

28th Annual
NORTHERN VIRGINIA
SENIOR OLYMPICS
September 18 - September 29, 2010

2010
EVENT RESULTS

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

Northern Virginia Senior Olympic Committee
P.O. Box 2089
Merrifield, VA 22116-9998
703-228-3600, ext. 9996
www.nvso.us

2010 EVENT RESULTS

28th Annual NORTHERN VIRGINIA SENIOR OLYMPICS September 18 – September 29, 2010

Sponsored by:

Northern Virginia Senior Olympic Committee:

City of Alexandria Department of Recreation, Parks, and Cultural Activities

Arlington County Department of Parks, Recreation and Cultural Resources

Fairfax County Department of Community and Recreation Services

Fairfax County Park Authority

City of Fairfax Parks and Recreation Department

City of Falls Church Department of Recreation and Parks

Fauquier County Parks and Recreation Department

Loudoun County Department of Parks, Recreation and Community Services

Prince William County Area Agency on Aging

2010 GOLD Patrons

Greenspring Retirement Community, Goodwin House Incorporated, BB&T,
Humana, The Hermitage of Northern Virginia, The Fountains at Washington House,
ManorCare Health Services and Safeway

2010 Silver Patrons

Debbie Miller, Realtor, McEneaney & Associates, Red Top Cab, M & T Bank,
The Tom Weston Family, Westminster at Lake Ridge

2010 Bronze Patrons

Dr. Barry Saffran, Kilroy's Restaurant, PNC Bank, Safford Chrysler,
Marge Davenport, Steve Mandes, Charlotte Perdue, Maryann Schwab

EVENTS

Backgammon
Basketball Free Throw
Basketball 3 on 3 (men)
Bocce
Bowling
Bridge, Duplicate
Bunco
Chess
Cribbage
Eight Ball Pool
Fencing
Frisbee Throw
Golf
Horseshoes

Line Dancing (team)
Miniature Golf
Pickleball
Racquetball
Scrabble
Softball Hit
Softball Throw
Shuffleboard
Swimming - Diving
Table Tennis
Tennis
Wii Bowling
Yo-Yo

Track & Field Events:

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

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400 Meter Run	24
800 Meter Run Women & Men	24-25
800 Meter Walk	25
1600 Meter Walk	26
3 Mile Walk Women & Men	26-27

Record Holders *

28-47

Asterisk () indicates tied or established new NVSO record

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
BACKGAMMON - MIXED				
All	Gold	Don Sotirchos	Fairfax	
	Silver	Joe Bekhor	Fairfax City	
	Bronze	John Fuller	Fairfax	

BASKETBALL FREE THROW – WOMEN

50-59	Gold	Helen White	Arlington	20/25
60-69	Gold	Margaret Carnes	Annandale	16/25

BASKETBALL FREE THROW – MEN

50-54	Gold	Ramon Torres	Leesburg	13/25
55-59	Gold	Howard Plattner	Gainesville	20/25
	Silver	Jose Baeza	Gainesville	14/25
60-64	Gold	Sam Slowinski	Gainesville	19/25
	Silver	Charles Harris	Alexandria	19/25
65-69	Gold	James Moss	Arlington	13/25
	Silver	Charles Kleymeyer	Arlington	11/25
70-74	Gold	Harold Skeins	Fairfax	20/25
	Silver	Ralph Greenwood	Reston	14/25
	Bronze	Herb Levitan	Arlington	12/25
75-79	Gold	Del Wilson	Burke	15/25
	Silver	Charles Toftoy	Arlington	12/25



2010 Events Results Book				
Age	Place	Winners	Locality	Score/Time
BASKETBALL 3x3 – MEN				
50-59	Gold	<u>OG's 50's</u> Steve Lepage John Kuntz Phillip Morgan Clyde Saunders	Herndon Burke Woodbridge Fairfax	
	Silver	<u>Metro All Stars</u> Ray Boehling Rick Suggs Seth Levinson Eugene Thomas Charles Harris	Annandale Fairfax Fairfax Woodbridge Fairfax	
	Bronze	<u>Hawks</u> Jeff Stanford Ed Binczewski Jose Baeza Jose Lechuga	Woodbridge Arlington Gainesville Dumfries	
60-69	Gold	<u>Prince William 60's</u> Ron De Spirito Don Greene Jim Viggiani Joe Manigan	Manassas Dale City Manassas Centreville	
70-79	Gold	<u>Old Dominion 70's</u> William Richardson Harold Skeins Ralph Greenwood Bruce Hewitt Zip Rause	Fairfax Station Fairfax Reston Tappahannock Vienna	

2010 Events Results Book
Winners

Age	Place	Winners	Locality	Score/Time
BOCCE – WOMEN				
50-59	Gold	Marilyn Parks	Oakton	
60-69	Gold	Maryann Schwab	Fairfax	
	Silver	Ginny Koenig	Annandale	
70-79	Gold	Florence Rowland	Fairfax	
90-99	Gold	Carla Convery	Alexandria	

BOCCE – MEN

50-59	Gold	Bob Barbour	Fairfax
	Silver	Daniel Florio	Oakton
70-79	Gold	Bob Metzger	Fairfax
80-89	Gold	Nick Garito	Fairfax

BOCCE – MEN PAIRS

60-69	Gold	Ralph Tapp	Warrenton
		Peter Koenig	Annandale
	Silver	Lew Pratsch	Alexandria
		John Duran	



Arlington

BOWLING - TEN PIN – WOMEN

55-59	Gold	Miriam Fialkovich	Arlington	603
	Silver	Jackie Knight	Falls Church	581
60-64	Gold	Rachel Frantum	Annandale	629
	Silver	Audrey Stuchman	Alexandria	545
	Bronze	Mary Johnson	Woodbridge	530
65-69	Gold	Betty Stephens	Alexandria	574
70-74	Gold	Lucia McSweeney	Centreville	610
	Silver	Jo Ferry	Alexandria	573
	Bronze	Blanche McQuade	Falls Church	534
75-79	Gold	Sue Toma	Falls Church	542
	Silver	Alease Brooks	Arlington	519
80-84	Gold	Marjorie Burts	Alexandria	608
	Silver	Winnie Tegge	Alexandria	568
	Bronze	Nancy Leary	Alexandria	527
85-89	Gold	Marge McNare	Falls Church	531
	Silver	Peggy Williams- Hurney	Springfield	479

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
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BOWLING - TEN PIN – MEN

50-54	Gold	Ray Warren	Arlington	459
55-59	Gold	Michael Knight	Falls Church	811*
	Silver	Ronald Boulware	Falls Church	595
60-64	Gold	Roy Rhodes	Alexandria	666*
	Silver	Lawrence Walker	Alexandria	622
	Bronze	Chris Fialkovich	Arlington	613
65-69	Gold	Bud Commons	Ashburn	614
	Silver	Gerald Rhodes	Burke	516
70-74	Gold	Carlos Rodriguez	Dumfries	606
	Silver	John Handley	Woodbridge	580
	Bronze	Rick Renninger	Springfield	555
75-79	Gold	Donald Beveridge	Arlington	608
	Silver	Ronald Sarson	Oak Hill	547
	Bronze	Charles Toftoy	Arlington	469
80-84	Gold	Leonard Kalkwarf	Springfield	600
	Silver	Gordon Causey	Falls Church	477
85-89	Gold	Jim Willcock	Falls Church	492

90-94	Gold	Bob McNare	Falls Church	666*
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BRIDGE, DUPLICATE

NORTH/ SOUTH	Gold	Rich Zerilli Mary Wilson	Springfield Springfield
	Silver (tie)	George Tateosian Florence Abernathy	Springfield Springfield
	Silver (tie)	Erven Meyer Karl Van Newkirk	Annandale Annandale
	Bronze	Bud Burroughs Pat Burroughs	Arlington Arlington
EAST/ WEST	Gold	Dorothy Farr Fran Walmer	Sterling Sterling
	Silver (tie)	Helen Woodland Mary Hayes	Alexandria Annandale
	Silver (tie)	Mary DeCorps Richard DeCorps	Falls Church Falls Church
	Bronze	Carolyn Cooper William DeGraf	Ft. Belvoir Ft. Belvoir

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
BUNCO (Game Winners)				
All	Gold	Judy Duncan	Alexandria	
	Silver	Bea Keen	Alexandria	
	Bronze	Olga Wisneski	Alexandria	
BUNCO				
All	Gold	Carla Convery	Alexandria	
	Silver	Rosemary Hilsabeck	Springfield	
	Bronze	Lydia Blake	Alexandria	
CHESS -Mixed				
All	Gold	Merritt (Bob) Bragdon	Arlington	2-1/2
	Silver	John Campbell	Arlington	2
	Bronze	Richard Stableford	Dumfries	1-1/2

CRIBBAGE

All	Gold	Gloria Halm	Springfield	11
	Silver	Anne Christenson	Falls Church	8
	Bronze	Janet Viands	Reston	7

8 BALL POOL – WOMEN

60-69	Gold	Shelly Wade	Arlington
	Silver	Pauline Masquith	Ashburn
70-79	Gold	Diane Hill	Springfield
80-89	Gold	Elizabeth (Betty) Roadcap	Ashburn
	Silver	Margaret Toth	Annandale
	Bronze	Cora Parsons	Ashburn

8 BALL POOL – MEN

50-59	Gold	Chris Massey	Arlington
	Silver	Gary Jackson	Fairfax
	Bronze	Carlos Contreras	Arlington
60-69	Gold	John Kraus	Fairfax
	Silver	Gerald Rhoads	Burke
	Bronze	James Westray	Arlington
70-79	Gold	John Gouldin	Annandale
	Silver	Carlos Rodriguez	Dumfries
	Bronze	Yining Wang	Fairfax
80-89	Gold	Maxwell Gainer	Alexandria
	Silver	Joseph Griffin	Falls Church
	Bronze	Gordon Causey	Falls Church
90-99	Gold	Trong Trongtonil	Alexandria
	Silver	William Quigley	Arlington
	Bronze	William Keller	Lovettsville

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
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FENCING – MIXED EPEE

50-59	Gold	Michael Brooks	Arlington
	Silver	Fritz Heinzen	Fairfax
	Bronze (tie)	Don Rickerson	Manassas
	Bronze (tie)	Thomas Bordone	Manassas
60-69	Gold	Wayne Bowman	Alexandria
	Silver (tie)	John Kopecky	Manassas
	Silver (tie)	Hank Spalinger	Manassas

FENCING – WOMEN

55-59	Gold	Kornelia Schreiber	Burke
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FENCING – MEN’S FOIL

