

Running Long Jump

Female Record Holders

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

List of Participants 2017

Sex	Age Group	Place	Age	First Name	Last Name	City	Meters	Ft in
F	55-59	Gold	56	Joanne	Shabelski	Alexandria	2.45	8'
F	65-69	Gold	65	Hannah	Phillips	Alexandria	2.48	8' 1" *
F	80-84	Gold	84	Alease	Brooks	Arlington	1.31	4' 4"

Male Record Holders

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

List of Male Participants								
M	50-54	Gold	53	Robert	Tartt	Falls Church	2.92	9' 7"
M	55-59	Gold	58	Thomas	Carroll	Chantilly	2.95	9' 8 "
M	55-59	DNP	59	Charles	Crum	Bealeton		
M	60-64	Gold	60	Aubrey	Toller	Woodbridge	3.59	11' 9"
M	60-64	Silver	64	David	Kelly	Alexandria	3.39	11' 1"
M	60-64	DNP	60	Kamran	Khan	Springfield		
M	65-69	Gold	68	Doug	Hastings	Alexandria	3.77	12' 5"
M	65-69	Silver	69	Jeff	Young	McLean	2.83	9' 3"
M	65-69	Bronze	69	Eiji	Yasuhara	Sterling	2.64	8' 5"
M	65-69	DNP	67	Gerard	Nezet	Arlington		
M	70-74	Gold	71	Clarence John	Wells-Martin	Herndon	3.17	10" 6"
M	70-74	Silver	73	Donald	Meli	Annandale	2.50	8' 2"
M	75-79	Gold	75	Parviz	Youssefi	Gainesville	2.89	9' 6"
M	75-79	Silver	77	Karl	Mueller	Alexandria	1.95	6' 5"
M	75-79	Bronze	78	Herb	Levitan	Arlington	1.20	4'
M	75-79	DNP	79	wayne	Willson	Haymarket		
M	80-84	Gold	82	Jerry	Bradley	Oakton	2.02	6' 5"
M	80-84	DNP	84	Joseph	Clement	Springfield		
M	85-89	Gold		Leonard	Kalkwarf	Springfield	1.11	3' 5"
M	85-89	DNP	86	Jim	Lemons	Dale City		
M	85-89	DNP	85	Donald	McPherson	Ashburn		