Gold	78	Kim	Alderman	Arlington	166.15
	Silver	79	Carlos	Rodriguez	Dumfries	101.95

DUPLICATE BRIDGE - Co-Ed (All Ages)

North/South Pairs	Gold	76	Joan	Mitchum	Springfield	60.42%
	Gold	79	John	Miles	Falls Church	
	Silver	65	Mary	Mudd	Fairfax Station	55.95%
	Silver	65	Barry	Sparks	Fairfax Station	
	Silver	88	Erven	Meyer	Annandale	55.95%
	Silver	76	Karl	VanNewkirk	Arlington	
	4	80	Marilyn	Batra	Lake Ridge	54.46%
	4	88	Mary	Daignault	Lake Ridge	
	5	67	Lucy	McCoy	Annandale	51.19%
	5	90	Grace	Cohen	Alexandria	
		81	Deanna	Shuman	Falls Church	48.21%
		87	Mary	Gray	Falls Church	
		98	Vivian	Hess	Ashburn	45.54%
		87	Wayne	Osgood	Ashburn	
		84	Norma	Morganbesser	Falls Church	43.45%
		90	Carole	Laird	Falls Church	
		87	Janine	Bland	Arlington	42.86%
		79	Wesley	Jones	Arlington	
		67	Donna	Stoker	Fairfax	41.96%
		69	Dale	Dallaire	Aldie	

East/West Pairs	Gold	81	Dawn	Bennett	Arlington	55.65%
	Gold	84	Enid	Gerard	Arlington	
	Silver	74	Lyle	Priddy	Falls Church	54.17%
	Silver	64	Holly	Hunsberger	Arlington	
	Bronze	76	Ann	McIntosh	Arlington	53.87%
	Bronze	86	Ethel	Hansan	Arlington	
	4	88	Madeline	Crytzer	Springfield	53.27%
	4	74	Donald	Rae	Springfield	
	5	82	Judith	Chain	Potomac Falls	51.49%
	5	95	Fern	Walmer	Potomac Falls	
		83	Joan	White	Springfield	50.89%
		94	Anna	Powell	Springfield	
		86	David	Parkinson	Lake Ridge	49.40%
		79	Hugh	Stevenson	Woodbridge	
		88	Edward	Eisen	Falls Church	48.81%
		86	Sondra	Eisen	Falls Church	
		80	Arthur	Reynolds	Woodbridge	42.56%
		82	Brian	Moriarty	Lake Ridge	
		93	Antonia	Lord	Arlington	39.88%
		103	Vera	Punke	Arlington	

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EIGHT BALL POOL – WOMEN

60-69	Gold	66	Britanya	Rapp	Arlington
	Silver	60	Linda	Sholl	Arlington
80-89	Gold	88	Betty	Roadcap	Ashburn

EIGHT BALL POOL – MEN

50-59	Gold Silver Bronze	53 53 51	Bob Donald Joseph	Gerhard Hepburn Sunday	Arlington Arlington Arlington
60-69	Gold Silver Bronze	63 69 68 67 67 68 69	William Gerald Cornelius Richard Gary Charles Deogracias	Wright Sajewski Davis Jones Jackson Albert Mangubat	Manassas Arlington Bristow Dumfries Fairfax Arlington Alexandria
70-79	Gold Silver Bronze	73 72 73 71 73 73 79	Arthur Robert James Daniel Phillip Gordon Herb	Bohn Grannis Westray Mancini Simpson Carter Levitan	Manassas Manassas Arlington Alexandria Alexandria Falls Church Arlington
80-89	Gold Silver Bronze	81 85 84 81 82 83 83 85	Yining Joe Fred Charles Clifford George Charles Nick	Wang Clement Hohlweg Van Horn Nolan Hobart Toftoy Fidandis	Fairfax Springfield Falls Church Dumfries Bristow Arlington Arlington Alexandria
90-99	Gold	91	Joseph	Griffin	Springfield

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FOOTBALL THROW – WOMEN

50-54	Gold	53	Christine	Brooks	Fairfax	41' 1.5"
60-64	Gold Silver	63 64	Cindy Joanne	Hook Woodsmall	Annandale Warrenton	56' 2" 42' 11"
65-69	Gold	66	Jane	Hoge	Falls Church	59' 11" *
70-74	Gold Silver Bronze 4	73 73 72 70	Georgia Nancy D Mary Linda	Fuller Joyner Schade Whitmore	Falls Church Annandale Arlington Alexandria	50' 8" 41' 10" 38' 6" 31' 8"

FOOTBALL THROW – MEN

50-54	Gold	52	Jeff	Huse	Centreville	95' 7"
	Silver	50	Robert	Schraven	Arlington	74'
	Bronze	54	Stephen	Neal	Chantilly	67'
55-59	Gold	57	Thomas	Sampson	Clifton	130' 0.5" *
60-64	Gold	64	Greg	Woodsmall	Warrenton	95' 7"
70-74	Gold	73	Thomas	Sullivan	Oakton	93' 8"
	Silver	74	Jim	Fostek	Fairfax	69' 8"
	Bronze	72	Charles	Grammick	Warrenton	62' 11.5"
		4	70	Eiji	Yasuhara	Sterling
	5	74	Charles	Kleymeyer	Arlington	50' 8"
	6	72	Ivan	Lopez	Springfield	33' 10.5"
75-79	Gold	75	Gerald	Rhoads	Burke	66' 2"
	Silver	79	Herb	Levitan	Arlington	62' 2"
80-84	Gold	81	Andrew	Dixon	Fairfax	66' 6"
	Silver	82	Eddie	Ladd	Potomac Falls	48' 6"
	Bronze	83	Jay	Edwards	McLean	33' 11"
85-89	Gold	86	Ron	Kutscher	Ashburn	37' 5"
	Silver	87	Vito	Bruno	Potomac Falls	36' 5"
	Bronze	89	Bill	Brennan	Annandale	35' 10"
		4	89	Donald	Tanner	Ashburn

FRISBEE THROW – WOMEN

60-64	Gold	63	Cindy	Hook	Annandale	97' 6" *
65-69	Gold	66	Jane	Hoge	Falls Church	54' 6"
70-74	Gold	72	Mary	Schade	Arlington	50'
	Silver	70	Linda	Whitmore	Alexandria	41' 8"
	Bronze	73	Georgia	Fuller	Falls Church	35'
80-84	Gold	81	Mary	Thornton	Annandale	26'
85-89	Gold	87	Sally	Dishun	Herndon	24' 6"

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FRISBEE THROW – MEN

50-54	Gold	54	Stephen	Neal	Chantilly	120' 5"
	Silver	52	Jeff	Huse	Centreville	110'
65-69	Gold	65	William	Tracy	Burke	100'
70-74	Gold	73	Thomas	Sullivan	Oakton	119'
	Silver	70	Eiji	Yasuhara	Sterling	107'
	Bronze	74	Charles	Kleymeyer	Arlington	70' 6"
		4	74	Jim	Fostek	Fairfax
75-79	Gold	75	Gerald	Rhoads	Burke	68' 9"
	Silver	79	Herb	Levitan	Arlington	49' 2"
80-84	Gold	82	Eddie	Ladd	Potomac Falls	59'
85-89	Gold	86	Ron	Kutscher	Ashburn	66' 6"
	Silver	86	Larry	Lasik	Herndon	38' 9"
	Bronze	89	Donald	Tanner	Ashburn	38'

GOLF - WOMEN

60-64	Gold	60	Margit	Zimmern	Fairfax	98
65-69	Gold	69	Peggy	Riffie	Arlington	92
70-74	Gold	70	Marianne	Jetten	Manassas	110
	Silver	71	Marvine	Michael	Clifton	113
	Bronze	71	Veronica	Jerome	Haymarket	129

GOLF – MEN

50-54	Gold	50	Steve	Kishok	Fairfax	74
60-64	Gold	60	Eugene	Pawlik	Manassas	95
65-69	Gold	68	Stephen	Ahn	Fairfax	78
	Silver	69	Curtis	Doucet	Centreville	87
	Bronze	66	Ed	Long	Centreville	92
70-74	Gold	71	George	Junkin	Ashburn	76
	Silver	72	John	Higgins	Reston	79
	Silver	71	Don	Sodo	Dumfries	79
	4	73	Paul	Van Hoozer	Arlington	87
	5	70	Donald	Drain	Springfield	93
	6	73	Tom	Ledford	Broad Run	94
	7	72	David	Jerome	Haymarket	100
75-79	Gold	75	Norbert	Commons	Ashburn	94
	Silver	75	Craig	Olson	Arlington	102
80-84	Gold	82	Paul	Bae	McLean	102
	Silver	81	Charles	Van Horn	Dumfries	106
85-89	Gold	85	David	McIntyre	Fairfax	97*

[Back To Table of Contents](#)[Back to list of Events with Records](#)**HANDBALL SINGLES – MEN (NEW IN 2013)**

60-69	Gold	65	Albert	Charbonneau	Alexandria
	Silver	64	Keith	Neihart	Alexandria
70-79	Gold	77	Karl	Lady	Alexandria
	Silver	75	Oscar	Fitzgerald	Alexandria

HANDBALL DOUBLES - MEN (NEW IN 2014)

60-79	Gold	64	Keith	Neihart	Alexandria
	Gold	65	Albert	Charbonneau	Alexandria
	Silver	75	Oscar	Fitzgerald	Alexandria
	Silver	77	Karl	Lady	Alexandria
	Bronze	68	Les	Irby	McLean
	Bronze	73	Michael	Arens	Springfield

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HORSESHOES – WOMEN

60-69	Gold	63	Cindy	Hook	Annandale
	Silver	67	Carol	Cooke	Alexandria
70-79	Gold	70	Judy	Landolt-Korns	Clifton

HORSESHOES – MEN

50-59	Gold	57	Stephen	Neal	Chantilly
	Silver	51	Joseph	Sunday	Arlington
60-69	Gold	68	Mike	Whitt	Springfield
	Silver	63	James	Creel	Manassas Park
	Bronze	68	Walter	Zaumseil	Arlington
	4	60	Robert	Romo	Oakton
70-79	Gold	71	Jack	Katosh	Arlington
	Silver	79	Carlos	Rodriguez	Dumfries
	Bronze	70	Bruce	Fisher	Fairfax
	--	75	Gerald	Rhoads	Burke
	--	75	Jay	Holmes	Springfield
	--	73	Gordon	Carter	Falls Church
	--	79	Herb	Levitan	Arlington
80-89	Gold	89	Donald	Tanner	Ashburn
	Silver	83	Jerry	Bradley	Oakton
	Bronze	85	Robert	Stotz	Ashburn
	--	86	Larry	Lasik	Herndon
	--	87	John	Ewing	Falls Church
	--	81	Charles	Battaglia	Alexandria

MAH JONGG Co-ed

All ages	Gold	71	Letizia	Teganini	Haymarket	280
	Silver	94	Anna	Powell	Springfield	175
	Bronze	80	Edith	Smolinski	Falls Church	155
	4	83	Joan	White	Springfield	150
	5	77	Eleanor	Karro	Falls Church	145
	6	81	Joyce	Tobias	Haymarket	135
	7	75	Marianne	Graves	Arlington	130
	7	81	Sara	Mason	Springfield	130
	9	72	Marlene	Einstein	Haymarket	110
	10	69	Florence	Byrne	Haymarket	95
	10	91	Faith	Diamond	Springfield	95
	12	93	Hilda	Yuspeh	Arlington	85
	13	72	Judith	Raman	Arlington	65
	14	71	Veronica	Jerome	Haymarket	60
	14	77	Linda	Cannon	Springfield	60