50-59	Gold	Thomas Bordone	Arlington
	Silver	Don Rickerson	Manassas
	Bronze	Michael Brooks	Arlington
60-69	Gold	Wayne Bowman	Alexandria
	Silver	Hank Spalinger	Manassas
	Bronze	John Kopecky	Manassas
70-79	Gold	Harry Yakabe	Leesburg

FENCING – MEN’S SABER

50-59	Gold	Michael Brooks	Arlington
	Silver	Don Rickerson	Manassas
60-69	Gold	Wayne Bowman	Alexandria
	Silver	Hank Spalinger	Manassas

FRISBEE THROW – WOMEN

70-79	Gold	Alease Brooks	Arlington	37’3”
80-89	Gold	Vivian Nielsen	Springfield	18’6”
90-99	Gold	Carla Convery	Alexandria	19’3”*

FRISBEE THROW – MEN

60-69	Gold	Charles Kleymeyer	Arlington	128”*
	Silver	Richard Carnes	Annandale	76”
	Bronze	Don Meli	Annandale	61’8”
70-79	Gold	Frank Green	Annandale	76’3”
	Silver	Herb Levitan	Arlington	37’
80-89	Gold	Dante Simbulan	Burke	58’10”
90-99	Gold	J.R. Cassidy	Manassas	42’

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
GOLF - GROSS SCORE – WOMEN				
50-59	Gold	Rebecca Davis	Sumerduck	80*
60-69	Gold	Audrey Stutchman	Alexandria	99
70-79	Gold	Joanne Harman	Arlington	100
80-89	Gold	Myrna Fulton	Arlington	

GOLF - GROSS SCORE – MEN

50-59	Gold	Mario Loza	Falls Church	73
60-69	Gold (tie)	James Ivery	Alexandria	79
	Gold (tie)	Craig Olson	Arlington	79
70-79	Gold	George Mazuzan	Springfield	80
80-89	Gold	Joe Willett	Fairfax	94

GOLF - "CALLAWAY" NET – WOMEN

50-59	Gold	Teresa Hannon	Manassas	74
60-69	Gold	Maureen Doherty	Manassas	76
	Silver	Audrey Stutchman	Alexandria	78
	Bronze (tie)	Karen Bender	Springfield	79
	Bronze (tie)	Judy Landolt-Kerns	Clifton	79
70-79	Gold	Alease Brooks	Arlington	73
	Silver	Margaret Denise	Annandale	76
	Bronze	Barbara Gerber	Burke	78

GOLF - "CALLAWAY" NET – MEN

50-59	Gold	Mario Loza	Falls Church	70
	Silver	Christopher Smith	Annandale	71
	Bronze (tie)	Williams Somers	Arlington	72
	Bronze (tie)	Dushan Cvijanovic	Falls Church	72
60-69	Gold (tie)	Karl Van Newkirk	Arlington	72
	Gold (tie)	Robert Odmark	Arlington	72
	Gold (tie)	Bud Commons	Ashburn	72
	Silver (tie)	James Ivery	Alexandria	73
	Silver (tie)	Willy Viladegut	Falls Church	73
	Silver (tie)	Craig Olson	Arlington	73
	Bronze (tie)	Gerald Rhoads	Burke	74
	Bronze (tie)	Donald Drain	Springfield	74
	70-79	Gold	Paul Elmore	Annandale
Silver (tie)		Ronald Garant	Arlington	74
Silver (tie)		George Mazuzan	Springfield	74
Silver (tie)		Clifford Nolan	Bristow	74
Bronze		Thomas Hale	Fairfax	75
80-89	Gold	Joe Willett	Fairfax	76

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
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HORSESHOES – WOMEN

70-74	Gold	Shirley VanEss	Woodbrige
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HORSESHOES – MEN

50-54	Gold	Steven Rockwell	Annandale
	Silver	Alex Middleton III	Alexandria
	Bronze	Louis Haley	Alexandria
60-64	Gold	Michael Drews	Clifton
	Silver	Maurice Stutchman	Alexandria
65-69	Gold	Ralph Tapp	Warrenton
70-74	Gold	Carlos Rodriguez	Dumfries
	Silver	Richard Stohr	Springfield
	Bronze	Richard Fitzgerald	Alexandria
75-79	Gold	Robert Stotz	McLean
80-84	Gold	Leonard Kalkwarf	Springfield

LINE DANCING (TEAM)

All	Gold	<u>The Fanelli Dancers</u>	
		Capt. Kathy Fanelli	Annandale
		Ingebord Ercoland	Arlington
		May McWilliams	Arlington
	Jackie Bong-Wright	Fairfax	
	Karen Johnson	Fairfax	
	Silver	<u>Sully Silver Spur</u>	Coach: Susie Thomas
		Ann Choi	Fairfax
		Chon Young Sook	South Riding
		Ki Sook Garber	Woodbridge
Lee Mi Young		Fairfax	
Hee Ja Pak		Springfield	
Shin Chung		Chantilly	
Sung Hee Woo		Woodbridge	
Chung Sun Yang		Fairfax	
Bronze	<u>Happy Hoofers</u>		
	Capt. Carol Nolan	Bristow	
	Mary Lou Hill	Manassas	
	Norma Holmgren	Manassas	
	Joy Stouffer	Manassas	
	Helen Tang	Manassas	
	Jan Lawler	Manassas	
	Dianne Peyton	Manassas	

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
MINIATURE GOLF – WOMEN				
60-69	Gold	Margaret Carnes	Annandale	45
	Silver	Linda Baumbusch	Fairfax	52
70-79	Gold	Patricia Muschamp	Falls Church	52
MINIATURE GOLF – MEN				
50-59	Gold	Michael Knight	Falls Church	49
	Silver	Ronald Bowlware	Alexandria	53
60-69	Gold	Richard Carnes	Annandale	44
	Silver	Ralph Tapp	Warrenton	45
	Bronze (tie)	Jeffery Shapiro	Arlington	46
	Bronze (tie)	John Cordyack	Reston	46
70-79	Gold	Skip Weeks	Fairfax	46
	Silver	Richard Fitzgerald	Alexandria	48
80-89	Gold	Dante Simbulan	Burke	53
PICKLEBALL - DOUBLES – WOMEN				
50-59	Gold	June Boyle	Manassas	
		Cindy Lundberg	Manassas	
	Silver	Jackie Cubero	Arlington	
		Marian Lapp	Arlington	
Bronze	Marta Cahill	Arlington		
	Helen White	Arlington		
60-69	Gold	Alease Brooks	Arlington	
		Karen Pearson	McLean	
	Silver	Lynn O'Connor	Springfield	
		Wendy Straub	Springfield	
Bronze	Barbara Jamborsky	Reston		
	Fran Dudick	Arlington		
70-79	Gold	Jo Ferry	Alexandria	
		Sue Zajac	Arlington	
	Silver	Maria Macias Substitute player	Arlington	

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
PICKLEBALL - DOUBLES – MEN				
50-59	Gold	Michael Knight	Falls Church	
		Dawit Tesfamichael	Falls Church	
60-69	Gold	Jim Hewitt	Arlington	
		Toui Pomsouvan	Arlington	
	Silver	Bert Krieble	Bristow	
		Steve Napoliello	Manassas	
70-79	Bronze	Luis Aveleyra	Manassas	
		Jon Lind	Manassas	
	Gold	Herb Levitan	Arlington	
		Larry Mason	Arlington	
	Silver	Bob Kelly	Arlington	
		Richard Leverone	Arlington	
	Bronze	Craig Preston	Springfield	
		Carl Nemecek	Springfield	
PICKLEBALL - SINGLES – WOMEN				
50-59	Gold	Helen White	Arlington	
	Silver	Marta Cahill	Arlington	
	Bronze	Linda Sholl	Arlington	
60-69	Gold	Desiree Fey	Arlington	
70-79	Gold	Alease Brooks	Arlington	
PICKLEBALL - SINGLES – MEN				
50-59	Gold	Michael Knight	Falls Church	
60-69	Gold	Toui Pomsouvan	Arlington	
	Silver	Jim Hewitt	Arlington	
	Bronze	Richard Carnes	Annandale	
70-79	Gold	Luis Aveleyra	Manassas	
	Silver	Herb Levitan	Arlington	
	Bronze	Del Wilson	Burke	

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
PICKLEBALL - MIXED DOUBLES				
50-59	Gold	Cindy Lundberg Johnny Morrison	Manassas Warrenton	
	Silver	Jackie Cubero Jim Hewitt	Arlington Arlington	
	Bronze	June Boyle Gary Cochard	Manassas Manassas	
60-69	Gold	Toui Pomsouvan Marian Lapp	Arlington Arlington	
	Silver	Maryann Schwab David Sandidge	Fairfax Vienna	
	Bronze	Janis Ferrara Dawit Tesfamichael	Arlington Arlington	
70-79	Gold	Alease Brooks Larry Mason	Arlington Arlington	
	Silver	Jo Ferry Bob Kelly	Alexandria Arlington	
	Bronze	Sue Zajac George Hobart	Arlington Arlington	
80-89	Gold	Betty Paul Willard Moore	Alexandria Arlington	

RACQUETBALL – WOMEN

55-59	Gold	Shelley Bond	Fairfax	
60-64	Gold	Charlotte Perdue	Arlington	

RACQUETBALL – MEN

65-69	Gold	Kenneth Kearney Peter Andrews	Oak Hill McLean	
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70-74	Gold	Don Sotirchos	Oak Hill
	Silver	Ronald Tull	Annandale
	Bronze	Daniel Clark	Lorton
		James W.C. Chang	Oakton

SCRABBLE – MIXED

All Ages	Gold	Alan Weinstein	Arlington	3 wins + 97
	Silver	Jean Varney	Alexandria	3 wins + 55
	Bronze	Lynn Durel	Arlington	2 wins + 215

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
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SOFTBALL HIT – WOMEN

60-64	Gold	Susan Maguire	Arlington	148'8"
85-89	Gold	Bernie Kleinschmidt	Annandale	50'1"

SOFTBALL HIT – MEN

65-69	Gold	Donald Meli	Annandale	158'11"
	Silver	Paul Maxwell	Fairfax	157'6"
	Bronze	Charles Kleymeyer	Arlington	155'9"
70-74	Gold	Herb Levitan	Arlington	152'1"
	Silver	Joseph Vogel	Alexandria	136'8"
	Bronze	Andrew Dixon	Fairfax	96'7"
75-79	Gold	Ronald Sarson	Oak Hill	164'
	Silver	Charles Toftoy	Arlington	140'8"
90-94	Gold	Andy Simko	Springfield	100'1"
95-99	Gold	J.R. Cassidy	Manassas	31'5"

