

# 2002 EVENT RESULTS

## 20<sup>th</sup> Annual NORTHERN VIRGINIA SENIOR OLYMPICS September 14-26, 2002

Sponsored by:

Northern Virginia Senior Olympic Committee  
City of Alexandria Department of Recreation, Parks, and Cultural Activities  
Arlington County Department of Parks, Recreation and Community 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  
Loudoun County Department of Parks, Recreation and Community Services  
Prince William Area Agency on Aging

### 2002 Special Patrons

#### GOLD

Community Washington House & The Washington House

#### SILVER

Comfort Keepers

### EVENTS

Archery	Horseshoes	<b>Track and Field Events:</b>
Bait Casting	Kings in Corner	50 Meter Dash
Basketball Free Throw	Line Dancing (team)	100 Meter Dash
Basketball 3 on 3	Miniature Golf	200 Meter Dash
Bowling	Pickleball	400 Meter Run
Bridge, Duplicate	Racquetball	800 Meter Run
Canasta	Shuffleboard	800 Meter Walk
Chess	Swimming	1500 Meter Walk
Cribbage	Table Tennis	3 Mile Walk
Eight Ball Pool	Tennis	Discus
Frisbee Throw	Shot Put	Long Jump, Running
Golf	Softball Hit	Long Jump, Standing
	Yo-Yo (demonstration sport)	

**Asterisk (\*) indicates tied or established new Olympic record**

## TABLE OF CONTENTS

Archery .....	1
Baitcasting .....	1
Basketball Free Throw .....	1
Basketball 3 on 3 .....	1
Bowling .....	2
Bridge, Duplicate .....	2
Canasta .....	3
Chess .....	3
Cribbage .....	3
Eight Ball Pool .....	3
Frisbee Throw .....	3
Golf, Gross & Net .....	4
Horseshoes .....	4
Kings in the Corner .....	5
Line Dancing (team) .....	5
Miniature Golf .....	5
Pickleball, Singles .....	6
Pickleball, Doubles .....	6
Pickleball, Mixed Doubles .....	7
Racquetball .....	7
Rummikub .....	7
Shuffleboard .....	7
Swimming: Backstroke .....	8
Breaststroke .....	8
Freestyle .....	9
½ Mile .....	10
Table Tennis .....	10
Tennis, Singles .....	11
Tennis, Doubles .....	11
Tennis, Mixed Doubles .....	12
Yo-Yo (Demonstration sport) .....	12
Track & Field Events	
Field Events: Discus .....	13
Running Long Jump .....	13
Standing Long Jump .....	14
Shot Put .....	15
Softball Hit .....	15
Softball Throw .....	16
Track Events: 50 Meter Dash .....	17
100 Meter Dash .....	17
200 Meter Dash .....	18
400 Meter Run .....	19
800 Meter Run .....	19
800 Meter Walk .....	19
1500 Meter Walk .....	20
3 Mile Walk .....	20
Record Holders .....	22

**ARCHERY - COMPOUND - MEN**

70-79	First	Victor Linden	Fairfax	457*
80-89	First	Steve Hajek	Woodbridge	337 *

**ARCHERY - COMPOUND - WOMEN**

50-59	FIRST	Donna Turgeon	Fairfax Station	421*
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**BAITCASTING - WOMEN**

All	FIRST	Archie Mackey Bryant	Alexandria	6*
	SECOND	Carla Convery	Alexandria	2

**BAITCASTING - MEN**

All	FIRST	Thomas Redman	Centreville	20*
	SECOND	John Jackson	Annandale	15
	THIRD	Kevin Connolly	Alexandria	10

**BASKETBALL FREE THROW - WOMEN**

50-59	FIRST	Margaret Carnes	Annandale	21
	SECOND	Jackie Henningsen	Arlington	14
60-69	FIRST	Betty Graves	Alexandria	9
70-79	FIRST	Mary Boska	Alexandria	16
	SECOND	Susan Zajac	Arlington	9
	THIRD	Mary Hotta	Falls Church	8
80-89	FIRST	Carla Convery	Alexandria	16*

**BASKETBALL FREE THROW - MEN**

50-59	FIRST	Carlos Benavides	Alexandria	9*
60-69	FIRST	Harold Skeins	Fairfax	23*
	SECOND	George Weeks	Fairfax	18
	THIRD	Richard Carnes	Annandale	15
70-79	FIRST	Dante Simbulan	Burke	8
	SECOND	Harry Bernat	Annandale	7
80-89	FIRST	George Ryffel	Arlington	15
	SECOND	J. R. Cassidy	Manassas	13
	THIRD	Fernand Achee	Alexandria	2

**BASKETBALL, 3-ON-3 - WOMEN**

50-59	FIRST	VIRGINIA CARDINALS
60-69	FIRST	NOMADS
70-79	FIRST	SILVER STARS I

**BASKETBALL, 3-ON-3 - MEN**

50-59	FIRST	GRAY HAIRS
	SECOND	ASHCROFT & GEREL
	THIRD	PISTONS
60-69	FIRST	VIRGINIANS
	SECOND	RAVENS
	THIRD	VIRGINIA BLUES
70-79	FIRST	TEAM VIRGINIA