MEXICAN TRAIN DOMINOES Co-ed; All ages

All Ages	Gold	70	Fran	Dudick	Arlington	-116 / -42
Co-Ed	Silver	75	Marianne	Graves	Arlington	-72 / -48
	Bronze	83	Julia	Jeffries	Arlington	-22 / -148
	Special	108	Doris	Woodring	Lake Ridge	*
		77	Dona	Hobbs	Lake Ridge	*
		81	Joyce	Miller	Herndon	-146
		83	Helga	Rathjen	Herndon	-181
		87	Ruth	Krulfeld	Arlington	- 68
		94	Lou	Martin	Lake Ridge	*
		96	Venette	Planting	Falls Church	-115
		93	Marvin	Bryant	Lake Ridge	*
		83	George	Hobart	Arlington	-44 / -164

MINIATURE GOLF – WOMEN

60-64	Gold	61	Andrea	Showers	Burke	48
	Silver	61	Christina	Anderson	Falls Church	58
	Bronze	62	Linda	Andrews	Fairfax	60
65-69	Gold	69	Barbara	Williams	Alexandria	49
	Silver	66	Carol	Manning	Manassas	71
70-74	Gold	70	Judy	Landolt-Korns	Clifton	48
	Silver	70	Linda	Whitmore	Alexandria	54
	Bronze	70	Linda	Baumbusch	Fairfax	58
75-79	Gold	79	Mary	D'Alessandris	Falls Church	59
85-89	Gold	85	Patricia	Gallagher	Springfield	65

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MINIATURE GOLF – MEN

50-54	Gold	54	Jon	Woodyatt	Fairfax	37
	Silver	51	Joseph	Sunday	Arlington	47
	Bronze	59	Arthur	Skaer	South Riding	54
65-69	Gold	65	Stephen	Ferguson	Vienna	44
	Silver	69	Deogracias	Mangubat	Alexandria	65
70-74	Gold	74	Ralph	Tapp	Warrenton	42
	Silver	72	John	Cordyack	Reston	46
	Bronze	70	Paul	Massell	Falls Church	50
	4	74	Walter	Lazear	Reston	52
	5	73	Gordon	Carter	Falls Church	55
75-79	Gold	77	Erwin	Stierle	Vienna	42
	Silver	79	Richard (Dick)	Stohr	Lake Ridge	53

NINE BALL POOL - WOMEN (New in 2015)

60-69	Gold	66	Britanya	Rapp	Arlington
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NINE BALL POOL - MEN (New in 2015)

60-69	Gold	63	William	Wright	Manassas
	Silver	67	Gary	Jackson	Fairfax
	Bronze	68	Cornelius	Davis	Bristow
		68	Charles	Albert	Arlington
		69	Gerald	Sajewski	Arlington
70-79	Gold	72	Robert	Grannis	Manassas
	Silver	73	James	Westray	Arlington
	Bronze	73	Arthur	Bohn	Manassas
		71	Daniel	Mancini	Alexandria
		73	Phillip	Simpson	Alexandria
79	Carlos	Rodriguez	Dumfries		
80-89	Gold	81	Charles	Van Horn	Dumfries
	Silver	84	Fred	Hohlweg	Falls Church
	Bronze	82	Clifford	Nolan	Bristow
		81	Yining	Wang	Fairfax
		83	Charles	Toftoy	Arlington
		85	Nick	Fidandis	Alexandria
		85	Joe	Clement	Springfield
87	John	Ewing	Falls Church		
90-99	Gold	91	Joseph	Griffin	Springfield

ORIENTEERING Beginner Course - WOMEN (Occoquan Regional Park, 2018) New in 2016

60 - 64	Gold	61	Karen	Butler	Arlington	41:00
80 - 84	Gold	80	Tamara	Webb	Ashburn	1.17:06

ORIENTEERING Beginner Course - MEN (Occoquan Regional Park, 2018) New in 2016

70 - 74	Gold	74	Harry	Jones	Burke	43:33
75 - 79	Gold	79	Herb	Levitan	Arlington	49:24
80 - 84	Gold	81	Roger	Webb	Ashburn	1.17:10
85 - 89	Gold	87	John	Ewing	Falls Church	7 controls visited

ORIENTEERING Advanced Course - WOMEN (Occoquan Regional Park, 2018) New in 2016

50 - 54	Gold	53	Sue	Myracle	Burke	8 controls visited
60 - 64	Gold	61	Katherine (Keg)	Good	Woodbridge	1.18:34

ORIENTEERING Advanced Course - MEN (Occoquan Regional Park, 2018) New in 2016

50 - 54	Gold	52	Paul	Hession	Fairfax	1.07:38
55 - 59	Gold	56	Paul	Collinson	Arlington	1.20:43
	Silver	58	Daniel	Heimgartner	The Plains	1 control visited
60 - 64	Gold	61	Ronald	Pontius	Lorton	1.00:14
	Silver	61	Mike	Meenehan	Fairfax	1.22:16
70 - 74	Gold	71	Edward	Wyse	Springfield	8 controls visited
75 - 79	Gold	75	Karel	Seidl	Springfield	1.53:04
80 - 84	Gold	81	Sidney	Sachs	Lorton	2.18:52

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PICKLEBALL – MIXED DOUBLES

50-59	Gold	60	Driana	Pearce	Alexandria
	Gold	59	James	Pearce	Alexandria
	Silver	59	Carol	Smith	Woodbridge
	Silver	58	Mike	Kline	Woodbridge
	Bronze	60	Rebecca	Benoit	Hume
	Bronze	59	Peter	Baker	Haymarket
	4	52	Annette	Eberhardt	McLean
	4	57	Alaric	Radosh	Arlington
		57	Annette	Bartholomew	Manassas
		51	Randy	Mantipty	Warrenton
		58	Karen	Donais	Fairfax Station
		59	Brian	Hess	Arlington
		56	Rayman	Hamid	Manassas
		56	Afrose	Hamid	Manassas
		53	Lisa	Kiplinger	Warrenton
		60	Peter	Brewington	Warrenton
	56	Michelle	Lipscomb	Nokesville	
	61	Michael	Whitlock	Warrenton	

		60 59	Ellen Keith	Malick Joslin	Haymarket Manassas
		55	Colleen Sun	Cornwell U	Manassas
60 - 64	Gold Gold	67 62	Judy Franz	Aw Roland	Falls Church Oakton
	Silver Silver	63 73	Peggy Ron	Tugwell Tugwell	Springfield Springfield
	Bronze Bronze	62 76	Tracey Paul	Yensen Miller	Arlington Falls Church
	4 4	61 62	Roxanne Dan	Winfrey Wright	Gainesville Sterling
		63 71	Elizabeth Andres	Folsom Izaguirre	Arlington Springfield
65 - 69	Gold Gold	65 66	Jackie Mike	Cubero Knight	Arlington Falls Church
	Silver Silver	66 68	Jane Ed	Hoge Latsha	Falls Church Arlington
	Bronze Bronze	67 73	Nancy Bob	Swarthout Moe	Haymarket Warrenton
	4 4	66 67	Carolyn Lauro	Francis Lage-Filho	Arlington Arlington
		69 68	Kathy Walter	Demeter Zaumseil	Arlington Arlington
		69 67	Honora John	Dent Carten	Arlington Arlington
		69 65	Jeanne Tony	Porter Broskey	Leesburg Ashburn
		68 70	Jonathan Fran	Schaffer Dudick	Arlington Arlington
	66 69	Tim Katie	Coughlin Brooks	Leesburg Leesburg	

		74 69	Bruce Susan	Tinker Altemus	Alexandria Alexandria
70-79	Gold Gold	72 74	Neil Karen	Shawen Pearson	Falls Church McLean
	Silver Silver	75 78	Bill Helen	Gunnels Crum	Fairfax Annandale
	Bronze Bronze	72 72	Maija John	Kuspa Kuspa	Sterling Sterling
	4 4	76 73	Aviva Peter	Berlin Pollak	Fairfax Fairfax Station
	5 5	72 75	Beth Tom	Baynes Garcia	Alexandria Arlington
80-89	Gold Gold	83 83	Betty Charles	de la Cruz Toftoy	Arlington Arlington
	Silver Silver	85 84	Alease Horace	Brooks Reyes	Arlington Arlington
	Bronze Bronze	83 83	Kelly Ralph	McCaffery Hyer	Springfield Annandale

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PICKLEBALL - DOUBLES- WOMEN

50-59	Gold Gold	55 66	Betty Judy	Francis Tupes	Warrenton Gainesville
	Silver Silver	56 55	Michelle Jo	Lipscomb Brent	Nokesville Manassas
	Bronze Bronze	58 55	Karen Colleen	Donais Cornwell	Fairfax Station Manassas
	4 4	57 52	Annette Kathy	Bartholomew Joubert	Manassas Manassas
	5 5	55 56	Colleen Afrose	Cornwell Hamid	Manassas Manassas
60 - 69	Gold Gold	62 63	MaryBeth Peggy	Wilson Tugwell	Arlington Springfield

	Silver Silver	64 66	Barbara Jane	Brenner Hoge	Arlington Falls Church
	Bronze Bronze	62 64	Teresa Naomi	Tai Strain	Falls Church Fairfax
	4 4	66 73	Jane Mannie	Anderson Banerjee	Oakton McLean
		60 64	Marcia Carol	Zedd Fagnani	Fairfax Annandale
		61 67	Roxanne Nancy	Winfrey Swarthout	Gainesville Haymarket
		69 66	Honora Adrie	Dent Custer	Arlington Arlington
70-79	Gold Gold	76 78	Sandra Helen	Simmers Garrett	Purcellville McLean
	Silver Silver	72 75	Beth Louise	Baynes Moore	Alexandria Springfield
	Bronze Bronze	78 76	Helen Aviva	Crum Berlin	Annandale Fairfax
	4 4	79 82	Blair Margaret	Blunt Denise	Springfield Springfield
80-89	Gold Gold	85 83	Alease Betty	Brooks de la Cruz	Arlington Arlington

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PICKLEBALL – DOUBLES – MEN

50-59	Gold Gold	56 63	Rayman Corwin	Hamid Umbach	Manassas Arlington
	Silver Silver	51 61	Randy Michael	Mantiply Whitlock	Warrenton Warrenton
	Bronze Bronze	57 71	Sum Lee	Soeun Cassel	Sterling Herndon
	4 4	66 58	Steve Mike	Davis Kline	Springfield Woodbridge

	5 5	59 59	Brian Peter	Hess Baker	Arlington Haymarket
60 - 64	Gold Gold	66 62	Mike Franz	Knight Roland	Falls Church Oakton
	Silver Silver	61 67	Ronnie Robert	Stepp Swarthout	Manassas Park Haymarket
	Bronze Bronze	66 70	Robert Larry	Thompson Maysack	Arlington Haymarket
	4 4	60 68	Brian Ed	Kuehn Latsha	Arlington Arlington
		60 68	Robert Walter	Romo Zaumseil	Oakton Arlington
		63 68	Newell Charles	Highsmith Hadden	Arlington Arlington
65 - 69	Gold Gold	69 76	Michael Dennis	Byrnes Clague	Arlington arlington
	Silver Silver	67 68	Lauro Jonathan	Lage-Filho Schaffer	Arlington Arlington
	Bronze Bronze	66 66	Ed Gary	Johnson Scavongelli	Heathsville Burke
	4 4	68 70	Rob Ted	Cahill Clark	Arlington Falls Church
	5 5	68 74	Tom Bruce	McCabe Tinker	Alexandria Alexandria
70-79	Gold Gold	71 73	Andy Ron	Leighton Tugwell	Arlington Springfield
	Silver Silver	72 75	Neil Don	Shawen Tomb	Falls Church Arlington
	Bronze Bronze	73 73	Bob Steve	Moe Wilson	Warrenton Arlington
	4 4	71 72	Phil Joe	Nudo Moschetto	Reston Ashburn

		71	Robert	Cramp	Falls Church
		72	Bill	Palmer	Arlington
		71	Andres	Izaguirre	Springfield
		75	Tom	Garcia	Arlington
		72	Tom	Bauer	Vienna
		75	Ronald	Brooks	Fairfax
		72	Todd	Edwards	Warrenton
		74	Paul	Donohoe	Point Pleasant
		73	Peter	Pollak	Fairfax Station
		75	Bill	Gunnels	Fairfax
		75	Gerald	Rhoads	Burke
		78	Woody	Hair	Arlington
80-89	Gold	80	James	Harper	Ashburn
	Gold	84	Bill	Walker	Ashburn
	Silver	84	Horace	Reyes	Arlington
	Silver	83	Charles	Toftoy	Arlington