SOFTBALL THROW – WOMEN

60-64	Gold	Susan Maguire	Arlington	66' 3"
85-89	Gold	Bernie Kleinschmidt	Annandale	33' 0"

SOFTBALL THROW – MEN

65-69	Gold	Don Meli	Annandale	130' 1"
	Silver	Dennis Mong	Warrenton	
	128' 9"	Bronze	Charles Kleymeyer	Arlington

70-74	Gold	Herb Levitan	Arlington	117' 2"
	Silver	Andrew Dixon	Fairfax	114' 9"
	Bronze	Joseph Vogel	Alexandria	109' 7"
75-79	Gold	Ronald Sarson	Oak Hill	100' 4"
	Silver	Charles Toftoy	Arlington	60' 6 ¹ / ₂ "
80-84	Gold	Kent Halstead	Arlington	72' 8 ¹ / ₂ "
90-94	Gold	Andy Simko	Springfield	50' 0"
95-99	Gold	J.R. Cassidy	Manassas	49' 3"*

SHUFFLEBOARD – WOMEN

50-54	Gold	Linda Sholl	Arlington
90-94	Gold	Carla Convery	Alexandria

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
SWIMMING - BACKSTROKE – WOMEN				
50-54	Gold	Sandy Powers	Herndon	
				48:50
	Silver	Deborah Lowry	Alexandria	51:55
55-59	Gold	Mary McCloy	Manassas	
				43:80
	Silver	Bobbe Duquette	Herndon	51:13
60-64	Gold	Susan Maguire	Arlington	38:47*
	Silver	Carol Mackela	Arlington	57:78
	Bronze	Anne Christenson	Falls Church	1:02:02
65-69	Gold	Barbara Happ	Gainesville	1:09:74
70-74	Gold	Carmen deCarli	McLean	54:55
	Silver	Jane Geison	Haymarket	56:07
	Bronze	Joyce Tobias	Haymarket	1:09:12

SWIMMING - BACKSTROKE – MEN

50-54	Gold	Bret Bailey	Herndon	35:03
55-59	Gold	Schuyler Webb	Arlington	37:08
	Silver	Daniel Elliott	Great Falls	40:92
65-69	Gold	Donald Meli	Annandale	43:98
	Silver	Charles Kleymeyer	Arlington	44:69
	Bronze	William Sien	Haymarket	47:29
70-74	Gold	Paul Gesswein	Great Falls	50:39

	Silver	Kenton Pattie	Annandale	
	51:92			
	Bronze	Herb Levitan	Arlington	58:22
75-79	Gold	Lou Brown	Annandale	51:34
	Silver	Gerald Ferguson	Fairfax	51:83
80-84	Gold	Arthur Bivens	Fairfax	
	47:65			
	Silver	Phil Case, Jr.	Burke	53:84
	Bronze	George Ewing	Fairfax	1:21:32
95-99	Gold	J.R. Cassidy	Manassas	1:22:92

SWIMMING - BREASTSTROKE – WOMEN

50-54	Gold	Deborah Lowry	Alexandria	48:55
	Silver	Sandy Powers	Herndon	
	51:40			
55-59	Gold	Mary McCloy	Manassas	
	49.40			
	Silver	Bobbe Duquette	Herndon	56:14
60-64	Gold	Susan Maguire	Arlington	45:63*
	Silver	Anne Christenson	Falls Church	59:27
	Bronze	Jennifer Johnston	Annandale	1:36:18
65-69	Gold	Barbara Happ	Gainesville	1:34:80
70-74	Gold	Jane Geison	Haymarket	1:16:47
	Silver	Carmen deCarli	McLean	1:20:43
	Bronze	Joyce Tobias	Haymarket	1:37:64

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
SWIMMING - BREASTSTROKE – MEN				
50-54	Gold	Bret Bailey	Herndon	41:04
55-59	Gold	Schuyler Webb	Arlington	38:59
60-64	Gold	James Hill	Springfield	37:48*
	Silver	Eiji Yasuhara	Sterling	44:10
65-69	Gold	Don Meli	Annandale	46:95
	Silver	William Sien	Haymarket	55:54
	Bronze	Rod Wingate	Ashburn	1:32:60
70-74	Gold	Herb Levitan	Arlington	46.67
	Silver	Carlos Rodriguez	Dumfries	51:15
	Bronze	Kenton Pattie	Annandale	58:74
75-79	Gold	Vsevolod Ivanov	Arlington	51:39
	Silver	James WC Chang	Oakton	
	58:06			

	Bronze	Douglas Watson	Arlington	1:06:52
80-84	Gold	Phil Case, Jr.	Burke	59:95
	Silver	Bill Norris	Haymarket	1:15:41
	Bronze	George Ewing	Fairfax	1:32:60
85-89	Gold	Mohammad Assareh	Ashburn	1:18:30*
90-94	Gold	J.R. Cassidy	Manassas	
2:14:78				

SWIMMING - DIVING – WOMEN

50-54	Gold	Marion Marrs	Sterling	147:50
	Silver	Debbie Duncan	Arlington	138:70
60-64	Gold	Carol Mackela	Arlington	153.40*
	Silver	Cammie Nilles	Arlington	126:05

SWIMMING - DIVING – MEN

50-54	Gold	Roy Lewis	Arlington	157.80*
55-59	Gold	Bobby Meeks	Arlington	
220.30*				
60-64	Gold	Duane Clayton-Cox	Fairfax	182.10*
70-74	Gold	Kim Alderman	Arlington	148.80*
	Silver	Carlos Rodriguez	Dumfries	112.80
75-79	Gold	John Goulding	Annandale	67.05*

SWIMMING - FREESTYLE – WOMEN

50-54	Gold	Deborah Lowry	Alexandria	38:41
	Silver	Sandy Powers	Herndon	
39:72				
55-59	Gold	Mary McCloy	Manassas	38:48
	Silver	Bobbe Duquette	Herndon	39:47
60-64	Gold	Susan Maguire	Arlington	35:17*
	Silver	Carol Mackela	Arlington	51:29
	Bronze	Anne Christenson	Falls Church	53:59
70-74	Gold	Jane Geison	Haymarket	48:14
	Silver	Carmen deCarli	McLean	50:61
	Bronze	Joyce Tobias	Haymarket	1:15:23

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
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SWIMMING - FREESTYLE – MEN

50-54	Gold	Bret Bailey	Herndon	27.08
	Silver	Ramon Torres	Leesburg	52:56

55-59	Gold	Schuyler Webb	Arlington	29:27
	Silver	Daniel Elliott	Great Falls	34:56
60-64	Gold	Vince Romano	Annandale	37:60
65-69	Gold	Charles Kleymeyer	Arlington	36:41
	Silver	Donald Meli	Annandale	37:13
	Bronze	William Sien	Haymarket	38:13
70-74	Gold	Herb Levitan	Arlington	38:07
	Silver	Palmer McGrew	Burke	44:16
	Bronze	Carlos Rodriguez	Woodbridge	44:22
75-79	Gold	Gerald Ferguson	Fairfax	47:24
	Silver	Lou Brown	Annandale	48:79
	Bronze	Douglas Watson	Arlington	53:96
80-84	Gold	Arthur Bivens	Fairfax	
	40:49			
	Silver	Phil Case, Jr.	Burke	53:19
	Bronze	George Ewing	Fairfax	103:79

SWIMMING - 1/2 MILE – WOMEN

50-54	Gold	Sandy Powers	Herndon	
14:11:84				
	Silver	Victoria Taylor	Dumfries	17:04:36
	Bronze	Deborah Lowry	Alexandria	20:47:28
55-59	Gold	Mary McCloy	Manassas	
16:59:35				
60-64	Gold	Anne Christenson	Falls Church	21:40:22
	Silver	Carol Mackela	Arlington	22:06:71
	Bronze	Nancy Macks	Haymarket	29:26:84
65-69	Gold	Marie Baumann	Arlington	16:30:31*
70-74	Gold	Jane Geison	Haymarket	22:10:25
	Silver	Joyce Tobias	Haymarket	22:33:32

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
SWIMMING - 1/2 MILE – MEN				
50-54	Gold	Bret Bailey	Herndon	11:27:75*
55-59	Gold	Daniel Elliott	Great Falls	15:18:56
60-64	Gold	James Hill	Springfield	12:56:90
	Silver	Vince Romano	Annandale	16:58:94
	Bronze	Jeffrey Stanford	Woodbridge	20:38:47
65-69	Gold	Donald Meli	Annandale	16:24:19
	Silver	William Sien	Haymarket	17:46:60
	Bronze	Charles Kleymeyer	Arlington	20:04:84
70-74	Gold	Herb Levitan	Arlington	16:30:25
	Silver	Kenton Pattie	Annandale	17:47:66
	Bronze	Paul Gesswein	Great Falls	21:51:50
75-79	Gold	Lou Brown	Annandale	19:20:41
	Silver	James W.C. Chang	Oakton	
24:02:37				

TABLE TENNIS – WOMEN

50-59	Gold	Xiang Mei-Gu	Falls Church
	Silver	Jenny Lang	McLean
	Bronze	Bernice Brooks	Woodbridge
60-69	Gold	Marian Lapp	Arlington
	Silver	Pauline Masquith	Ashburn
70-79	Gold	Young Hee Lee	Fairfax
	Silver	Shu Chun Hu	Chantilly
	Bronze	Gaby Kloiber	Woodbridge
80-89	Gold	Phyllis Coleman	Dale City
	Silver	Elaine Marcuse	Falls Church
	Bronze	Dorothy Bologna	Haymarket

TABLE TENNIS – MEN

50-59	Gold	Ibrahim Abdullah	Arlington
	Silver	Carlos Contreras	Arlington
	Bronze	Walter Weber	Alexandria
60-69	Gold	Xuewu Ma	Herndon
	Silver	Shaw Zee	Fairfax Station
	Bronze	Fred Siskind	McLean
70-79	Gold	Hae Mun Byun	Alexandria
	Silver	Emilio Bernal-Labrada	Leesburg

80-89	Bronze	Mike Jung	Woodbridge	
	Gold	Maxwell Gainer	Alexandria	
	Silver	Leonard Kalkwarf	Springfield	
	Bronze	Walter Nulty	Arlington	
2010 Events Results Book				
Age	Place	Winners	Locality	Score/Time