PICKLEBALL – SINGLES – WOMEN

50-59	Gold	55	Betty	Francis	Warrenton
	Silver	52	Kathleen	Joubert	Manassas
	Bronze	55	Colleen	Cornwell	Manassas
	4	56	Afrose	Hamid	Manassas
		57	Annette	Bartholomew	Manassas
60-69	Gold	67	Judy	Aw	Falls Church
	Silver	64	Marilyn	Lythgoe	Arlington
70-79	Gold	72	Beth	Baynes	Alexandria
	Silver	78	Helen	Crum	Annandale
80-89	Gold	83	Betty	de la Cruz	Arlington
	Silver	85	Alease	Brooks	Arlington

PICKLEBALL – SINGLES – MEN

50-59	Gold	56	Rayman	Hamid	Manassas
	Silver	59	Brian	Hess	Arlington
	Bronze	51	Paul	Cachion	Arlington
	4	59	Peter	Baker	Haymarket
		59	Keith	Joslin	Manassas

60-69	Gold Silver Bronze 4	62 66 69 66 68 66	Franz Robert Doug Ed Jonathan Jon	Roland Thompson Hastings Johnson Schaffer Tervo	Oakton Arlington Gainesville Heathsville Arlington Springfield
70-74	Gold Silver Bronze 4 5	73 71 71 71 73	Bob Robert Andres Lee Peter	Moe Cramp Izaguirre Cassel Pollak	Warrenton Falls Church Springfield Herndon Fairfax Station
75-79	Gold Silver Bronze 4 5	75 76 75 75 75	Don Dennis Tom Gerald Steve	Tomb Clague Garcia Rhoads Philapy	Arlington Arlington Arlington Burke Dumfries
80-89	Gold Silver Bronze 4 5	80 84 83 84 80	J.J. Horace Charles Bill James	Smith Reyes Toftoy Walker Harper	Alexandria Arlington Arlington Ashburn Ashburn

RACQUETBALL – WOMEN

75-79	Gold Silver	78 80	Helen Erika	Crum Ridgway	Annandale Alexandria
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RACQUETBALL – MEN

70-79	Gold Silver Bronze	76 77 72	Philip Joel Michael	Rosenthal Bernstein Shunfenthal	Fairfax Station Alexandria Burke
80-84	Gold Silver	81 81	Daniel Sidney	Clark Sachs	Lorton Lorton

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ROWING – 2 Km - WOMEN (NEW IN 2013)

55-59	Gold	55	Judi	Miller	Bristow	8:20.3*
60-64	Gold	60	Greta	Budweg	Ashburn	11:22
65-69	Gold	68	Jill	Hill	Springfield	10:29
70-74	Gold	73	Suzan	French	Ashburn	10:51*

ROWING – 2 Km - MEN (NEW IN 2013)

50-54	Gold	52	Robert	Montenegro	Oakton	7:14.6*
	Silver	52	Louis	Novak	Alexandria	8:45.7
	Bronze	51	Joseph	Sunday	Arlington	10:13
55-59	Gold	57	Thomas	Sampson	Clifton	7:38.0
	Silver	56	Joseph	Stiskal	Reston	7:49.2
	Bronze	59	John	Sullivan	Fairfax	7:57.8
	4	59	Michael	Shelkin	Alexandria	8:34.4
	5	59	Arthur	Skaer	South Riding	9:40.1
60-64	Gold	62	Mark	Mildorf	Alexandria	7:30.9*
60-64	Silver	64	Roger	Wagner	Vienna	8:01.2
60-64	Bronze	64	John	Cook	Arlington	9:28
65-69	Gold	67	Michael	Coleman	Falls Church	7:50*
	Silver	66	Timothy	Baxter	Arlington	7:58.6
	Bronze	65	Charles	Geyer	Fairfax Station	8:14.2
70-74	Gold	74	Jim	Fostek	Fairfax	11:06
	Silver	72	Ron	Asche	Burke	13:10
75-79	Gold	77	Kenneth	Weinzapfel	Gainesville	8:41.8
	Silver	78	Karl	Mueller	Alexandria	8:47.1
	Bronze	75	Victor	Litwinski	McLean	9:24
80-84	Gold	82	Alan	Wile, Jr.	Arlington	10:34.9*
	Silver	83	Jay	Edwards	McLean	16:46
85-89	Gold	85	Nick	Fidandis	Alexandria	11:22.9

RUMMIKUB – COED (new in 2016)

All ages	Gold	60	Linda	Sholl	Arlington
	Silver	61	Youmna	Bonnot	Arlington
	Bronze	90	Jean	Goodson	Falls Church
		70	Sally	Storr	Annandale
		75	Marianne	Graves	Arlington
		70	Hanmin	Tu	Fairfax
		78	Lynn	Durel	Arlington
		70	Fran	Dudick	Arlington

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SCRABBLE – COED

All Ages	Gold	71	Joel	Yudson	Arlington	3 wins, +360
	Silver	76	Barbara	Phillips	Alexandria	3 wins, +160
	Bronze	72	Chari	Bartolome	Arlington	3 wins, +159
	4	78	Lynn	Durel	Arlington	2 wins, +242

	5	61	Youmna	Bonnot	Arlington	2 wins, +116
	6	69	Jonathan	Ruskin	Falls Church	2 wins, +111
	7	90	Helen	Krikorian	Vienna	2 wins, +102
	8	66	Denise	Kirwan	Leesburg	2 wins, +27
	9	64	John	Cook	Arlington	2 wins, +16
	10	90	Jean	Goodson	Falls Church	2 wins, -12
	11	70	Bruce	Fisher	Fairfax	2 wins, -19
	12	87	Bruce	Roth	Woodbridge	1 win, +27
	13	88	Mary Jane	Meyer	Alexandria	1 win, +13
	14	75	Cheryl	Carnahan	Alexandria	1 win,+9
	15	72	John	Cordyack	Reston	1 win, -62
	16	71	David	Robinson	Arlington	1 win, -77
	17	69	Rebecca	Hansen	Arlington	1 win, -83
	18	89	Lois	Czapiewski	Falls Church	1 win,-112
	19	80	Fidelita	Levy	Alexandria	1 win, -135
	20	70	Sally	Storr	Annandale	1 win, -218
	21	82	Albert	Eisele	Falls Church	0 wins, -141
	22	79	Gerald	Kohn	Herndon	0 wins, -423

SOFTBALL HIT – WOMEN

60-64	Gold	63	Cindy	Hook	Annandale	117' 2"
65-69	Gold	66	Jane	Hoge	Falls Church	113' 3"
70-74	Gold	73	Georgia	Fuller	Falls Church	94' 7"
	Silver	72	Mary	Schade	Arlington	73' 7"
	Bronze	70	Linda	Whitmore	Alexandria	41' 5"
	4	73	Nancy D	Joyner	Annandale	24' 6"
80-84	Gold	81	Mary	Thornton	Annandale	48' 6"

SOFTBALL HIT – MEN

50-54	Gold	52	Jeff	Huse	Centreville	254' 5"
	Silver	54	Stephen	Neal	Chantilly	147' 8"
55-59	Gold	57	Thomas	Sampson	Clifton	262' 7" *
60-64	Gold	64	Greg	Woodsmall	Warrenton	233' 5"
70-74	Gold	72	Charles	Grammick	Warrenton	222' 9"
	Silver	73	Thomas	Sullivan	Oakton	201' 4"
	Bronze	74	Jim	Fostek	Fairfax	184' 9"
	4	70	Eiji	Yasuhara	Sterling	147' 3"
	5	74	Charles	Kleymeyer	Arlington	146'
	6	72	Ivan	Lopez	Springfield	62' 7"
75-79	Gold	76	Robert	Foor	Alexandria	118' 7"
80-84	Gold	81	Andrew	Dixon	Fairfax	98' 5"
	Silver	82	Eddie	Ladd	Potomac Falls	40' 9"
85-89	Gold	89	Bill	Brennan	Annandale	118' 11"
	Silver	87	Vito	Bruno	Potomac Falls	96' 1"
	Bronze	89	Donald	Tanner	Ashburn	86' 10"
	4	86	Ron	Kutscher	Ashburn	46' 3"

SOFTBALL THROW – WOMEN

50-54	Gold	53	Christine	Brooks	Fairfax	49' 11"
60-64	Gold	63	Cindy	Hook	Annandale	72' 8.5"
	Silver	64	Joanne	Woodsmall	Warrenton	67' 7"
65-69	Gold	66	Jane	Hoge	Falls Church	95' 10" *
70-74	Gold	72	Mary	Schade	Arlington	66' 8"
	Silver	73	Georgia	Fuller	Falls Church	65' 2"
	Bronze	73	Nancy D	Joyner	Annandale	45' 6"
	4	70	Linda	Whitmore	Alexandria	25' 7"
80-84	Gold	81	Mary	Thornton	Annandale	44' 11"
85-89	Gold	87	Sally	Dishun	Herndon	37' 7"

SOFTBALL THROW – MEN

50-54	Gold	52	Jeff	Huse	Centreville	146' 2"
	Silver	54	Stephen	Neal	Chantilly	79' 10"
55-59	Gold	57	Thomas	Sampson	Clifton	197' 2"
60-64	Gold	64	Greg	Woodsmall	Warrenton	143' 8"
65-69	Gold	67	Sky	Webb	Arlington	139' 4"
70-74	Gold	73	Thomas	Sullivan	Oakton	165' 4"
	Silver	74	Jim	Fostek	Fairfax	100' 4"
	Bronze	72	charles	grammick	Warrenton	95' 1"
	4	70	Eiji	Yasuhara	Sterling	90'
	5	74	Charles	Kleymeyer	Arlington	60' 1"
	6	72	Ivan	Lopez	Springfield	35' 4"
75-79	Gold	76	Robert	Foor	Alexandria	85' 3"
	Silver	79	Herb	Levitan	Arlington	85' 2"
80-84	Gold	81	Andrew	Dixon	Fairfax	110'
	Silver	82	Eddie	Ladd	Potomac Falls	71' 7"
85-89	Gold	86	Ron	Kutscher	Ashburn	81' 8"
	Silver	89	Bill	Brennan	Annandale	56' 1"
	Bronze	87	Vito	Bruno	Potomac Falls	43' 11"
	4	89	Donald	Tanner	Ashburn	42' 1"
	5	86	Larry	Lasik	Herndon	40' 5"

SUDOKU COED

50-59	Gold	57	Ted	Poulos	McLean	39:39
60-69	Gold	60	Victoria	Smith	Arlington	82:25
	Silver	64	John	Cook	Arlington	96:32
	Bronze	60	Sinclair	Sheers	McLean	102:39
	4	60	Marion	Marrs	Sterling	103:49
70-79	Gold	70	Sally	Storr	Annandale	113:43

	Silver	71	Jack	Katosh	Arlington	117:12
	Bronze	73	Harlan	Lee	Fairfax	132:00
	4	76	George	Levendis	Arlington	170:11
	5	79	Carlos	Rodriguez	Dumfries	194:22
	6	70	Linda	Whitmore	Alexandria	202:00
	7	77	Gary	Nooger	Falls Church	240:00
80-89	Gold	87	Wayne	Osgood	Ashburn	205:37

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SWIMMING – BACKSTROKE 50 YARDS – WOMEN

50-54	Gold	54	Terri	Cameron	Bristow	41.43
	Silver	53	Geneva	Park	Alexandria	50.65
60-64	Gold	63	Priscilla	Knight	Gainesville	51.66
	Silver	60	Darilyn	Gould	Manassas Park	1:00.27
	Bronze	62	Ruth	Dale	Woodbridge	1:03.37
65-69	Gold	66	Denise	Kirwan	Leesburg	39.47*
	Silver	69	Patricia	Lengle	Arlington	44.66
	Bronze	69	Sharon	Lusk	Alexandria	1:19.18
70-74	Gold	72	Mary	Schade	Arlington	59.10
80-84	Gold	81	Joyce	Tobias	Haymarket	1:26.25
85-89	Gold	87	Mary	Simpson	Manassas	1:45.35

SWIMMING – BACKSTROKE 50 YARDS – MEN

55-59	Gold	56	Tom	Gittins	Falls Church	31.75*
60-64	Gold	60	Robert	Romo	Oakton	35.90
	Silver	63	Ben	Viellieu	Burke	38.94
	Bronze	62	Ralph	Swiger	Leesburg	48.38
65-69	Gold	69	James	Lengle	Arlington	44.22
70-74	Gold	72	Kevin	Culhane	Lorton	35.35*
	Silver	74	Don	Meli	Annandale	47.81
	Bronze	74	Charles	Kleymeyer	Arlington	52.59
75-79	Gold	79	Herb	Levitan	Arlington	47.68
	Silver	76	Langley	James	Great Falls	52.43
	Bronze	75	Ted	Nanz	Fairfax Station	52.72
80-84	Gold	83	Niel	Sween	Vienna	54.79
	Silver	84	Ron	Farra	Bristow	1:16.53
85-89	Gold	89	Phil	Case	Springfield	1:06.25
	Silver	86	Donald	McPherson	Ashburn	1:09.81
	Bronze	87	John	Ewing	Falls Church	1:20.40
90-94	Gold	90	Willard	Rieger	Springfield	3:14.41

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

50-54	Gold	54	Terri	Cameron	Bristow	1:29.37*
60-64	Gold	63	Priscilla	Knight	Gainesville	1:54.90
65-69	Gold	66	Denise	Kirwan	Leesburg	1:27.78*
	Silver	69	Patricia	Lengle	Arlington	1:41.63
	Bronze	69	Sharon	Lusk	Alexandria	3:08.44
	4	66	Carol	Rivers	Arlington	5:08.77
80-84	Gold	81	Joyce	Tobias	Haymarket	3:07.97*

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

55-59	Gold	56	Tom	Gittins	Falls Church	1:08.35*
60-64	Gold	60	Robert	Romo	Oakton	1:20.65*
	Silver	63	Ben	Viellieu	Burke	1:26.40
	Bronze	62	Ralph	Swiger	Leesburg	1:43.66
65-69	Gold	68	James	Hill	Springfield	1:27.07
	Silver	69	James	Lengle	Arlington	1:45.44
70-74	Gold	70	Bruce	Fisher	Fairfax	1:23.47
	Silver	74	Don	Meli	Annandale	1:53.13
75-79	Gold	79	Herb	Levitan	Arlington	3:15.74
80-84	Gold	83	Niel	Sween	Vienna	2:07.88
85-89	Gold	89	Phil	Case	Springfield	2:27.59
	Silver	87	John	Ewing	Falls Church	3:42.00
90-94	Gold	90	Willard	Rieger	Springfield	6:36.96*

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SWIMMING – BREASTSTROKE 50 YARDS – WOMEN

50-54	Gold	54	Terri	Cameron	Bristow	50.22
55-59	Gold	58	Susan	McFarland	Ashburn	57.00
60-64	Gold	60	Jeannette	Kohlhaas	Aldie	51.12
	Silver	62	Ruth	Dale	Woodbridge	1:09.56
65-69	Gold	66	Denise	Kirwan	Leesburg	43.41*
	Silver	69	Patricia	Lengle	Arlington	58.59
	Bronze	66	Carol	Rivers	Arlington	2:33.72
70-74	Gold	72	Mary	Schade	Arlington	1:16.10
85-89	Gold	87	Mary	Simpson	Manassas	1:57.03

SWIMMING – BREASTSTROKE 50 YARDS – MEN

50-54	Gold	51	Brian	Ellis	Chantilly	37.37
	Silver	54	James	Park	Alexandria	44.94
60-64	Gold	60	Robert	Romo	Oakton	38.90
	Silver	62	Ralph	Swiger	Leesburg	47.55
65-69	Gold	69	James	Lengle	Arlington	41.44
	Silver	68	James	Hill	Springfield	41.69
70-74	Gold	72	Kevin	Culhane	Lorton	39.21

	Silver	70	Eiji	Yasuhara	Sterling	49.33
	Bronze	74	Don	Meli	Annandale	52.43
	4	73	Michael	Nugent	Arlington	56.34
	5	74	Charles	Kleymeyer	Arlington	1:00.04
75-79	Gold	78	John	Dineen	Springfield	49.53
75-79	Silver	79	Herb	Levitan	Arlington	49.75
	Bronze	79	Carlos	Rodriguez	Dumfries	1:03.19
85-89	Gold	85	Vsevolod	Ivanov	Arlington	57.09*
	Silver	89	Phil	Case	Springfield	1:29.59
	Bronze	86	Donald	McPherson	Ashburn	1:41.99
	4	87	John	Ewing	Falls Church	1:43.33

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

50-54	Gold	54	Terri	Cameron	Bristow	1:44.00*
60-64	Gold	60	Jeannette	Kohlhaas	Aldie	1:47.62
65-69	Gold	66	Denise	Kirwan	Leesburg	1:32.11
	Silver	69	Patricia	Lengle	Arlington	2:06.40

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

60-64	Gold	60	Robert	Romo	Oakton	1:25.56*
	Silver	62	Ralph	Swiger	Leesburg	1:41.19
65-69	Gold	69	James	Lengle	Arlington	1:29.32
	Silver	68	James	Hill	Springfield	1:38.37
70-74	Gold	70	Eiji	Yasuhara	Sterling	1:51.16
	Silver	74	Don	Meli	Annandale	1:54.28
75-79	Gold	79	Herb	Levitan	Arlington	1:55.63
	Silver	78	John	Dineen	Springfield	1:56.69
	Bronze	79	Carlos	Rodriguez	Dumfries	2:30.18
85-89	Gold	87	John	Ewing	Falls Church	3:54.57

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SWIMMING – FREESTYLE 50 YARDS – WOMEN

50-54	Gold	54	Terri	Cameron	Bristow	36.07
55-59	Gold	58	Susan	McFarland	Ashburn	39.29
60-64	Gold	63	Priscilla	Knight	Gainesville	41.96
	Silver	60	Jeannette	Kohlhaas	Aldie	44.78
	Bronze	62	Ruth	Dale	Woodbridge	47.63
	4	60	Darilyn	Gould	Manassas Park	55.54
65-69	Gold	69	Patricia	Lengle	Arlington	38.06

	Silver	66	Denise	Kirwan	Leesburg	43.13
	Bronze	66	Joan	Girardi	Manassas	51.81
	4	69	Bethami	Auerbach	Falls Church	57.00
	5	66	Carol	Rivers	Arlington	1:44.56
70-74	Gold	72	Mary	Schade	Arlington	52.49
80-84	Gold	81	Joyce	Tobias	Haymarket	1:28.46
85-89	Gold	87	Mary	Simpson	Manassas	1:23.41

SWIMMING – FREESTYLE 50 YARDS– MEN

50-54	Gold	51	Brian	Ellis	Chantilly	27.19
55-59	Gold	56	Tom	Gittins	Falls Church	27.31*
	Silver	57	Andrew	Kelly	Bristow	29.19
	Bronze	55	Garry	Young	Arlington	33.85
60-64	Gold	60	Robert	Romo	Oakton	30.99
	Silver	63	Ben	Viellieu	Burke	34.19
	Bronze	62	Ralph	Swiger	Leesburg	40.40
65-69	Gold	68	John	Sexton	McLean	32.97
	Silver	68	Jim	Donahue	Oakton	33.25
	Bronze	69	James	Lengle	Arlington	34.60
70-74	Gold	72	Kevin	Culhane	Lorton	29.44*
	Silver	74	Don	Meli	Annandale	37.97
	Bronze	72	Vince	Romano	Annandale	38.19
	4	74	Charles	Kleymeyer	Arlington	40.60
	5	71	Benyuan	Meng	Vienna	42.41
	6	73	Michael	Nugent	Arlington	48.38
75-79	Gold	76	Langley	James	Great Falls	36.10
	Silver	78	John	Dineen	Springfield	40.15
	Bronze	79	Herb	Levitan	Arlington	42.03
	4	79	Carlos	Rodriguez	Dumfries	58.16
80-84	Gold	80	John	Woodward	Fairfax	35.09*
	Silver	80	John	Berry	Alexandria	54.90
	Bronze	84	Ron	Farra	Bristow	1:23.34
85-89	Gold	86	Donald	McPherson	Ashburn	54.84
	Silver	89	Phil	Case	Springfield	1:02.97

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

50-54	Gold	54	Terri	Cameron	Bristow	1:15.81*
60-64	Gold	63	Priscilla	Knight	Gainesville	1:35.35
65-69	Gold	66	Denise	Kirwan	Leesburg	1:12.91*
	Silver	69	Patricia	Lengle	Arlington	1:23.75
	Bronze	66	Joan	Girardi	Manassas	2:03.97
	4	69	Bethami	Auerbach	Falls Church	2:13.58
70-74	Gold	72	Mary	Schade	Arlington	2:00.86*
80-84	Gold	81	Joyce	Tobias	Haymarket	3:00.44*

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

50-54	Gold	51	Brian	Ellis	Chantilly	57:82
	Silver	54	James	Park	Alexandria	1:24.92
	Bronze	53	Donald	Hepburn	Arlington	1:25.87
55-59	Gold	56	Tom	Gittins	Falls Church	59.63*
	Silver	57	Andrew	Kelly	Bristow	1:02.97
	Bronze	55	Garry	Young	Arlington	1:13.97
60-64	Gold	62	Ralph	Swiger	Leesburg	1:26.59
65-69	Gold	69	James	Lengle	Arlington	1:14.38
	Silver	68	Jim	Donhue	Oakton	1:14.56
	Bronze	68	James	Hill	Springfield	1:25.12
70-74	Gold	70	Bruce	Fisher	Fairfax	1:11.34*
	Silver	72	Vince	Romano	Annandale	1:21.33
	Bronze	74	Don	Meli	Annandale	1:23.69
75-79	Gold	79	Herb	Levitan	Arlington	1:33.41
	Silver	78	John	Dineen	Springfield	1:34.00
80-84	Gold	80	John	Woodward	Fairfax	1:24.06*
	Silver	80	John	Berry	Alexandria	2:02.47
85-89	Gold	86	Donald	McPherson	Ashburn	2:17.38
	Silver	89	Phil	Case	Springfield	2:26.75

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

55-59	Gold	59	Robena	Reid	Lorton	28:00.37
60-64	Gold	63	Priscilla	Knight	Gainesville	17:36.69
65-69	Gold	66	Denise	Kirwan	Leesburg	13:22.50*
70-74	Gold	72	Mary	Schade	Arlington	22:03.03
75-79	Gold	79	Susan	Daniels	Falls Church	20:16.75
80-84	Gold	81	Joyce	Tobias	Haymarket	28:46.31

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

50-54	Gold	51	Brian	Ellis	Chantilly	11:18.25
55-59	Gold	55	Garry	Young	Arlington	16:18.09
60-64	Gold	60	Robert	Romo	Oakton	13:31.24
	Silver	62	Ralph	Swiger	Leesburg	16:26.19
65-69	Gold	68	James	Hill	Springfield	13:37.38
	Silver	68	John	Sexton	McLean	14:13.22
70-74	Gold	70	Bruce	Fisher	Fairfax	13:48.86*
	Silver	72	Vince	Romano	Annandale	16:05.41
	Bronze	74	Don	Meli	Annandale	19:42.03
	4	71	Benyuan	Meng	Vienna	20:31.19
75-79	Gold	79	Herb	Levitan	Arlington	18:55.22
	Silver	75	Craig	Olson	Arlington	24:18.40
	Bronze	78	Larry	Medley	Gainesville	29:43.06