TENNIS - SINGLES – WOMEN

70-74	Gold	Sachiko Hashimoto	Chantilly
	Silver	Katherine Tax	Bealton

TENNIS - SINGLES – MEN

50-59	Gold	Steve Grant	Reston
	Silver	Bob Peck	Fairfax Station
	Bronze	Mike Kaylor	Annandale
60-69	Gold	Rany Simms	Fairfax Station
	Silver	Don Tomb	Arlington
	Bronze	Barry Herrmann	Manassas
70-79	Gold	Robert Shellhouse	Alexandria
	Silver	Philip Doherty	Burke
	Bronze	Wayne Bell	Annandale
80-89	Gold	Phil Case, Jr.	Burke

TENNIS - DOUBLES WOMEN

70-74	Gold	Betty Wilson	Chantilly
		Sachiko Hashimoto	Chantilly
	Silver	Joan Linthicum	Aldie
		Kelly McCaffery	Springfield
Bronze	Patricia Newman	Arlington	
	Agnes Davis	Arlington	

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
TENNIS - DOUBLES – MEN				
50-59	Gold	Bob Howe Tony Cecil	Alexandria Fairfax Station	
	Silver	Larry Blair Alain Sawicki	Bristow Bristow	
	Bronze	Jim Viggiani Mike Kaylor	Manassas Annandale	
60-69	Gold	Sam Bedford Barry Herrmann	Nokesville Manassas	
	Silver	Joe Pincus John Lee	Springfield Springfield	
	Bronze	James Fuller James Scott	Burke Burke	
70-79	Gold	Bob Shellhouse Phil Doherty	Alexandria Burke	
	Silver	Wayne Bell Bob Bernard	Annandale Annandale	
	Bronze	Ed Ladd Duffy Rice	Potomac Falls Potomac Falls	
80-89	Gold	Phil Case, Jr. Owen Jacobs	Burke Manassas	
	Silver	Trong Trongtonil Angelo Radassao	Alexandria Oakton	

TENNIS - MIXED DOUBLES

60-69	Gold	Sharon Timmons Bob Howe	Alexandria Alexandria	
	Silver	Bruce McCarthy Carol Grouse	Alexandria Fairfax	
	Bronze	Marilyn Blocker	Alexandria	

70-79	Gold	Albert Blocker	Alexandria
		Carole Vann	Annandale
		Wayne Bell	Annandale
	Silver	Larry Hyer	Annandale
		Marianne McCaffery	Springfield
		Bronze	Bob Shellhouse
Linda Shellhouse	Alexandria		

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
WII BOWLING – WOMEN				
50-59	Gold	Deborah Hart	Leesburg	527*
60-69	Gold	Vicki Lambert	Springfield	606
	Silver	Paulette Damm	Springfield	605
	Bronze	Frances Bradley	Leesburg	539
70-79	Gold	Joan Matteson	Springfield	
	708*			
	Silver	Ann Daniels	Springfield	681
80-89	Bronze	Violet Fenty	Arlington	633
	Gold	Mary Lou Lail	Springfield	781*
	Silver	Helen Moot	Springfield	595
	Bronze	Marcy Guillod	Sterling	559
	90-99	Gold	Penny Krug	Falls Church
Silver		Cecelia Noonan	Potomac Falls	532
Bronze		Betty Rice	Falls Church	433

WII BOWLING – MEN

60-69	Gold	Clinton Lambert	Springfield	583*
	Silver	Charles McCottry	Arlington	531
	Bronze	Ronald Daack	Woodbridge	429
70-79	Gold	Ed Ladd	Potomac Falls	677*
	Silver	Ray Rieling	Springfield	549
	Bronze	David Down	Leesburg	540
80-89	Gold	George Tateosian	Springfield	655*
	Silver	Ted Campbell	Springfield	646
	Bronze	Ray Wright	Springfield	604

90-99	Gold	Willard Griffing	Springfield	577*
	Silver	Andy Simko	Springfield	522
	Bronze	Ray Kaminski	Springfield	
510				

YO YO- WOMEN

Beginner	Gold	Carla Convery	Alexandria	10
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YO YO- MEN

Novice	Gold	Roger Webb	Alexandria	20
Advance	Gold	Dante Simbulan	Burke	33

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
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TRACK & FIELD

DISCUS – WOMEN

50-54	Gold	Linda Sholl	Arlington	42' 10"
70-74	Gold	Le Pei Hu	Fairfax	30' 10"
85-89	Gold	Josephine Stewart	Manassas	35' 9"*
	Silver	Bernie Kleinschmidt	Annandale	23' 0"

DISCUS – MEN

55-59	Gold	Ken Freund	Alexandria	73' 0"
60-64	Gold	Robert Vasura	Herndon	82' 8"
	Silver	George Marmorino	Alexandria	71' 0"
	Bronze	Sergey Arutyunov	Fairfax	57' 9"
65-69	Gold	Victor Litwinski	McLean	90' 0"
	Silver	Donald Meli	Annandale	82' 8"
	Bronze	Ralph Tapp	Warrenton	71' 6"
70-74	Gold	Heling Luo	Fairfax	78' 7"
	Silver	Robert Santos	Great Falls	70' 3"
	Bronze	Carlos Rodriguez	Dumfries	56' 4"
75-79	Gold	Robert Premo	Arlington	44' 4"

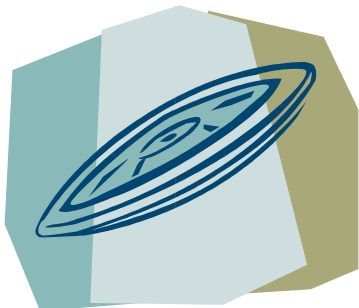
80-84	Gold	Dante Simbulan	Burke	52' 0"
85-89	Gold	Charles Pistorino, Sr.	McLean	62' 3"
95-99	Gold	J.R. Cassidy	Manassas	36' 4"*

LONG JUMP, Standing- WOMEN

70-74	Gold	Le Pei Hu	Fairfax	4' 1"
80-84	Gold	Vivian Nielson	Springfield	2' 1/2"

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
LONG JUMP, Standing- MEN				
60-64	Gold	Doug Hastings	Alexandria	7' 2"
	Silver	Robert Eaheart	Springfield	6' 7"
	Bronze	Sergey Arutyunov	Fairfax	5' 7"
65-69	Gold	Victor Litwinski	McLean	6'10 1/2"
	Silver	James Spencer	Alexandria	6' 0"
	Bronze	Donald Meli	Annandale	5' 11"
70-74	Gold	Bernie Stamm	Ashburn	7' 1/2"
	Silver	Heling Luo	Fairfax	6' 7"
	Bronze	Herb Levitan	Arlington	4' 7 1/2"
		75-79	Gold	Kent Halstead
			Arlington	5' 7 1/2"
			Silver	
		Dante Simbulan		
		Burke	4'	
		11"		
		90-94	Gold	
		Mike Lowe		



Springfield 2' 6"

LONG JUMP, Running – WOMEN

70-74	Gold	Le Pei Hu	Fairfax	6' 1½"
	Silver	Alease Brooks	Arlington	4' 9½"
80-84	Gold	Vivian Nielsen	Springfield	3' 5"

LONG JUMP, Running – MEN

60-64	Gold	Doug Hasting	Alexandria	12' 9½"
	Silver	Robert Eaheart	Springfield	10' 10½"
	Bronze	Sergey Arutvunov	Fairfax	8' 5½"
65-69	Gold	Donald Meli	Annandale	10' 2"
	Silver	James Spencer	Alexandria	9' 9"
70-74	Gold	Bernie Stamm	Ashburn	11' 10"
	Silver	Norman Vachowiak	Arlington	7' 2½"
	Bronze	Herb Levitan	Arlington	5' 2"
75-79	Gold	Vaithilingam Thuraisamy	Leesburg	10' 3"
	Silver	Ronald Sarson	Oak Hill	7' 3"
	Bronze	Charles Toftoy	Arlington	7' 0"
80-89	Gold	Kent Halstead	Arlington	8' 9½"
	Silver	Dante Simbulan	Burke	6' 10½"
90-94	Gold	Mike Lowe	Springfield	4' 7½"*

MINI JAVELIN THROW – WOMEN

50-54	Gold	Linda Shell	Arlington	49' 8"*
85-89	Gold	Bernie Kleinschmidt	Annandale	21' 0"
90-94	Gold	Carla Convery	Alexandria	11' 8"*

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
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MINI JAVELIN THROW – MEN

60-64	Gold	Doug Hastings	Alexandria	96' 10"
	Silver	Robert Vasura	Herndon	52' 10"
65-69	Gold	Dennis Mong	Warrenton	71' 6"
	Silver	Donald Meli	Annandale	69' 6"
	Bronze	Norbert Commons	Ashburn	64' 10"

70-74	Gold	Bernie Stamm	Ashburn	92' 4"*
	Silver	Heling Luo	Fairfax	72' 7"
	Bronze	Richard Santos	Great Falls	66' 6"
75-79	Gold	Vaithilingam Thuraisamy	Leesburg	57' 9"*
	Silver	Charles Toftoy	Arlington	51' 2"
	Bronze	Elmer Premo	Arlington	43' 7"
90-94	Gold	Charles Pistorino	McLean	61' 3"*
	Silver	Kent Halstead	Arlington	49' 8"
	Bronze	Dante Simbulan	Burke	46' 0"

SHOT PUT – WOMEN

50-54	Gold	Linda Sholl	Arlington	19' 9 ¹ / ₄ "
70-74	Gold	Le Pei Hu	Fairfax	14' 10 ¹ / ₄ "
85-89	Gold	Josephine Stewart	Manassas	21' 4"*
	Silver	Bernie Kleinschmidt	Annandale	12' 1 ¹ / ₂ "

SHOT PUT – MEN

55-59	Gold	Ken Freund	Alexandria	23'10 ³ / ₄ "
60-64	Gold	George Marmorino	Alexandria	30' 8 ³ / ₄ "
	Silver	Robert Vasura	Herndon	24' 0"
	Bronze	Sergey Arutvunov	Fairfax	22' 1 ¹ / ₂ "
65-69	Gold	Victor Litwinski	McLean	26' 6"
	Silver	Don Meli	Annandale	23' 10 ³ / ₄ "
	Bronze	Norbert Commons	Ashburn	23' 9"
70-74	Gold	Bernie Stamm	Ashburn	31' 8 ³ / ₄ "
	Silver	Heling Luo	Fairfax	30' ³ / ₄ "
	Bronze	Richard Santos	Great Falls	28' 7 ¹ / ₂ "
75-79	Gold	Frank Green	Annandale	27' ¹ / ₄ "
	Silver	Vaithilineam Thuraisamy	Leesburg	24'10 ¹ / ₂ "
	Bronze	Elmer Premo	Arlington	19' 9"
80-84	Gold	Harold Mueller	Oakton	28' 7"
	Silver	Kent Halstead	Arlington	26' 5 ¹ / ₂ "
	Bronze	Dante Simbulan	Burke	23' 6 ³ / ₄ "
85-89	Gold	Charles Pistorino	McLean	23' 8 ¹ / ₄ "
95-99	Gold	J.R. Cassidy	Manassas	15' 10"