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TABLE TENNIS – WOMEN

60-69	Gold	62	Ergita	MacLaughlin	Reston
	Silver	61	Jenny	Lang	McLean
	Bronze	61	Cholina	Donovan	Ashburn
	4	60	Jeannette	Kohlhaas	Aldie
		63	Zahra	Mahi	Annandale
		68	Carol	Mackela	Springfield
70-79	Silver	70	Rosa	McKoy	Alexandria
	Gold	76	Barbara	Kaminsky	Herndon
80-89	Gold	81	Ethel	Scaccio	Dumfries

TABLE TENNIS – MEN

50-54	Gold	53	Kevin	Walton	Ashburn
	Silver	51	Catalin	Lupu	Fairfax
	Bronze	54	Mahmoud	Youssef	Arlington
	4	52	Jose	Palomo	Woodbridge
	DNP	51	Paul	Cachion	Arlington
54-59	Gold	59	Hung	Pham	Springfield
	Silver	59	Larry	Kirk	Woodbridge
	Bronze	57	Stephen	Neal	Chantilly
60-64	Gold	62	John	Olsen	Annandale
	Silver	63	Candadai	Madhavan	Alexandria
	Bronze	63	William	Wright	Manassas
	4	60	Matt	Kasun	Vienna
		60	John	Anderson	Alexandria
65-69	Gold	65	Xiaobang	Shi	Sterling
	Silver	65	Enrique	Torrez	Ashburn
	Bronze	68	Samir	Tahan	Dumfries
	4	65	Frank	Kotula	Fairfax
		68	Jeffrey	Schulman	Ashburn
		69	Adam	Denkeli	McLean
70-79	Gold	74	Rolando	Quibote	Manassas
	Silver	72	Anthony	Lee	Springfield
	Bronze	72	Hong Yul	Kim	Annandale
		72	Robert	Grannis	Manassas
		72	Ivan	Lopez	Springfield
		73	Iqbal	Lalani	McLean
		74	Ernie	Krapfl	Woodbridge
		76	Thanh	Luu	Alexandria
	80-84	Gold	81	Su	Kim

	Silver	82	Dimitrios	Papaconstantopoulos	Vienna
	Bronze	82	Eddie	Ladd	Potomac Falls
	4	81	Charles	Battaglia	Alexandria
85-89	Gold	85	Edward	Scaccio	Dumfries
	Silver	88	Gerald	Lowe	Falls Church

TENNIS - SINGLES – WOMEN

60-69	Gold	63	Debra	Lewis	Fairfax Station
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TENNIS - SINGLES – MEN

50-59	Gold	54	Glenn	Chernigoff	Arlington
	Silver	52	Jose	Palomo	Woodbridge
	Bronze	53	Donald	Hepburn	Arlington
60-69	Gold	65	Enrique	Torrez	Ashburn
	Silver	64	Michael J	Grace	Arlington
70-79	Gold	71	Layth	Muneer	Alexandria
	Silver	76	Dennis	Clague	Arlington
	Bronze	73	Paul	Van Hoozer	Arlington
	4	73	Stephen	Thacher	Burke
		73	Donald	Chendorain	Woodbridge
		74	Walter	Lazear	Reston
		77	Nelson	Kieff	Arlington
80-89	Gold	84	Bob	Shellhouse	Alexandria
	Silver	86	Philip	Doherty	Burke

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TENNIS - DOUBLES – WOMEN

60-69	Gold	68	Martha	Ruelle	Reston
	Gold	67	Alice	Burin	Vienna
	Silver	69	Eileen	Ward	Fairfax
	Silver	63	Lisa	Bridges	McLean

TENNIS - DOUBLES – MEN

60-69	Gold	68	John	Facada	Fairfax
	Gold	64	David	Lewis	Fairfax Station
	Silver	64	Scott	Triplett	Haymarket
	Silver	70	Larry	Maysack	Haymarket
	Bronze	63	Randolph	Miller	Bristow
	Bronze	73	Larry	Blair	Bristow
70-79	Gold	76	Dennis	Clague	Arlington

	Gold	78	Richard	Hadsell	Annandale
	Silver	73	Will	Misner	Gainesville
	Silver	75	Patrick	McCarthy	Gainesville
80-89	Gold	84	Bob	Shellhouse	Alexandria
	Gold	86	Philip	Doherty	Burke
	Silver	82	Jerry	Vance	Annandale
	Silver	82	Robert	Wilkinson	Fairfax
	Bronze	86	Norman	Williams	Vienna
	Bronze	84	Lucian	Bell	Annandale
	4	82	Eddie	Ladd	Potomac Falls
	4	86	Wesley	Rice	Potomac Falls

VOLLEYBALL

No competition in 2018.

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WII BOWLING – WOMEN

60-64	Gold	63	Sara	Fimiani	Falls Church	463
65-69	Gold	66	Carol	Manning	Manassas	385
70-74	Gold	70	Marian	Urnkis	Springfield	651
75-79	Gold	77	Violet	Fenty	Arlington	614
	Silver	77	Eleanor	Karro	Falls Church	451
	Bronze	77	Jane	Brungart	Falls Church	447
	4	76	Joan	Mitchum	Springfield	429
80-84	Gold	83	Martha	Siemering	Springfield	707
	Silver	83	Victoria	Morriberon	Arlington	627
	Bronze	82	Madelene	Spar	Springfield	611
	4	82	Susan	Barrick	Springfield	579
	5	81	Zelda	Wiener	Springfield	561
	6	81	Sara	Mason	Springfield	554
	7	80	Gloria	Tomita	Springfield	549
	8	82	Sharon	Ewing	Falls Church	458
	9	83	Drue	Guy	Falls Church	374
	10	83	Helga	Rathjen	Herndon	357
85-89	Gold	86	Hazel	Houston	Arlington	562
	Silver	88	Betty	Roadcap	Ashburn	543
	Bronze	88	Irene (Renie)	Burdetsky	Arlington	505
	4	85	Dorothy	Saunders	Arlington	392
90-94	Gold	93	Hilda	Yuspeh	Arlington	577

	Silver	93	Ione	Braswell	Potomac Falls	575
	Bronze	91	Ruth	Bucklin	Falls Church	490
	4	92	Karen	Lewis	Falls Church	442
	5	93	Margaret	King	Alexandria	389
95-99	Gold	95	Peggy	Knowlton	Alexandria	578
100+	Gold	101	Maria	Kennedy	Alexandria	418

WII BOWLING – MEN

65-69	Gold	65	James	MacKenzie	Clifton	602
70-74	Gold	71	Johnel	Bracey	Fairfax	623
	Silver	73	Gordon	Carter	Falls Church	576
75-79	Gold	77	Eric	Bergstrom	Springfield	562
	Silver	79	Richard (Dick)	Stohr	Lake Ridge	503
	Bronze	79	Herb	Levitan	Arlington	459
80-84	Gold	82	Eddie	Ladd	Potomac Falls	838*
	Silver	83	Juan	Morriberon	Arlington	580
85-89	Gold	89	William	Walker	Springfield	642
	Silver	87	Vito	Bruno	Potomac Falls	464
	Bronze	89	Richard	Morenus	Falls Church	447
90-94	Gold	94	Bernard	Reynolds	Springfield	662
	Silver	90	George	Neborak	Arlington	569
	Bronze	93	Robert	Shamaskin	Arlington	442
95-99	Gold	95	Raymond	Wright	Springfield	544

YO-YO – Women

70-89	Gold	73	Janet	Murphy-Gloss	Woodbridge	23 (Novice)
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YO-YO – Men

50-69	Gold	65	James	MacKenzie	Clifton	34 (Novice)
70-89	Gold	73	John	Hopkins	Woodbridge	25 (Novice)
70-89	Gold	81	Roger	Webb	Ashburn	14 (Advanced)

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TRACK & FIELD

LONG JUMP, STANDING – WOMEN
(Cancelled in 2018 because of weather)

LONG JUMP, STANDING – MEN
(Cancelled in 2018 because of weather)

LONG JUMP, RUNNING – WOMEN
(Cancelled in 2018 because of weather)

LONG JUMP, RUNNNING – MEN
(Cancelled in 2018 because of weather)

HIGH JUMP – WOMEN
(Cancelled in 2018 because of weather)

HIGH JUMP – MEN
(Cancelled in 2018 because of weather)

MINI JAVELIN THROW – WOMEN
(Cancelled in 2018 because of weather)

MINI JAVELIN THROW – MEN
(Cancelled in 2018 because of weather)

SHOT PUT – WOMEN
(Cancelled in 2018 because of weather)

SHOT PUT – MEN
(Cancelled in 2018 because of weather)

DISCUS – WOMEN
(Cancelled in 2018 because of weather)

DISCUS – MEN
(Cancelled in 2018 because of weather)

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TRACK – 60 METER RUN – WOMEN

55-59	Gold	58	Danita	Moses	Alexandria	10.50
	Silver	57	Tracey	White	Ashburn	10.88
	Bronze	58	Leslie	LaPlace	Arlington	15.00
	4	57	Monica	Hill	Woodbridge	16.03
60-64	Gold	61	Katherine (Keg)	Good	Woodbridge	10.25
	Silver	60	Greta	Budweg	Ashburn	12.81
	Bronze	63	Sara	Fimiani	Falls Church	13.94
	4	64	Warene	Sheridan	Falls Church	21.06
65-69	Gold	66	Hannah	Phillips	Alexandria	10.00*
	Silver	66	Shelia	Moore	Gaithersburg	12.00
75-79	Gold	76	Margaret	Jones	Woodbridge	12.87*
	Silver	78	Mandy	Whalen	Falls Church	17.43
85-89	Gold	85	Alease	Brooks	Arlington	27.00
95-99	Gold	95	Eva	Sorensen	Alexandria	31.59

TRACK – 60 METER RUN – MEN

50-54	Gold	54	James	Park	Alexandria	9.41
	Silver	54	Stephen	Neal	Chantilly	20.0
55-59	Gold	55	Zach	McBride	Woodbridge	8.28*
	Silver	55	Rich	Taylor	Arlington	8.48
	Bronze	59	Thomas	Carroll	Chantilly	10.84
60-64	Gold	60	Ronald	Workman	Sterling	9.06
	Silver	61	Aubrey	Toller	Woodbridge	9.10
	Bronze	61	Kamran	Khan	Springfield	9.94
	4	60	Stephan	Moretti	West Springfield	10.30
65-69	Gold	67	Sky	Webb	Arlington	8.03
70-74	Gold	72	James	Etter	Fairfax	9.46
	Silver	70	Jeff	Young	McLean	9.87
	Bronze	70	Eiji	Yasuhara	Sterling	9.96
	4	72	Robert	Grannis	Manassas	10.43
	5	71	Jack	Katosh	Arlington	10.75
	6	74	Don	Meli	Annandale	10.83
	7	74	Jim	Fostek	Fairfax	13.07
75-79	Gold	75	Daniel	Durante	Gainesville	10.05
	Silver	78	Woody	Hair	Arlington	12.10
	Bronze	79	Carlos	Rodriguez	Dumfries	15.20
	4	76	Robert	Foor	Alexandria	25.31
80-84	Gold	80	Wayne	Willson	Haymarket	10.44*
	Silver	83	Hyung	Park	Springfield	11.87
	Bronze	83	Jerry	Bradley	Oakton	11.94
	4	80	Emmanuel	Kaculis	Falls Church	12.00
85-89	Gold	85	Joe	Clement	Springfield	12.00*
	Silver	85	Robert	Stotz	Ashburn	12.62
	Bronze	86	Donald	McPherson	Ashburn	13.96
	4	88	Kent	Halstead	Arlington	14.00
	5	85	Nick	Fidandis	Alexandria	17.65
90-94	Gold	90	John	Smucker	Alexandria	38.46

TRACK – 200 METER RUN – WOMEN

50-54	Gold	51	Arsema	Abbay	Burke	43.09
60-64	Gold	61	Katherine (Keg)	Good	Woodbridge	37.59
	Silver	60	Greta	Budweg	Ashburn	48.03
65-69	Gold	66	Hannah	Phillips	Alexandria	36.21*
	Silver	66	Shelia	Moore	Gaithersburg	43.06
75-79	Gold	76	Margaret	Jones	Woodbridge	59.03*
	Silver	78	Mandy	Whalen	Falls Church	1:03.0
85-89	Gold	85	Alease	Brooks	Arlington	1:37.0

TRACK – 200 METER RUN – MEN

55-59	Gold	55	Rich	Taylor	Arlington	31.25
	Silver	59	Thomas	Carroll	Chantilly	36.97
60-64	Gold	60	Ronald	Workman	Sterling	31.04
	Silver	60	Stephan	Moretti	West Springfield	34.59
	Bronze	61	Kamran	Khan	Springfield	36.84
65-69	Gold	67	Sky	Webb	Arlington	28.62
	Silver	65	David	Kelly	Alexandria	35.34
	Bronze	68	Jay Jacob	Wind	Arlington	54.00
70-74	Gold	72	James	Etter	Fairfax	35.59
	Gold	70	Eiji	Yasuhara	Sterling	35.59
	Bronze	72	Robert	Grannis	Manassas	39.50
	4	74	Don	Meli	Annandale	40.37
	5	71	Jack	Katosh	Arlington	42.31
	6	74	Jim	Fostek	Fairfax	55.65
75-79	Gold	75	Daniel	Durante	Gainesville	38.66
	Silver	78	Woody	Hair	Arlington	44.4
	Bronze	77	G Stan	Brown	Fairfax	53.06
	4	75	Norbert	Commons	Ashburn	1:08.0
80-84	Gold	83	Jerry	Bradley	Oakton	42.75
	Silver	83	Hyung	Park	Springfield	44.66
	Bronze	80	Emmanuel	Kaculis	Falls Church	48.65
85-89	Gold	88	Kent	Halstead	Arlington	54.0

TRACK – 400 METER RUN – WOMEN

60-64	Gold	62	Dixie	Duncan	Arlington	1:23.97
	Silver	61	Katherine (Keg)	Good	Woodbridge	1:50.90
65-69	Gold	66	Hannah	Phillips	Alexandria	1:26.69*
75-79	Gold	76	Margaret	Jones	Woodbridge	2:12.97*

[Back To Table of Contents](#)[Back to list of Events with Records](#)**TRACK – 400 METER RUN – MEN**

55-59	Gold	56	Joseph	Stiskal	Reston	1:19
	Silver	59	Thomas	Carroll	Chantilly	1:31.69
60-64	Gold	60	Stephan	Moretti	West Springfield	1:14.03
	Silver	61	Aubrey	Toller	Woodbridge	1:15.60
	Bronze	60	Ronald	Workman	Sterling	1:20.34
60-64	4	61	John	Cartmill	Herndon	1:42
65-69	Gold	65	David	Kelly	Alexandria	1:28.03
	Silver	68	Jay Jacob	Wind	Arlington	1:52.77
70-74	Gold	72	James	Etter	Fairfax	1:34.00
	Silver	74	Don	Meli	Annandale	1:40.90
75-79	Gold	75	Alphonse	Piekut	Vienna	1:35.65

	Silver	78	Karl	Mueller	Alexandria	1:47.00
	Bronze	77	G Stan	Brown	Fairfax	2:17.22
	4	75	Norbert	Commons	Ashburn	2:57.12
80-84	Gold	83	Hyung	Park	Springfield	1:52.00
85-89	Gold	88	Kent	Halstead	Arlington	2:32.75

TRACK – 800 METER RUN – WOMEN

No women participated

TRACK – 800 METER RUN – MEN

50-54	Gold	54	Robert	Campbell	Lortom	3:08.47
55-59	Gold	55	David	Pinkham	Leesburg	2:30.06*
	Silver	56	Joseph	Stiskal	Reston	2:56.19
	Bronze	57	Richard	Viola	Arlington	2:57.50
	4	59	Thomas	Carroll	Chantilly	3:39.25
60-64	Gold	60	Stephan	Moretti	West Springfield	2:52.88
	Silver	61	Aubrey	Toller	Woodbridge	3:14.00
	Bronze	61	John	Cartmill	Herndon	3:25.21
65-69	Gold	65	David	Kelly	Alexandria	3:32.00
	Silver	68	Jay Jacob	Wind	Arlington	3:40.13
70-74	Gold	74	Jason	Page	Hamilton	3:02.00
75-79	Gold	75	Alphonse	Piekut	Vienna	3:40.28*

TRACK – 1600 METER RUN – WOMEN

60-64	Gold	62	Dixie	Duncan	Arlington	8:37
65-69	Gold	66	Shelia	Moore	Gaithersburg	9:25
75-79	Gold	78	Mandy	Whalen	Falls Church	12:03

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TRACK – 1600 METER RUN – MEN

50-54	Gold	52	Paul	Hession	Fairfax	8:46.75
	Gold	55	David	Pinkham	Leesburg	5:29.59*
	Silver	57	Ted	Poulos	McLean	6:00.63
	Bronze	56	Joseph	Stiskal	Reston	6:02
	4	57	Richard	Viola	Arlington	6:12
60-64	5	59	Thomas	Carroll	Chantilly	7:45
	Gold	60	Stephan	Moretti	West Springfield	5:42*
	Silver	64	Greg	Woodsmall	Warrenton	6:42
	Bronze	61	Aubrey	Toller	Woodbridge	6:47
65-69	4	61	John	Cartmill	Herndon	7:23
	Gold	68	Paul	Ryan	Arlington	6:04.56
	Silver	68	Jay Jacob	Wind	Arlington	7:32
70-74	Bronze	65	David	Kelly	Alexandria	8:49
	Gold	74	Jason	Page	Hamilton	6:43.37

	Silver	73	Stephen	Banks	Springfield	7:54
	Bronze	72	Robert	Grannis	Manassas	8:20
75-79	Gold	75	Alphonse	Piekut	Vienna	8:04*
80-84	Gold	81	Carl	Cox	Falls Church	8:42.35*
	Silver	81	Ken	Quincy	Vienna	9:23

TRACK – 400 METER WALK – WOMEN

50-54	Gold	53	Geneva	Park	Alexandria	2:52.25*
	Silver	51	Arsema	Abbay	Burke	3:10
	Bronze	51	Debbie	McBride	Woodbridge	3:20.06
55-59	Gold	57	Monica	Hill	Woodbridge	2:46.28
	Silver	58	Danita	Moses	Alexandria	2:52
	Bronze	56	Diane	Doolittle	Arlington	3:40.18
60-64	Gold	60	Greta	Budweg	Ashburn	2:55.85
	Silver	63	Sara	Fimiani	Falls Church	3:18.97
65-69	Gold	69	Ellen	Marrone	Alexandria	4:50
70-74	Gold	70	Linda	Whitmore	Alexandria	3:25.56
	Silver	70	Sally	Storr	Annandale	4:44
75-79	Gold	78	Mandy	Whalen	Falls Church	3:11.06
80-84	Gold	82	Annmarie	Pittman	Alexandria	3:31.40
	Silver	80	Nancy	Gesswein	Sterling	4:06.50
	Bronze	80	Betsy	Younkins	McLean	4:14.22
85-89	Gold	87	Janine	Bland	Arlington	3:36.88
	Silver	86	Barbara	Morriis	Falls Church	4:33.63

TRACK – 400 METER WALK – MEN

50-54	Gold	54	Stephen	Neal	Chantilly	2:54.38
	Silver	52	Robert	Montenegro	Oakton	3:05
	Bronze	54	James	Park	Alexandria	3:24.68
	4	51	Joseph	Sunday	Arlington	3:25
	5	53	Dan	Doolittle	Arlington	3:25.34
60-64	Gold	62	John	Schneider	Reston	3:34.26
65-69	Gold	65	Rob	Aaront	Centreville	2:57.25
	Silver	67	Allan	Dosik	Arlington	2:59.40
	Bronze	67	Louis	Mazel	Falls Church	3:06.50
70-74	Gold	70	Eiji	Yasuhara	Sterling	2:57
	Silver	74	Charles	Kleymeyer	Arlington	2:59
	Bronze	74	Harry	Jones	Burke	3:38.60
75-79	Gold	79	Carlos	Rodriguez	Dumfries	3:34
	Silver	79	Jean	Reed	Falls Church	3:57.00
80-84	Gold	82	Charles	Partridge	Arlington	3:05.65
	Silver	81	C. Ward	Morris	Falls Church	3:33.50
	Bronze	82	Alan	Wile, Jr.	Arlington	5:05.84
85-89	Gold	85	Thomas	Tobias	Haymarket	3:10.53
	Silver	88	Kent	Halstead	Arlington	3:20.22
	Bronze	86	Larry	Lasik	Herndon	3:20.31
	4	86	Donald	McPherson	Ashburn	3:20.75

	5	85	Walter	Lundy	Falls Church	3:28
	6	86	Tom	Quinn	Arlington	3:39.40

TRACK – 800 METER WALK – WOMEN

50-54	Gold	51	Arsema	Abbay	Burke	6:39.35
55-59	Gold	57	Monica	Hill	Woodbridge	6:08
60-64	Gold	61	Katherine (Keg)	Good	Woodbridge	5:27*
	Silver	60	Greta	Budweg	Ashburn	6:29
65-69	Gold	66	Hannah	Phillips	Alexandria	5:01*
70-74	Gold	70	Linda	Whitmore	Alexandria	7:12
75-79	Gold	78	Mandy	Whalen	Falls Church	6:47.07
80-84	Gold	82	Annmarie	Pittman	Alexandria	7:11
	Silver	80	Nancy	Gesswein	Sterling	8:24.76
85-89	Gold	87	Janine	Bland	Arlington	7:27.09*
	Silver	85	Alease	Brooks	Arlington	8:18
	Bronze	86	Barbara	Morriis	Falls Church	9:32

TRACK – 800 METER WALK – MEN

50-54	Gold	54	Stephen	Neal	Chantilly	6:09
	Silver	52	Robert	Montenegro	Oakton	6:15
	Bronze	51	Joseph	Sunday	Arlington	6:55
55-59	Gold	59	Arthur	Skaer	South Riding	6:17
60-64	Gold	62	John	Schneider	Reston	7:45.23
65-69	Gold	65	Charles	Geyer	Fairfax Station	5:22
	Silver	67	Allan	Dosik	Arlington	6:18.25
	Bronze	65	Rob	Aaront	Centreville	6:21.40
		4	67	Louis	Mazel	Falls Church
70-74	Gold	70	Eiji	Yasuhara	Sterling	6:22
	Silver	74	Harry	Jones	Burke	7:14
	Bronze	72	John	Cordyack	Reston	7:23
		4	72	Ron	Asche	Burke
75-79	Gold	78	Karl	Mueller	Alexandria	6:15.28
	Silver	79	Herb	Levitan	Arlington	6:46
	Bronze	79	Jean	Reed	Falls Church	8:09
80-84	Gold	82	Charles	Partridge	Arlington	6:23
	Gold	84	Bill	Walker	Ashburn	6:23
	Silver	82	Alan	Wile, Jr.	Arlington	6:31
	Bronze	81	Roger	Webb	Ashburn	6:45
		5	81	C. Ward	Morris	Falls Church
	6	80	James	Harper	Ashburn	7:13.05
85-89	Gold	85	Thomas	Tobias	Haymarket	6:38.44*
	Silver	88	Kent	Halstead	Arlington	6:39
	Bronze	86	Donald	McPherson	Ashburn	6:48.84
		4	85	Walter	Lundy	Falls Church