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
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60 METER DASH – INDOOR TRACK - WOMEN

50-54	Gold	Sherry Williams	Falls Church	12.5
	Silver	Connie McKeon	Annandale	12.6
75-79	Gold	Alease Brooks	Arlington	18.5
85-89	Gold	Josephine Stewart	Manassas	12.7*

60 METER DASH – INDOOR TRACK - MEN

50-54	Gold	David Hobbs	Arlington	8.1*
	Silver	Ramon Torres	Leesburg	9.5
	Bronze	Arthur Skaer	South Riding	10.1
55-59	Gold	John Carten	Arlington	9.5
	Silver	Gary Jackson	Fairfax	10.2
60-64	Gold	Chuck Williams	Warrenton	8.5
	Silver	Eiji Yasuhara	Sterling	9.3
	Bronze	Jeffrey Stanford	Woodbridge	10.2
65-69	Gold	Donald Meli	Annandale	9.3
70-74	Gold (tie)	Emmanuel Kaculis	Falls Church	10.3
		William Nehrke	Arlington	10.3
	Silver	John Carroll	Arlington	10.4
75-79	Gold	Ronald Sarson	Oak Hill	12.2
	Silver	Richard Ernst	Springfield	16.6
80-84	Gold	Kent Halstead	Arlington	11.9
	Silver	John Martin	Fairfax	12.4
	Bronze	Leonard Kalkwarf	Springfield	18.2
90-94	Gold	Mike Lowe	Springfield	17.4
	Silver	Andy Simko	Springfield	19.4

200 METER RUN – INDOOR TRACK - WOMEN

50-54	Gold	Connie McKeon	Annandale	56.1
75-79	Gold	Alease Brooks	Arlington	85.9*
85-89	Gold	Josephine Stewart	Manassas	52.9*

Age	Place	Winners	Locality	Score/Time
200 METER RUN – INDOOR TRACK - MEN				
50-54	Gold	David Hobbs	Arlington	32.3
	Silver	Ed Binczewski	Arlington	33.0
	Bronze	Arthur Skaer	South Riding	38.1
55-59	Gold	Clifton Anderson	Warrenton	32.5
	Silver	John Carten	Arlington	36.6
60-64	Gold	Chuck Williams	Warrenton	32.5
	Silver	Jeffrey Stanford	Woodbridge	36.6
	Bronze	Robert Eaheart, Jr.	Springfield	37.1
65-69	Gold	James Spencer	Alexandria	39.7
	Silver	Donald Meli	Annandale	39.8
	Bronze	Bud Commons, Jr.	Ashburn	73.0
70-74	Gold	Herb Levitan	Arlington	59.9
	Silver	Norman Vachowiak	Arlington	69.4
	Bronze	William Nehrke	Arlington	75.1
75-79	Gold	Frank Green	Annandale	44.8
	Silver	Robert Hannah	Oakton	
46.0	Bronze	Richard Ernst	Springfield	80.8
80-84	Gold	Kent Halstead	Arlington	
	52.0	Silver	John Martin	Fairfax

400 METER RUN – INDOOR TRACK - WOMEN

50-54	Gold	Connie McKeon	Annandale	2:22.0
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400 METER RUN – INDOOR TRACK - MEN

50-54	Gold	Ed Binczewski	Arlington	1:09.9
	Silver	Arthur Skaer	South Riding	1:26.2
55-59	Gold	Clifton Anderson	Warrenton	1:09.8
	Silver	Rob Aaront	Centreville	1:35.3
60-64	Gold	Robert Eaheart, Jr.	Springfield	1:21.9
65-69	Gold	Jason Page	Hamilton	1:13.5*
	Silver	Don Meli	Annandale	1:23.6
	Bronze	Stephen Banks	Springfield	1:24.1
70-74	Gold	Herb Levitan	Arlington	2:08.9
	Silver	William Nehrke	Arlington	3:10.8
75-79	Gold	Frank Green	Annandale	1:49.4

80-84	Gold	Kent Halstead	Arlington
2:17.0			

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
800 METER RUN – INDOOR TRACK - MEN				
50-54	Gold	Arthur Skaer	South Riding	3:15.0
55-59	Gold	Clifton Anderson	Warrenton	2:43.3*
	Silver	Rob Aaront	Centreville	3:42.0
60-64	Gold	Robert Eaheart, Jr.	Springfield	3:16.0
65-69	Gold	Jason Page	Hamilton	2:42.0*
	Silver	Stephen Banks	Springfield	3:06.0
	Bronze	Donald Meli	Annandale	3:30.0
70-74	Gold	Herb Levitan	Arlington	4:39.0
	Silver	Roger Webb	Alexandria	5:22.0
	Bronze	William Nehrke	Arlington	7:32.0
75-79	Gold	Hyung Park	Springfield	4:13.0*
	Silver	Tom Quinn	Arlington	4:48.0

800 METER WALK – INDOOR TRACK - WOMEN

50-54	Gold	Connie McKeon	Annandale	6:21*
60-64	Gold	Maryann Schwab	Fairfax	5:45*
65-69	Gold	Rosemary Hallenbeck	Burke	6:26
70-74	Gold	Carrie Griffith	Waterford	7:01
	Silver	Barbara Curran	Purcellville	7:06
75-79	Gold	Alease Brooks	Arlington	8:15
80-84	Gold	Jeanie LaBudie	Vienna	9:24
	Silver	Vivian Nielsen	Springfield	9:25

800 METER WALK – INDOOR TRACK - MEN

55-59	Gold	Rob Aaront	Centreville	5:44
	Silver	Elmer Crippin III	Alexandria	6:59
60-64	Gold	Gerald Cantor	Springfield	5:39
65-69	Gold	Brian Forst	Reston	5:43
	Silver	Charles Kleymeyer	Arlington	6:09
70-74	Gold	Herb Levitan	Arlington	5:49
	Silver	Roger Webb	Arlington	5:52

	Bronze	Charles Hulick	Alexandria	6:54
75-79	Gold	Tom Quinn	Arlington	6:21
	Silver	Richard Stableford	Dumfries	6:45
	Bronze	John Gouldin	Annandale	7:13
80-84	Gold	Kent Halstead	Arlington	6:31*
	Silver	Dante Simbulan	Burke	6:51

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
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1600 METER WALK – INDOOR TRACK - WOMEN

60-64	Gold	Maryann Schwab	Fairfax	11:44.0*
	Silver	Carol Banks	Springfield	13:55.0
70-74	Gold	Carrie Griffith	Waterford	13:45.0
	Silver	Barbara Curran	Purcellville	14:29.0
75-79	Gold	Dorothy Skinner	Alexandria	13:02.0

1600 METER WALK – INDOOR TRACK - MEN

55-59	Gold	Rob Aaront	Centreville	14:49.0
	Silver	Elmer Crippin	Alexandria	14:49.1
60-64	Gold	Gerald Cantor	Springfield	12:45.0
	Silver	Thomas Augustine	Woodbridge	13:19.0
65-69	Gold	Brian Forst	Reston	11:17.0
	Silver	Charles Kleymeyer	Arlington	12:56.0
70-74	Gold	Roger Webb	Alexandria	11:24.0
	Silver	Herb Levitan	Arlington	12:07.0
75-79	Gold	James WC Chang	Oakton	12:03.0*
	Silver	Tom Quinn	Arlington	12:58.0
	Bronze	Richard Stableford	Dumfries	13:44.0
80-84	Gold	Dante Simbulan	Burke	13:47.0
	Silver	Kent Halstead	Arlington	
14:24.0				
85-89	Gold	Joseph Peters	Great Falls	14:21.0*

3 MILE WALK – INDOOR TRACK - WOMEN

50-54	Gold	Connie McKeon	Annandale	39:16
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55-59	Gold	Fawn Horr	Annandale	1:04:10
60-64	Gold	Carol Banks	Springfield	45:15
65-69	Gold	Rosemary Hallenbeck	Burke	40:24
	Silver	Mary Waldlow	Alexandria	43:41
	Bronze	Kristin Krombein	Falls Church	46:15
70-74	Gold	Carrie Griffith	Waterford	40:26.9
85-89	Gold	Naomi Hesser	Fairfax	1:04:11

2010 Events Results Book

Age	Place	Winners	Locality	Score/Time
3 MILE WALK – INDOOR TRACK - MEN				
50-54	Gold	Arthur Skaer	South Riding	38:50
55-59	Gold	Rob Aaront	Centreville	37:12
60-64	Gold	Leander Aulisio	Arlington	35:12
	Silver	Gerald Cantor	Springfield	35:51
	Bronze	Larry Ramsdell	Oakton	35:54
65-69	Gold	Victor Litwinski	McLean	32:31
70-74	Gold	Herb Levitan	Arlington	35:55
	Silver	Richard Deringer	Annandale	35:56
	Bronze	Rober Webb	Alexandria	36:41
75-79	Gold	James W.C. Chang	Oakton	37:56
	Silver	Tom Quinn	Arlington	40:08
	Bronze	Richard Stableford	Dumfries	40:48
80-84	Gold	Leonard Kalkwarf	Springfield	43:23
	Silver	Dante Simbulan	Burke	44:02
85-89	Gold	Jorge Soler	Falls Church	41:30*
	Silver	Joseph Peters	Great Falls	42:33

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

THE END OF 2010 Results Book

NOW ... VIEW RECORDS 1982-2010

NVSO Record Holders

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

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
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ARCHERY - RECURVE - MEN

55 - 59	Robert Keaton	Manassas	230	1991
60 - 64	Thomas Cox	Dale City	221	1990
65 - 69	Bill Ayers	Springfield	167	1991
70 - 74	Fernand Achee	Alexandria	118	1991
75 - 79	Steve Hajek	Woodbridge	46	1995
80 - 84	Steve Hajek	Woodbridge	150	1998
85 +	Paul Strickler	Falls Church	97	1998