TRACK – 1600 METER WALK – WOMEN

55-59	Gold	57	Monica	Hill	Woodbridge	12:03.6
60-64	Gold	61	Katherine (Keg)	Good	Woodbridge	11:56.26
65-69	Gold	66	Hannah	Phillips	Alexandria	10:54*
65-69	Silver	66	Shelia	Moore	Gaithersburg	11:39.37
70-74	Gold	70	Linda	Whitmore	Alexandria	17:19.28
80-84	Gold	82	Annmarie	Pittman	Alexandria	14:47.75
90-94	Gold	93	Edna	Derrick	Falls Church	18:42

TRACK – 1600 METER WALK – MEN

50-54	Gold	52	Robert	Montenegro	Oakton	12:50.50
	Gold	54	Stephen	Neal	Chantilly	12:50.50
55-59	Gold	59	John	Sullivan	Fairfax	11:41
	Silver	58	James	Doperalski	Alexandria	12:35.90
65-69	Gold	65	Charles	Geyer	Fairfax Station	11:16.28
70-74	Gold	70	Eiji	Yasuhara	Sterling	13:19.03
	Silver	74	Harry	Jones	Burke	15:01.65
75-79	Gold	79	Jean	Reed	Falls Church	17:12
80-84	Gold	82	Alan	Wile, Jr.	Arlington	13:46.25
	Silver	82	Charles	Partridge	Arlington	13:53.84
	Bronze	81	C. Ward	Morris	Falls Church	15:05.75
	4	82	George	Meek	Arlington	15:35
85-89	Gold	85	Thomas	Tobias	Haymarket	13:21.80
	Silver	88	Kent	Halstead	Arlington	15:00.15
	Bronze	86	Tom	Quinn	Arlington	16:20
	4	85	Walter	Lundy	Falls Church	17:12

TRACK – 3-MILE WALK – WOMEN

55-59	Gold	57	Monica	Hill	Woodbridge	37:06
60-64	Gold	64	Joanne	Woodsmall	Warrenton	42:50
65-69	Gold	65	Melinda	Lynam	Alexandria	42:05
70-74	Gold	71	Carol	Banks	Springfield	42:53
	Silver	71	Barbara	Collins	Annandale	51:53
	Silver	71	Esther	Uscher	Annandale	51:53
75-79	Gold	78	Mandy	Whalen	Falls Church	40:33
80-84	Gold	82	Annmarie	Pittman	Alexandria	44:31
90-94	Gold	91	Marietta	Tanner	Falls Church	73:24

TRACK – 3-MILE WALK – MEN

50-54	Gold	52	Paul	Hession	Fairfax	39:44
55-59	Gold	59	Arthur	Skaer	South Riding	41:59
	Silver	58	Michael	Soler	Manassas	53:18
65-69	Gold	65	Rob	Aaront	Centreville	38:09
70-74	Gold	74	Glen	Sickels	Haymarket	47:54

	Silver	74	Harry	Jones	Burke	48:30
75-79	Gold	78	Karl	Mueller	Alexandria	38:35
	Silver	75	Victor	Litwinski	McLean	38:42
	Bronze	76	Joe	McIntosh	Arlington	40:29
	4	79	Jean	Reed	Falls Church	52:00
80-84	Gold	82	Alan	Wile, Jr.	Arlington	41:36
	Silver	84	Bill	Walker	Ashburn	42:26
	Bronze	81	Roger	Webb	Ashburn	44:12
	4	80	James	Harper	Ashburn	45:26
85-89	Gold	85	Thomas	Tobias	Haymarket	41:38

5K ROAD RACE - WOMEN

65-69	Gold	68	Martha	Ruelle	Reston	41:08
70-74	Gold	71	Virginia	Sielen	Oakton	27:44*
	Silver	70	Ruth	Kriz	Fairfax	43:26
75-79	Gold	76	Margaret	Jones	Woodbridge	39:47*

5K ROAD RACE - MEN

50-54	Gold	53	Marc	Tarutani	Falls Church	19:48
	Silver	51	Paul	Cachion	Arlington	22:15
	Bronze	51	Raymond	Parrish	Herndon	26:14
	4	52	Paul	Hession	Fairfax	31:19
55-59	Gold	57	Ted	Poulos	McLean	20:50*
	Silver	55	Duane	Williamson	Warrenton	20:59
	Bronze	56	Joseph	Stiskal	Reston	22:06
	4	55	Garry	Young	Arlington	28:01
	5	59	Thomas	Carroll	Chantilly	28:17
60-64	Gold	64	Greg	Woodsmall	Warrenton	22:33
	Silver	60	Stephan	Moretti	West Springfield	24:11
65-69	Gold	65	William	Tracy	Burke	25:14
	Silver	67	Jim	Carboni	Oak Hill	29:16
70-74	Gold	72	Robert	Grannis	Manassas	30:32
75-79	Gold	78	Karl	Mueller	Alexandria	29:11*
	Silver	75	Ted	Nanz	Fairfax Station	42:34
	Bronze	75	Norbert	Commons	Ashburn	49:43
80-84	Gold	81	Ken	Quincy	Vienna	32:43*
	Silver	82	Alan	Rider	Reston	49:23
	Bronze	81	Roger	Webb	Ashburn	49:43
85-89	Gold	87	Bruce	Roth	Woodbridge	49:34

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NVSO Record Holders 1982-2018

Asterisk (*) Indicates tied or established new NVSO record in 2018

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

(Basketball; Bowling; Cycling; Diving; [Discus](#); Football Throw; Frisbee; Golf; [High Jump](#); [Mah Jongg](#); [Long Jump Running](#); Long Jump Standing; [High Jump](#); [MiniGolf](#); [MiniJavelin](#); [Rowing](#); [Scrabble](#); [Shot Put](#); Softball Hit&Throw; Swim 50 Freestyle; Swim 100 freestyle; Swim 50 Breast; Swim 100 Breast; [Swim 50 Back](#); Swim 100 Back; Swim 900 freestyle; [Track 60M Dash](#); [Track 200M Dash](#); [Track 400M Run](#); [Track 400M Walk](#); [Track 800M Run](#); [Track 800M Walk](#); [Track 1600M Run](#); [Track 1600M Walk](#); [Track 3Mile Walk](#); [5K Road Race](#); Wii Bowling)

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
	Maureen Pam	Alexandria	12/20	2018*
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
	Jay Holmes	Springfield	15/20	2018*
80 – 89	James Martin	Alexandria	15/20	2016

BASKETBALL FREE THROW – WOMEN

50 - 59	Pat Blackman	Arlington	24/25	1995
	Vy Yoder	Mason Neck	18/20	2018*
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	Scott Phillips	Alexandria	16/20	2018*
60 - 69	Harold Skeins	Fairfax	23/25	2002 & 2007
	Allen Brooks	Triangle	19/20	2018*
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
	Sam Slowinski	Gainsville	16/20	2018*
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	Tess Gowel	Sterling	720	2018*
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
95 – 99	Eva Sorenson	Alexandria	513	2018*

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
	Mark Weaver	Springfield	12	2018*

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
60-64	Debra Lewis	Fairfax Station	21:51	2018*
70-74	Lynn Saunders	Gainesville	22:16	2018*
75-79	Susan Jones	Springfield	24:04	2016
80-84	Joyce Tobias	Haymarket	31:44	2018*

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, 2018)

50-54	Tony Lang	Alexandria	14:41	2018*
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	Thomas Tobias	Haymarket	21:36	2018*

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, 2018)

50-54	Susan Lengel	Fairfax	46:15	2016
55-59	Betty Francis	Warrenton	38.44	2018*
60-64	Anne Calhoun	Ashburn	45:45	2016
70-74	Lynn Saunders	Gainesville	43:19	2016
75-79	Susan Jones	Springfield	48:47	2016
80-84	Joyce Tobias	Haymarket	1:02	2018*

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, 2018)

50-54	Tony Lang	Alexandria	29.11	2018*
55-59	Eric Lengel	Fairfax	28:25	2016
60-64	Jim Crowley	Alexandria	30:44	2017,2018*
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	Thomas Tobias	Haymarket	44:46	2018*

DIVING – WOMEN

50 - 54	Madeline Fleckenstein	Arlington	193.1	2012
55 - 59	Madeline Fleckenstein	Arlington	206.50	2018*
60 - 64	Carol Mackela	Arlington	175.7	2012
65 - 69	Carol Mackela	Springfield	203.60	2018*
75 – 79	Mandy Whalen	Falls Church	101.95	2018*

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	59’ 11”	2018*
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	Thomas Sampson	Clifton	130’ 0.5”	2018*
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	Cindy Hook	Annandale	97' 6"	2018*
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 - 89	David McIntyre	Fairfax	97	2018*

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

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ROWING – 2 Km - WOMEN (NEW IN 2013)

50-54	Gloria Mudge	Oakton	9:35.7	2015
55-59	Judi Miller	Bristow	8:20.3	2018*
60-64	Dawn O'Neill	Arlington	9:12.1	2016
65-69	Jill Hill	Springfield	10:23.2	2017
70-74	Suzan French	Ashburn	10:51	2018*
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	Robert Montenegro	Oakton	7:14.6	2018*
55-59	Mark Mildorf	Alexandria	7:30.4	2015
60-64	Mark Mildorf	Alexandria	7:30.9	2018*
65-69	Michael Coleman	Falls Church	7:50.0	2018*
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	Alan Wile, Jr.	Arlington	10:34.9	2018*
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 Gilden	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	Thomas Sampson	Clifton	262' 7"	2018*
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	Jane Hoge	Falls Church	95' 10"	2018*
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	Denise Kirwan	Leesburg	:39.47	2018*
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 Gittins	Falls Church	:31.75	2018*
60 - 64	Bruce Fisher	Fairfax City	:35.59	2012
65 - 69	Kevin Culhane	Lorton	:34.91	2013
70 - 74	Kevin Culhane	Lorton	:35.35	2018*
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	Terri Cameron	Bristow	1:29.37	2018*
55 - 59	Lynn Wymelenberg	Reston	1:43.7	2014
60 – 64	Denise Kirwan	Falls Church	1:20.28	2016
65 – 69	Denise Kirwan	Leesburg	1:27.78	2018*
75 – 79	Jane Gleison	Arlington	2:17.5	2014
80 – 84	Joyce Tobias	Haymarket	3:07.97	2018*

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

50 - 54	Tom Gittins	Falls Church	1:08.21	2016
55 – 59	Tom Gittins	Falls Church	1:08.35	2018*
60 – 64	Robert Romo	Oakton	1:20.65	2018*
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
90 – 94	Willard Rieger	Springfield	6:36.96	2018*

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	Denise Kirwan	Leesburg	:43.41	2018*
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	Vsevolod Ivanov	Arlington	:57.09	2018*
90 - 94	Mohammad Assareh	Ashburn	1:18.97	2011

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

50 – 54	Terri Cameron	Bristow	1:44.00	2018*
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	Robert Romo	Oakton	1:25.56	2018*
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 Gittins	Falls Church	:27:31	2018*
60 - 64	Bruce Fisher	Sterling	:29.0	2012
65 - 69	Kevin Culhane	Lorton	:28.56	2013
70 - 74	Kevin Culhane	Lorton	:29.44	2018*
75 - 79	Bert Kassell	Arlington	:33.21	1988
80 - 84	John Woodward	Fairfax	:35.09	2018*
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 - 54	Terri Cameron	Bristow	1:15.81	2018*
55 - 59	Lynn Wymelenberg	Reston	1:17.73	2014
60 - 64	Betsy Boswell	Vienna	1:24.21	2016
65 - 69	Denise Kirwan	Leesburg	1:12.91	2018*
70 - 74	Mary Schade	Arlington	2:00.86	2018*
75 - 79	Jane Geison	Haymarket	2:03.81	2014
80 -84	Joyce Tobias	Haymarket	3:00.44	2018*

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

50 - 54	Mark Harris	Alexandria	:56.21	2016
55 - 59	Tom Gittins	Falls Church	:59.63	2018*
60 - 64	Jim Donahue	Oakton	1:08.3	2014
65 - 69	Bruce Fisher	Fairfax	1:06.3	2014
70 - 74	Bruce Fisher	Fairfax	1:11.34	2018*
75 - 79	David Nicholas	Sterling	1:24.09	2015
80 - 84	John Woodward	Fairfax	1:24.06	2018*
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	Denise Kirwan	Falls Church	13:22.50	2018*
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) – 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	Denise Kirwan	Falls Church	13:22.50	2018*
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	Bruce Fisher	Fairfax	13:48.86	2018*
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 - 84	Eddie Ladd	Potomac Falls	838	2018*
80 - 89	Lawrence Earl	Springfield	837	2015
90 - 99	Henry Stawicki	Burke	688	2015

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50 - 54	Maureen Pan	Alexandria	86' ¾"	26.23 M	2017
55 - 59	Cindylee Arbelbide	Bristow	72' 3"		2007
60 - 64	Ellen Tharpe	Nokesville	55' 6"		1990
65 - 69	Bernie Kleinschmidt	Annandale	51' 0"		1991
70 - 74	Bernie Kleinschmidt	Annandale	54' 8 1/4"		1992
75 - 79	Sheila Gildea	McLean	48' 0"		2005
80 - 84	Sheila Gildea	McLean	44' 9"		2013
85 - 89	Josephine Stewart	Manassas	35' 9"		2010
90 - 94	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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50 - 54	Mary Fowler	Alexandria	4' 2"	2012
60 - 64	Charlotte Perdue	Arlington	3' 2"	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	Hannah Phillips	Alexandria	10.00	2018*
70 - 74	Mary White	Arlington	11.10	2016
75 - 79	Margaret Jones	Woodbridge	12.87	2018*
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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50 - 54	Zachary McBride	Woodbridge	7:81	2017
55 - 59	Charles Crum	Bealeton	8.3	2013
55 – 59	Zach McBride	Woodbridge	8.28	2018*
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	Wayne Willson	Haymarket	10.44	2018*
85 – 89	Joe Clement	Springfield	12.00	2018*
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	36.21	2018*
70 - 74	Lee Glassco	McLean	56.75	2007
75 - 79	Margaret Jones	Woodbridge	59.03	2018*
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	1:26.69	2018*
70 - 74	Mandy Whalen	Alexandria	2:12.13	2014
75 – 79	Margaret Jones	Woodbridge	2:12.97	2018*

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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	David Pinkham	Leesburg	2:30.06	2018*
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	Alphonse Piekut	Vienna	3:40.28	2018*
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	Geneva Park	Alexandria	2:52.25	2018*
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	5:27	2018*
65 - 69	Hannah Phillips	Alexandria	5:01	2018*
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	Janine Bland	Arlington	7:27.09	2018*
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
85 – 89	Thomas Tobias	Haymarket	6:38.44	2018*
90 - 94	Edward Seeger	Falls Church	9:43	2007
95 – 99	Chester Christenson	Falls Church	13:07	2009

800 METER WALK - Outdoor Track - WOMEN

50 - 54	Kim Fess	Annandale	5:25.76	1998
55 - 59	Dot Michaels	Arlington	4:51.00	1983
60 - 64	Jean Wood	Springfield	5:05.00	1986
65 - 69	Jean Wood	Springfield	5:22.49	1990
70 - 74	Mary Boska	Alexandria	5:38.00	2000
75 - 79	Mary Lathram	Falls Church	5:57.75	1990
80 - 84	Mary Boska	Alexandria	6:24.00	2006
85 - 89	Mary Lathram	Falls Church	6:37.00	2000
90 +	Mary Lathram	Falls Church	7:19.00	2006

800 METER WALK - Outdoor Track - MEN

50 - 54	Peter Blank	Annandale	4:13.00	2006
55 - 59	Jack Ozment	Philomont	4:10.00	1987
60- 64	Victor Litwinski	McLean	4:30.00	2004
65 - 69	Louis Aelle	Leesburg	4:28.18	1986
70 - 74	Edward Seeger	Falls Church	4:37.00	1985
75 - 79	John Allums	Falls Church	5:01.62	1991
80 - 84	Ed Seeger	Falls Church	5:30.02	1997
85 +	Ed Seeger	Falls Church	6:11.86	2001

1500 METER WALK - Outdoor Track - WOMEN

50 - 54	Joy Chambers	Alexandria		1998
55 - 59	Maryann Schwab	Fairfax	10:15.36	2006
60 - 64	Rita Windish	Alexandria	10:44.00	1996
65 - 69	Rita Windish	Alexandria	10:51.00	2000
70 - 74	Terry Hamilton	Reston	10:54.83	1999
75 - 79	Mary Boska	Alexandria	11:32.00	2002
80 - 84	Mary Lathram	Falls Church	12:32.12	1999
85 - 89	Mary Lathram	Falls Church	12:32.00	2000
90 +	Mary Lathram	Falls Church	14:08.00	2006

1500 METER WALK - Outdoor Track - MEN

50 - 54	Peter Blank	Annandale	9:11.12	2004
55 - 59	Victor Litwinski	McLean	8:56.52	2001
60 - 64	Victor Litwinski	McLean	8:47.97	2004
65 - 69	Roger Webb	Alexandria	9:49.00	2004
70 - 74	John Dunaway	Arlington	10:11.22	1992
75 - 79	Shannon Ferguson	Alexandria	10:38.40	1998
80 - 84	Ed Seegar	Falls Church	10:35.90	1997
85 +	Ed Seegar	Falls Church	11:08.00	2000

1600 METER RUN - Outdoor Track - WOMEN

55 - 59	Betty Dameron	Arlington	6:55.42	1990
60 - 64	Helen Simpson	Arlington	8:17.00	1988
65 - 69	Irene Sutherland	Manassas	8:34.62	1988
70 - 74	Kay Bachman	Falls Church	12:44.00	1984
75 - 79	Virginia Pierce	Falls Church	14:03.60	1991
80 +	Eva Belle Mimms	Arlington	15:51.34	1991

1600 METER RUN - Outdoor Track - MEN

55 - 59	Herb Chisholm	Alexandria	5:30.00	1983
60 - 64	Herb Chisholm	Alexandria	5:38.07	1986
65 - 69	John McIntyre	Springfield	6:25.98	1986
70 - 74	Jules Averitt	Alexandria	8:22.14	1990
75 - 79	Alwym Woods	Springfield	9:32.23	1986

1600 METER WALK - INDOOR TRACK - WOMEN

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	Hannah Phillips	Alexandria	10:54	2018*
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	David Pinkham	Leesburg	5:29.59	2018*
60-64	Stephan Moretti	West Springfield	5:42	2018*
65-69	Paul Ryan	Arlington	6:00	2016
70-74	Jason Page	Hamilton	6:23	2015
75-79	Alphonse Piekut	Vienna	8:04	2018*
80-84	Carl Cox	Falls Church	8:42.35	2018*
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
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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	Virginia Sielen	Oakton	27:44	2018*
75 – 79	Margaret Jones	Woodbridge	38:47	2018*

5K ROAD RACE – MEN (NEW IN 2014)

50 – 54	Ted Poulos	McLean	19:45	2014
55 – 59	Ted Poulos	McLean	20:50	2018*
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	Karl Mueller	Alexandria	29:11	2018*
80 – 84	Ken Quincy	Vienna	32:43	2018*
85 – 89	Peter Han	Alexandria	32:01	2014

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Football Throw (rain/rescheduled)	34	13	20	8	14	5	58.8	61.5	47	59.6
Frisbee Throw (rain/rescheduled)	28	14	13	7	15	7	46.4	50.0	42	47.6
Golf (rained out/rescheduled)	22	12	17	5	5	7	77.3	41.7	34	64.7
Handball Singles	7	0	4	0	3	0	57.1		7	57.1
Handball Doubles	7	0	6	0	1	0	85.7		7	85.7
Horseshoes	22	5	19	3	3	2	86.4	60.0	27	81.5
Mah Jongg	1	20	0	17	1	3	0.0	85.0	21	81.0
Mini-Golf (Rescheduled)	18	14	12	11	6	3	66.7	78.6	32	71.9
Orienteering Beg	5	2	4	2	1	0	80.0	100	7	85.7
Orienteering Adv	10	2	8	2	2	0	80.0	100	12	83.3
Pickleball Singles	28	11	26	11	2	0	92.9	100	39	94.9
Pickleball Doubles	57	43	56	34	1	9	98.2	79.1	100	90.0
Pickleball Mixed	37	37	34	34	3	3	91.9	91.9	74	91.9
Racquetball	5	2	5	2	0	0	100	100	7	100
Rowing	30	4	23	4	7	0	76.7	100	34	79.4
Rummikub	0	9	0	8	0	1		88.9	9	88.9
Scrabble	10	14	9	13	1	1	90.0	92.9	24	91.7
Softball Hit (rain/rescheduled)	33	13	18	8	15	5	54.5	61.5	46	56.5
Softball throw (rain/rescheduled)	39	16	21	12	18	4	53.8	75.0	55	60.0
Sudoku	15	5	9	4	6	1	60.0	80.0	20	65.0
Swim 50yd Back	20	13	17	11	3	2	85.0	84.6	33	84.8
Swim 100yd Back	16	9	13	8	3	1	81.3	88.9	25	84.0
Swim 50yd Breast	23	10	18	9	5	1	78.3	90.0	33	81.8
Swim 100yd Breast	15	4	10	3	5	1	66.7	75.0	19	68.4
Swim 50yd Free	32	15	25	15	7	0	78.1	100	47	85.1
Swim 100yd Free	27	9	19	8	8	1	70.4	88.9	36	75.0
Swim 900yd Free (~1/2/mi)	22	8	13	6	9	2	59.1	75.0	30	63.3
Table Tennis	36	9	32	9	4	0	88.9	100	45	91.1
Tennis Singles (rain/rescheduled)	23	7	14	1	9	6	60.9	14.3	30	50.0
Tennis Doubles	19	8	18	4	1	4	94.7	50.0	27	81.5
Track: 60M Dash	36	16	31	14	5	2	86.1	87.5	52	86.5
200M Dash	27	9	22	8	5	1	81.5	88.9	36	83.3
400M Run	26	6	16	4	10	2	61.5	66.7	32	62.5
800M Run	20	1	12	0	8	1	60.0	0.0	21	57.1

1600M Run	26	4	19	3	7	1	73.1	75.0	30	73.3
400M Walk	31	21	23	18	8	3	74.2	85.7	52	78.8
800M Walk	28	13	26	12	2	1	92.9	92.3	41	92.7
1600M Walk	19	11	13	7	6	4	68.4	63.6	30	66.7
3 mi Walk	23	10	15	9	8	1	65.2	90.0	33	72.7
5K Race	36	5	22	4	14	1	61.1	80.0	41	63.4
Wii bowling	16	32	12	30	4	2	75.0	93.8	48	87.5
Yo-yo	5	2	3	1	2	1	60.0	50.0	7	57.1
Totals / ave	1451	715	984	552	467	163	69.6	71.4	2166	72.2

Cities Represented by 2018 NVSO Registrants

City	Reg. No.	City	Reg. No.
Aldie	3	Leesburg	10
Alexandria	95	Linden	1
Annandale	31	Lorton	6
Arlington	148	Manassas	23
Ashburn	36	Manassas Park	3
Bristow	10	Marshall	1
Broad Run	1	Mason Neck	1
Burke	24	McLean	28
Centreville	9	Midlothian	1
Chantilly	7	Nokesville	1
Clifton	6	Oak Hill	1
Dumfries	15	Oakton	10
Fairfax	56	Potomac Falls	9
Fairfax Station	12	Purcellville	2
Falls Church	73	Reston	12
Fredericksburg	1	South Riding	1
Gainesville	15	Springfield	70
Great Falls	3	Sterling	18
Hamilton	2	The Plains	1
Haymarket	19	Triangle	1
Heathsville	1	Upper Marlboro	1
Herndon	17	Vienna	24
Hume	1	Warrenton	17
Lake Ridge	10	Washington	1
Lansdowne	1	West Springfield	1
		Woodbridge	28
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