BAITCASTING - WOMEN

All	Archye Mackey Bryant	Alexandria	6	2002
	Patricia Childers	Springfield	6	2005
55 - 59	Joyce Hallory	Alexandria	5	1996
60 - 64	Hazel Rhodes	Alexandria	5	1991
65 - 69	Josephine Stewart	Manassas	10	1991
70 - 74	Annis Hudson	Manassas	5	1992
75 - 79	Annis Hudson	Manassas	10	1995

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
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 FREE THROW - WOMEN

50 - 59	Pat Blackman	Arlington	24/25	1995
60 - 64	Cesarina Olschner	Alexandria	20/25	1986

65 - 69	Carla Convery	Alexandria	22/25	1985
70 - 74	Carla Convery	Alexandria	21/25	1993
75 - 79	Bernie Kleinschmidt	Annandale	19/25	1999
80 - 89	Mary Boska	Alexandria	19/25	2007

BASKETBALL FREE THROW - MEN

50 - 54	Ramon Torres	Leesburg	13/25	
	2010*			
55 - 59	Harold Skeins	Fairfax	25/25	1995
60 - 69	Harold Skeins	Fairfax	23/25	2002 & 2007
60 - 64	Harold Skeins	Fairfax	23/25	1999
65 - 69	Richard Smith	Springfield	24/25	1997
70 - 79	Andrew Dixon	Fairfax	22/25	2009
80 - 84	George Ryffel	Arlington	20/25	2000
85 - 90	JR Cassidy	Manassas	14/25	2005
90 - 94	JR Cassidy	Manassas	16/25	2006

BICYCLING - WOMEN

55 - 59	Gloria Krug	Arlington	3:23	1987
60 - 64	Mary Williams	Woodbridge	3:37	1987
65 - 69	Virginia Erichsen	Herndon	3:52	1987
70 - 74	Christine Wendehack	Alexandria	6:11	1984
75 - 79	Edith Hebbletwaite	Arlington	3:53	1987

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
BICYCLING - MEN				
55 - 59	Shannon Ferguson	Alexandria	2:55:63	1984
60 - 64	John Jackson	Annandale	2:52:46	1984
65 - 69	William Patten	Annandale	3:03:76	1985
70 - 74	Lucius Kingman	McLean	3:07:43	1985
75 - 79	Joseph Brown	Arlington	4:52:04	1984
80 +	Joseph Brown	Arlington	5:25:46	1985

BOWLING - DUCK PIN - WOMEN

All Ages	Carla Convery	Alexandria	72	1983
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BOWLING - DUCK PIN - MEN

All Ages	Garland Suggs	Alexandria	92	1985
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BOWLING - TEN PIN - WOMEN

50 - 54	Rachael Frantum	Annandale	619	2009
55 - 59	Jacqueline Oliver	Lorton	670	1992
60 - 64	Poppy Price	Springfield	704	1995
65 - 69	Peggy Basette	Manassas	661	1991
70 - 74	Joyce Harwood	Springfield	722	1995
75 - 79	Queenie Buchanan	Arlington	688	1988
80 - 84	Dorothy Segal	Fairfax	673	1994
85 +	Nell Henry	Sterling	612	2002

BOWLING - TEN PIN - MEN

50 - 54	Hector Martinez	Springfield	703	2002
55 - 59	Michael Knight	Falls Church	811	2010*
60 - 64	Roy Rhodes	Alexandria	666	2010*
65 - 69	Robert Foor	Alexandria	724	2009
70 - 74	John Melescue	Springfield	716	1995
75 - 79	Stan Segal	Fairfax	686	1987
80 - 84	Herbert Koehne	Arlington	655	1998
85 - 90	Michael Curcio	Manassas	679	1998
90 - 94	Bob McNare	Falls Church	666	2010*

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
CANASTA - WOMEN				
All Ages	Mary Hamm	Manassas	22,815	1986
CANASTA - MEN				

All Ages	Francis Bordeaux	Sterling	23,430	1985
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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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FRISBEE THROW - WOMEN

55 - 59	Toni Letaw	Vienna	75'10"	1998
60 - 64	Lucille Garrett	Alexandria	84' 0"	1992
65 - 69	Mary Williams	Woodbridge	69' 0"	1992
70 - 74	Carla Convery	Alexandria	69' 0"	1992
75 - 79	Bernie Kleinschmidt	Annandale	67' 6"	1997
80 - 89	Carla Convery	Alexandria	56'10"	2005
90 - 99	Carla Convery	Alexandria	19' 3"	2010*

FRISBEE THROW - MEN

50 - 59	Michael Bell	Reston	134' 5"	2007
60 - 69	Charles Kleymeyer	Arlington	128'	2010*
70 - 74	Ben Robinson	Alexandria	120' 0"	1995
75 - 79	Herlindo Delgado	Burke	95' 5"	1997
	Ben Robinson	Alexandria	95' 5"	1998
80 - 84	Herlindo Delgado	Burke	98'	2000
85 - 90	J.R. Cassidy	Manassas	99'	2000
90 - 94	J.R. Cassidy	Manassas	42' 1"	2007

GOLF - GROSS SCORE - WOMEN

50-59	Rebecca Davis	Sumerduck	80	2010*
60 - 69	Judie Armington	Arlington	90	2009
70 - 79	Myrna Fulton	Arlington	75	2008
80 - 89	Carolyn Caldwell	Alexandria	88	2009

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
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GOLF - GROSS SCORE - MEN

50 - 59	William Somers	Arlington	69	2007
60 - 69	Harvey Doerksen	Fairfax	71	2009
70 - 79	Orland Van Bavel	Woodbridge	77	2002
80 - 89	Bill Yary	Alexandria	76	2009

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

50 - 54	Yung Kim	Vienna	73	1999
	Linda Powell	Chantilly	73	1999
55 - 59	Frances Herrity	Sterling	72	1998
60 - 64	Marie Sterne	Vienna	80	1999
65 - 69	Anne Sharp	Arlington	64	1991
70 - 74	Cecilia Ivy	Springfield	70	1991
75 - 79	Dorothy Segal	Fairfax	87	1991
80 - 84	Queenie Buchanan	Arlington	80	1990

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

50 - 54	John Newman	Burke	65	1999
55 - 59	Bob Davis		69	1989
60 - 64	Bill Lowder	Falls Church	64	1999
	Claude Tyner	Fairfax	64	1991
65 - 69	Orland VanBavel	Woodbridge	58	1998
70 - 74	James Glassco	McLean	59	1995
75 - 79	Bill Hutchings	Falls Church	65	1992
80 - 84	Emanuel Hershkowitz	Reston	64	1998
85 - 89	Glen Swanson	Leesburg	69	1999

GOLF - "CALLAWAY " - NET SCORE – WOMEN (Began 2000-Present)

50 - 59	Carol Blair	Reston	50	2000
60 - 69	Lazell Hunigan	Sterling	64	2000
70 - 79	Wanda Bridgman	Fairfax	63	2000
80 - 89	Boyce Price	Alexandria	74	2003

GOLF - "CALLAWAY" - NET SCORE – MEN (Began 2000-Present)

50 - 59	Steve Brooks	Dale City	57	2006
60 - 69	Don Borcharding	McLean	49	2000
70 - 79	Jim Lemons	Vienna	51	2000
80 - 89	Sandy Grady	Reston	71	2009

Age	Winners	Locality	Score	Year
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 (tie)	George Weeks	Fairfax	39	2002
	John Kraus	Fairfax	39	2006
70 - 79	Richard Fitzgerald	Alexandria	40	2007
80 - 89	A. Edward DeSomma	McLean	44	1998
	Steve Hajek	Woodbridge	44	2002
90+	William Keller	Lovettsville	48	2006
SCRABBLE - MIXED				
All Ages	Alan Weinstern	Arlington	3 wins + 185	2009
SOFTBALL HIT - WOMEN				
50 - 54	Lucy Sale	Herndon	175'5"	2002
55 - 59	Antonia Letaw	Vienna	166' 7"	1994
60 - 64	Donna Packard	Vienna	156'	1994
65 - 69	Josephine Stewart	Manassas	135' 0"	1990
70 - 74	Josephine Stewart	Manassas	143'	1998
75 - 79	Josephine Stewart	Manassas	111'	2000
80 - 84	Mary Lathram	Falls Church	73' 6"	1998
85 - 89	Bernie Kleinschmidt	Annandale	68' 5"	2008
90 +	Mary Lathram	Falls Church	66' 7"	2006
SOFTBALL HIT - MEN				
50 - 54	Aivars Baumanis	Springfield	273' 0"	2008
55 - 59	Ray Holt	Arlington	261'	1994
60 - 64	Mike Coleman	Alexandria	245' 4"	2006
65 - 69	Leon Braxton	Alexandria	218' 2"	1988
70 - 74	Al Smith	Fairfax	231' 7"	1999
75 - 79	Raymond Kaminski	Annandale	186'	1995
80 - 84	Raymond Kaminski	Annandale	166' 9"	1997
85 - 89	Andy Simko	Springfield	139' 7"	2006

90 - 94	Andy Simko	Springfield	125'9"	2008
95 - 99	J.R. Cassidy	Manassas	31' 5"	2010*

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
SOFTBALL THROW - WOMEN				
50 - 54	Lucy Sale	Herndon	140'	2002
55 - 59	Gloria Bortell	Arlington	122' 5"	1990
60 - 64	Toni Letaw	Vienna	92' 3"	1999
65 - 69	Jacqueline Stephens	Fairfax Station	90'3"	2002
70 - 74	Josephine Stewart	Manassas	87'	1995
	Mary Williams	Woodbridge	87'	1996
75 - 79	Josephine Stewart	Manassas	82' 5"	2000
80 - 84	Birdie Hughes	Falls Church	52' 6"	1996
85 - 89	Bernie Kleinschmidt	Annandale	41'9"	2008
90 - 94	Mary Lathram	Falls Church	32' 2"	2007
100+	Orpha Christenson	Falls Church	6' 0"	2009
SOFTBALL THROW - MEN				
50 - 54	Aivars Baumanis	Springfield	151'6"	2008
55 - 59	Dan Barolo	Alexandria	219' 1"	1999
60 - 64	Alan Dale Clark	Vienna	198' 0"	1985
65 - 69	Ken Woodall	Gainesville	169'	2001
70 - 74	Ray Kaminski	Annandale	168' 11"	1990
75 - 79	Richard Williams	Falls Church	144' 2"	1989
80 - 84	J.R. Cassidy	Manassas	138'	1996
85 - 90	J.R. Cassidy	Manassas	99'6"	2002
90 - 94	Ray Kaminski	Springfield	85'7"	2008
95 - 99	J.R. Cassidy	Manassas	49' 3"	2010*
SWIMMING - BACKSTROKE - WOMEN				
50 - 54	Andrea Haines	Alexandria	:37.83	1998
55 - 59	Andrea Haines	Alexandria	:38:46	2003
60 - 64	Susan Maguire	Arlington	:38.47	2010*
65 - 69	Lou Kilby	Annandale	:46.13	1990
70 - 74	Anne Walker	Arlington	:47.10	1990
75 - 79	Anne Walker	Arlington	:47.90	1992
80 - 84	Anne Walker	Arlington	:50.70	1997
85 - 90	Carol Galbraith	Alexandria	1:00.75	2001
90 - 94	Mary Lathram	Falls Church	1:10.31	2006
SWIMMING - BACKSTROKE - MEN				
50 - 54	Dan Meek	Arlington	:27.75	2008
55 - 59	Tom Scott	Woodbridge	:36.53	1995

60 - 64	Niel Sween	Vienna	:35.89	1995
65 - 69	Niel Sween	Vienna	:37.22	2002
70 - 74	Niel Sween	Vienna	:36.96	2005
75 - 79	James Glassco	McLean	:43.33	2003
80 - 84	James Glassco	McLean	:46.74	2006
85 - 89	Chester Myslicki	McLean	:56.49	2006
90 +	J.R. Cassidy	Manassas	1:12.86	2006

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
SWIMMING - BREAST STROKE - WOMEN				
50 - 54	Andrea Haines	Alexandria	:46.06	1998
55 - 59	Joanne Leilich	Springfield	:41.54	1997
60 - 64	Susan Maguire	Arlington	:45.63	2010*
65 - 69	Grace Hamilton	Annandale	:56.78	1985
70 - 74	Minna Hamner	Annandale	:58.43	1997
75 - 79	Minna Hamner	Annandale	1:05.75	1998
80 - 84	Minna Hammer	Fairfax Station	1:10:82	2003
85 - 89	Minna Hammer	Fairfax Station	1:25.00	2009
SWIMMING - BREAST STROKE - 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	Curran Tiffany	Arlington	:41.20	1991
70 - 74	Curran Tiffany	Arlington	:43.75	1996
75 - 79	Mohammad Assareh	Alexandria	:49.26	1997
80 - 84	Mohammad Assareh	Alexandria	:54:56	2003
85 - 89	Mohammad Assareh	Alexandria	1:18.30	2010*
90 +	J.R. Cassidy	Manassas	1:48.59	2006
SWIMMING - DIVING - WOMEN				
50 - 54	Kathy Dougherty	Fairfax Station	176.17	2008
55 - 59	Carol Mackela	Arlington	164.10	2008
60 - 64	Carol Mackela	Arlington	153:40	2010*
SWIMMING - DIVING - MEN				
50 - 54	Roy Lewis	Arlington	157.80	2010*
55 - 59	Bobby Meeks	Arlington	220.30	2010*
60 - 64	Duane Clayton-Cox	Fairfax	182.10	2010*
65 - 69	Kim Alderman	Arlington	145.75	2009
70 - 74	Kim Alderman	Arlington	148.80	2010*

75 - 79	John Gouldin	Annandale	67.05	2010*
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SWIMMING - FREESTYLE - WOMEN

50 - 54	Andrea Haines	Alexandria	:33.05	1998
55 - 59	Mary Schreiner	Annandale	:31.49	1998
60 - 64	Susan Maguire	Arlington	:35:17	2010*
65 - 69	Elizabeth Deem	Woodbridge	:37.38	1984
70 - 74	Anne Walker	Arlington	:41.96	1987
75 - 79	Anne Walker	Arlington	:43.99	1993
80 - 84	Anne Walker	Arlington	:45.72	1997
85 - 89	Carol Galbraith	Alexandria	:51.97	2001
90 +	Mary Lathram	Falls Church	1:09.54	2006

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
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SWIMMING - FREESTYLE - MEN

50 - 54	Bret Barber	Herndon	:27.05	2009
55 - 59	Tom Scott	Woodbridge	:28.34	1995
60 - 64	Lawrence Cohen	Sterling	:30.09	1998
65 - 69	Reverdy Wright	Mt. Vernon	:34.08	2002
70 - 74	Bert Kassell	Arlington	:32.47	1984
75 - 79	Bert Kassell	Arlington	:33.21	1988
80 - 84	James Glassco	Arlington	:36.47	2006
85 - 89	J.R. Cassidy	Manassas	:45.61	2001
90 +	J.R. Cassidy	Manassas	:57.46	2006

SWIMMING - HALF MILE - WOMEN

50 - 54	Maria-Angelica Cortes	Sterling	11:44.27	2005
55 - 59	Andrea Haines	Alexandria	12:34:72	2003
60 - 64	Matilda Huber	Fairfax	16:46.85	
65 - 69	Marie Baumann	Arlington	16:30.31	2010*
70 - 74	Anne Walker	Arlington	17:39.39	
75 - 79	Anne Walker	Arlington	17:24.41	1994
80 - 84	Carol Galbraith	Alexandria	18:00.61	1996
85 - 89	Carol Galbraith	Alexandria	19:08.57	2001
90 - 94	Mary Lathram	Falls Church	28:25.00	2007

SWIMMING - HALF MILE - MEN

50 - 54	Bret Bailey	Herndon	11:27.75	2010*
55 - 59	James Hill	Springfield	12:29.61	2006
60 - 64	Willis Braswell	Arlington	11:32.07	2008
65 - 69	William Philips	Arlington	15:44.66	
70 - 74	David McAfee	Falls Church	15:11.12	1983
75 - 79	Pat Russell	McLean	17:49.48	1995
80 - 84	Richard Briesemeister	McLean	20:33.88	2009
85 +	Pat Russell	McLean	22:54.00	2004

WII BOWLING – WOMEN

NEW 2009

50-59	Deborah Hart	Leesburg	527	2010*
60-69	Ann Daniels	Springfield	732	2009
70-79	Joan Matteson	Springfield	708	2010*
80-89	Mary Lou Lail	Springfield	781	2010*
90-99	Penny Krug	Falls Church	534	2010*

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS

1982 - 2010

Age	Winners	Locality	Score	Year
WII BOWLING – MEN		NEW 2009		
50 – 59	Ronald Boulware	Alexandria	502	2009
60 - 69	Clinton Lambert	Springfield	583	2010*
70 - 79	Ed Ladd	Potomac Falls	677	2010*
80 - 89	George Tateosin	Springfield	655	2010*
90 - 99	Willard Griffing	Springfield	577	2010*

TRACK AND FIELD EVENTS

DISCUS - WOMEN

50 - 54	Maria Miller	Arlington	58' 8 ½"	1998
55 - 59	Cindylee Arbelbide	Bristow	72' 3"	2007
60 - 64	Ellen Tharpe	Nokesville	55' 6"	1990
65 - 69	Bernie Kleinschmidt	Annandale	51' 0"	1991
70 - 74	Bernie Kleinschmidt	Annandale	54' 8 1/4"	1992
75 - 79	Sheila Gildea	McLean	48' 0"	2005
80 - 84	Josephine Stewart	Manassas	38' 0"	2006
85 - 89	Josephine Stewart	Manassas	35' 9"	2010*
90 - 94	Mary Lathram	Falls Church	20' 4"	2008

DISCUS - MEN

50 - 54	Aivars Baumanis	Springfield	124' 2"	2006
55 - 59	Leonard Olsen	Centreville	145' 7"	1990
60 - 64	Leonard Olsen	Centreville	152' 0"	1991
65 - 69	William Smith	Alexandria	113' 0"	2000
70 - 74	Charles Pistorino	McLean	102' ½"	1996
75 - 79	Robert Laurents	Fairfax	92' 7 ¼"	1996
80 - 84	J.R. Cassidy	Manassas	81' ¾"	1995
85 - 89	J.R. Cassidy	Manassas	66'	2000
90 - 94	J.R. Cassidy	Manassas	45' 5"	2006
95 - 99	J.R. Cassidy	Manassas	36' 4"	2010*

LONG JUMP - RUNNING - WOMEN

50 - 54	Diane Lasichak	Alexandria	12'	2001
55 - 59	Maria Miller	Arlington	10' 11"	1999
60 - 64	Toni Letaw	Vienna	9' 7"	1999
65 - 69	Phyllis Kozan	McLean	7' 10"	
	1997			
70 - 74	Rusty Dowling	Fairfax	8' 2"	1998
75 - 79	Bess Larson	Annandale	6' 4 ½"	1994
80 - 84	Carla Convery	Alexandria	6' 4"	2002
85 +	Carla Convery	Alexandria	4' 3"	200

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
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LONG JUMP - RUNNING - MEN

50 - 54	Victor Painter	Arlington	11' 11 ½"	2007
55 - 59	Robert Taylor	Arlington	15' 9"	1998
60 - 64	Richard Enrico	Fairfax	13' 8 ½"	1993
65 - 69	John Baker	Arlington	13' 5"	1994
70 - 74	John Baker	Arlington	12' 1"	2000
75 - 79	Josiah Smith	Ashburn	10' 10 ¼"	1994
80 - 84	Josiah Smith	Ashburn	9' 11"	1998
85 - 89	Mike Grayson	Falls Church	8' 7"	2002
90 - 94	Mike Lowe	Springfield	4' 7 ½"	2010*

LONG JUMP - STANDING - WOMEN

50 - 54	Diane Lasichak	Alexandria	6'8"	2002
55 - 59	Antonia Letaw	Vienna	6'3"	1998
60 - 64	Toni Letaw	Vienna	6'4"	1999
65 - 69	Elizabeth Deem	Woodbridge	5'6 ½"	1986

70 - 74	Rusty Dowling	Fairfax	6'2"	1998
75 - 79	Elizabeth Deem	Woodbridge	4'8"	1994
80 - 84	Mary Lathram	Falls Church	3'11"	1995
85 - 89	Mary Lathram	Falls Church	3'9"	2001
90 - 94	Mary Lathram	Falls Church	2'8"	2006

LONG JUMP - STANDING - MEN

50 - 54	Rick Werner	Arlington	8' 9"	2006
55 - 59	Wayne Wilson	Fairfax	8' 6"	1994
60 - 64	Richard Enrico	Fairfax	8' 4"	1992
65 - 69	Neel Price	McLean	7' 11"	1984
70 - 74	Richard Enrico	Ashburn	7' 7"	2005
75 - 79	John Baker	Alexandria	6' 9"	2004
80 - 84	Herlindo Delgado	Burke	6' 6"	2001
85 - 89	Herlindo Delgado	Burke	5' 5½"	2005
90 - 94	Andy Simko	Springfield	3' 3"	2008

MINI JAVELIN THROW – WOMEN **NEW 2009**

50 - 54	Linda Shell	Arlington	49' 8"	2010*
60 - 64	Charlotte Perdue	Arlington	44' 10"	2009
75 - 79	Sheila Gildea	McLean	32' 11"	2009
80 - 84	Mary Boska	Alexandria	24' 9"	2009
85 - 89	Bernie Kleinschmidt	Annandale	24' 3"	2009
90 - 94	Carla Convery	Alexandria	11' 8"	2010*

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
MINI JAVELIN THROW – MEN		NEW 2009		
50 - 54	Leo McArdle	Fort Belvoir	68' 8"	2009
60 - 64	Paul Decot	Fairfax	106' 2"	2009
65 - 69	Norbert Commons, Jr.	Ashburn	73' 5"	2009
70 - 74	Bernie Stamm	Ashburn	92' 4"	2010*
75 - 79	Vaithilingam Thuraisamy	Leesburg	57' 9"	2010*
80 - 84	Charles Pisterino	McLean	61' 3"	2010*
90 - 94	Andy Simko	Springfield	33' 7"	2009
95 - 99	J.R. Cassidy	Manassas	24' 10"	2010*

SHOT PUT - WOMEN

50 - 54	Maria Miller	Arlington	29' 2"	1998
55 - 59	Maria Miller	Arlington	29' 1"	1999

60 - 64	Ellen Tharpe	Nokesville	23' 11"	1991
65 - 69	Maxine Bartlett	Woodbridge	26' ½"	1995
70 - 74	Josephine Stewart	Manassas	23' 8 ½"	1996
75 - 79	Josephine Stewart	Manassas	21' 6"	2000
80 - 84	Josephine Stewart	Manassas	18' 8 ½"	2006
85 - 89	Josephine Stewart	Manassas	21' 4"	2010*
90 - 94	Mary Lathram	Falls Church	9' 9"	2008

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	J.R. Cassidy	Manassas	18' 2"	2008
95 - 99	J.R. Cassidy	Manassas	15' 10"	2010*

50 METER DASH - 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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
50 METER DASH - 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	Saskia Estupian-Day	McLean	9:85	2009
55 - 59	Tsipi Mercurjo	Reston	10:03	2009
60 - 64	Mary White	Arlington	9:89	2007
65 - 69	Helen Crum	Annandale	12:0	2008
70 - 74	Alease Brooks	Arlington	15:00	2007
75 - 79	Lee Glassco	McLean	14:41	2007
80 - 84	Josephine Stewart	Manassas	12:09	2007
85 - 89	Josephine Stewart	Manassas	12:70	2010*

60 METER DASH - INDOOR TRACK - MEN

50 - 54	David Hobbs	Arlington	8:10	2010*
55 - 59	Sola Cole	Arlington	8:6	2008
60 - 64	James Loeb	Alexandria	8:34	2009
65 - 69	Terrance Kuruppu	McLean	8:31	2009
70 - 74	Wayne Wilson	Haymarket	9:91	2009
75 - 79	Richard Enrico	Ashburn	9:7	2008
80 - 84	John Martin	Fairfax	11:44	2007
85 - 89	Dana Hodgdon	McLean	12:3	2008
90 - 94	Andy Simko	Springfield	15:19	2008

100 METER DASH - 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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
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100 METER DASH – MEN

50 - 54	Willie Adams	Alexandria	12:86	2003
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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
70 - 74	Lee Glassco	McLean	56:75	2007
75 - 79	Alease Brooks	Arlington	85.90	2010*
80 - 84	Josephine Stewart	Manassas	46:4	2008
85 - 89	Josephine Stewart	Manassas	52:9	2010*

200 METER RUN - INDOOR TRACK - MEN

50 - 54	Victor Painter	Arlington	28.46	2007
55 - 59	Sola Cole	Arlington	28.90	2008
60 - 64	James Loeb	Alexandria	29.20	2009
65 - 69	Terrance Kuruppu	McLean	33.40	2009
70 - 74	Frank Green	Annandale	36.47	2007
75 - 79	Hal Goolsby	McLean	35.69	2007
80 - 84	John Martin	Fairfax	43.91	2007

200 METER DASH - 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

Age	Winners	Locality	Score	Year
200 METER DASH - MEN				
50 - 54	Willie Adams	Alexandria	27:86	2005
55 - 59	Richard Enrico	Fairfax	27:95	1991
60 - 64	Hal Goolsby	McLean	28:27	1992
65 - 69	Curran Tiffany	Arlington	30:15	1991
70 - 74	Hal Goolsby	McLean	31:16	2000
75 - 79	Josiah Smith	Ashburn	35:38	1992
80 - 84	Josiah Smith	Ashburn	35:25	1997
85 +	Mike Lowe	Springfield	1:01.02	2004
400 METER RUN - INDOOR TRACK - WOMEN				
50 - 54	Saska Estupian-Day	McLean	1:22.3	2009
55 - 59	Hannah Phillips	Alexandria	1:24.70	2008
60 - 64	Charlotte Perdue	Arlington	1:36.00	2008
75 - 79	Lee Glassco	McLean	2:35.82	2007
400 METER RUN - INDOOR TRACK - MEN				
50 - 54	Gary Presuhn	Burke	1:06.80	2008
55 - 59	Sola Cole	Arlington	1:06.90	2008
60 - 64	Gene McClellan	Arlington	1:15.16	2007
65 - 69	Jason Page	Hamilton	1:13.5	2010*
70 - 74	Frank Green	Annandale	1:29.00	2008
75 - 79	Hal Goolsby	McLean	1:30.17	2007
80 - 84	Curran Tiffany	Arlington	1:52.40	2008
400 METER RUN - 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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2010**

Age	Winners	Locality	Score	Year
400 METER RUN - MEN				
50 - 54	Dave Bertagnoli	McLean	1:05.84	1999
55 - 59	James Bradley	Springfield	1:05.89	1993
60 - 64	Hal Goolsby	McLean	1:07.22	1992
65 - 69	Curran Tiffany	Arlington	1:08.32	1991
70 - 74	Hal Goolsby	McLean	1:13.00	2000
75 - 79	Josiah Smith	Ashburn	1:23.13	1993
80 - 84	Josiah Smith	Ashburn	1:32.28	1997
800 METER RUN - INDOOR TRACK - WOMEN				
55 - 59	Hannah Phillips	Alexandria	3:22.98	2007
60 - 64	Judy Snellgrove	Manassas	4:10.90	2008
800 METER RUN - INDOOR TRACK - MEN				
50 - 54	Gary Presuhn	Burke	2:39.50	2008
55 - 59	Clifton Anderson	Warrenton	2:43.3	2010*
60 - 64	Stephen Banks	Springfield	2:57.8	2009
65 - 69	Jason Page	Hamilton	2:42.00	2010*
70 - 74	Ronald Steele	Fairfax	3:38.5	2009
75 - 79	Hyung Park	Springfield	4:13.00	2010*
800 METER RUN - 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 - 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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
800 METER WALK - INDOOR TRACK - WOMEN				
50 - 54	Connie McKeon	Annandale	6:21.00	2010*
55 - 59	Maryann Schwab	Fairfax	5:26	2007
60 - 64	Maryann Schwab	Fairfax	5:45	2010*
65 - 69	Rosemary Hallenbeck	Burke	6:12.50	2008
70 - 74	Barbara Curran	Purcellville	6:52	2009
75 - 79	Dorothy Skinner	Alexandria	5:59	2009
80 - 84	Mary Boska	Alexandria	6:32	2007
85 - 89	Bernie Kleinschmidt	Annandale	9:29	2007
90 - 94	Mary Lathram	Falls Church	7:29.00	2008
800 METER WALK - INDOOR TRACK - MEN				
50 - 54	Rob Aaront	Centreville	6:03	2007
55 - 59	Peter Blank	Annandale	4:13	2009
60 - 64	Doug Hastings	Alexandria	5:18	2009
65 - 69	Victor Litwinski	McLean	4:46	2009
70 - 74	Richard Deringer	Annandale	5:10.91	2008
75 - 79	James Gravette	Arlington	5:57	2007
80 - 84	Kent Halstead	Arlington	6:31	2010*
90 - 94	Edward Seeger	Falls Church	9:43	2007
95 - 99	Chester Christenson	Falls Church	13:07	2009
800 METER WALK - 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 - 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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
1500 METER WALK - 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 - 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 - 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 - 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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
1600 METER WALK - INDOOR TRACK - WOMEN				
55 - 59	Maryann Schwab	Fairfax	11:01	2007
60 - 64	Maryann Schwab	Fairfax	11:44	2010*
65 - 69	Carrie Griffith	Waterford	13:13.3	2009
70 - 74	Dorothy Skinner	Alexandria	12:02	2007
75 - 79	Dorothy Skinner	Alexandria	12:47.9	2009
80 - 84	Mary Boska	Alexandria	13:50	2007
90 - 94	Mary Lathram	Falls Church	17:57.7	2009

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	Kai-Peter Koenig	Montclair	11:24.1	2008
65 - 69	Ron Hoffman	Sterling	10:18.7	2009
70 - 74	Richard Deringer	Annandale	11:04.8	2009
75 - 79	Tom Quinn	Arlington	12:03	2007
89 - 84	James W.C. Chang	Oakton	12:03	2010*
85 - 89	Joseph Peters	Great Falls	13:16	2007

1600 METER WALK - 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 - 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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2010

Age	Winners	Locality	Score	Year
3 MILE WALK - INDOOR TRACK - WOMEN				
50 - 54	Connie McKeon	Annandale	39:03	2008
55 - 59	Maryann Schwab	Fairfax	34:04	2007
60 - 64	Josefina Smith	Centreville	38.14	2009
65 - 69	Rosemary Hallenbeck	Burke	39:16	2008
70 - 74	Dorothy Skinner	Alexandria	37:35	2007
75 - 79	Suzanne Sepilian	Burke	42:14	2008
80 - 84	Betty Vertiz	Arlington	44:51	2008
85 - 89	Naomi Hesser	Fairfax	60:90	2009
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	Joseph Peters	Great Falls	38:35	2007
85 - 89	Jorge Soler	Falls Church	41:30	2010*

3 MILE WALK - 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 - 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

Asterisk (*) Indicates tied or established new NVSO record

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

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