**BOWLING - TEN PIN - WOMEN**

50-54	FIRST	Audrey Bragg	Alexandria	578
55-59	FIRST	Mary Johnson	Lorton	615
	SECOND	Barbara Anderson	Triangle	600
	THIRD	Clara Benavides	Alexandria	580
60-64	FIRST	Betty Graves	Alexandria	594
	SECOND	Jacqueline Weisenberger	Dale City	581
	THIRD	Maxine Beer	Woodbridge	512
65-69	FIRST	Gayle Levy	Woodbridge	586
	SECOND	Ethel Washington	Arlington	577
70-74	FIRST	Hilda Fox	Springfield	622
	SECOND	Claudia Killian	Fairfax	586
	THIRD	Sue Toma	Falls Church	582
75-79	FIRST	Marge McNare	Falls Church	638
	SECOND	Eula Clark	Arlington	615
	THIRD	Corinne Swanson	Alexandria	612
80-84	FIRST	Mary O'Brien	Springfield	605
	SECOND	Peggy Clark	Dumfries	575
	THIRD	Peggy Hurney	Springfield	551
85 +	FIRST	Nell Henry	Sterling	612*
	SECOND	Esther Robinson	Woodbridge	547

**BOWLING - TEN PIN - MEN**

50-54	FIRST	Hector Martinez	Springfield	703*
	SECOND	Carlos Benavides	Alexandria	668
	THIRD	Howard Piansky	Springfield	571
60-64	FIRST	Warren Andrews	Bristow	623
	SECOND	Stephen Skidmore	Falls Church	552
	THIRD	Ralph Daniels	Vienna	551
65-69	FIRST	Dick Pelkey	Springfield	652
	SECOND	Joe Berkeszi	Leesburg	621
	THIRD	Reginald Steepleton	Woodbridge	617
70-74	FIRST	John Fox	Springfield	629
	SECOND	Orland Van Bavel	Woodbridge	616
	THIRD	Bill Benko	Woodbridge	609
75-79	FIRST	Barry Cecil	Manassas	633
	SECOND	Garland Suggs	Alexandria	572
	THIRD	Arthur Appleby	Woodbridge	567
80-84	FIRST	Joseph Dazzo	Manassas Park	599
85+	FIRST	Michael Curcio	Manassas	614
	SECOND	John Hurney	Springfield	541

**BRIDGE, DUPLICATE**

NORTH/ SOUTH	FIRST	Mary Maahs	Manassas
		Ralph Aurillo	Manassas
	SECOND	John Garney	Annandale
		Mohammad Anwar	Chantilly
	THIRD	Jean Burgin	Springfield
		Marvin Fast	Springfield
EAST/	FIRST	Bob Hamilton	Annandale

WEST		Kennedy Hopke	Annandale	
	SECOND	Jo McCarthy	Arlington	
		Ed Hefling	Not registered	
	THIRD	Henrietta Flanders	Alexandria	
		Anne Dohleman	Annandale	

**CANASTA** Cancelled for 2002 Competition

**CHESS**

All	FIRST	Santos Virgilio	Springfield	4 wins
	SECOND	Tim Eum	Dale City	3 wins
	THIRD	Edward McLaughlin	Mason Neck	2 wins

**CRIBBAGE**

All	FIRST	Utah Walton	Springfield	9
	SECOND	Jim Goldfrank	Herndon	4
	THIRD	Joanne Sweeney	Woodbridge	2

**EIGHT BALL POOL - WOMEN**

All	FIRST	Suong Rogers	Falls Church
	SECOND	Jeri Patt	Fairfax
	THIRD	Elizabeth Roadcap	Vienna

**EIGHT BALL POOL - MEN**

All	FIRST	James Westray	Arlington
	SECOND	Maxwell Gainer	Alexandria
	THIRD	William Soper	Arlington

**FRISBEE THROW - WOMEN**

50-59	FIRST	Margaret Carnes	Annandale	27'11"
60-69	FIRST	Patricia Childers	Springfield	41'9"
	SECOND	Pat Robinson	Alexandria	25'6"
	THIRD	Ruby Grant	Alexandria	16'3"
70-79	FIRST	Jane Filkins	Falls Church	28'11"
80 +	FIRST	Carla Convery	Alexandria	40'9"*

**FRISBEE THROW - MEN**

60-69	FIRST	Jon Fantin	Burke	122'4"*
	SECOND	Richard Carnes	Annandale	94'
	THIRD	Dick Pelkey	Springfield	93'11"
70-79	FIRST	Dante Simbulan	Burke	65'6"
	SECOND	John Jackson	Annandale	53'7"
80 +	FIRST	Ben Robinson	Arlington	70'6"
	SECOND	Herlindo Delgado	Burke	67'11"
	THIRD	Fernand Achee	Alexandria	53'9"

**GOLF - GROSS SCORE - WOMEN**

50-59	FIRST	Lucy Sale	Herndon	90*
60-69	FIRST	Jean Wagoner	Reston	99
70-79	FIRST	Jackie Hand	Alexandria	99*

**GOLF - GROSS SCORE - MEN**

50-59	FIRST	Roger Shifflet	Manassas	81
	FIRST	Ricardo Garza	Alexandria	81
60-69	FIRST	George Mazuzan	Springfield	84
70-79	FIRST	Orland Van Bavel	Woodbridge	77
80+	FIRST	Guido Cavallo	Arlington	86*

**GOLF - "CALLAWAY" NET - WOMEN**

50-59	FIRST	Dee Dragon	Arlington	60
	SECOND	Dorothy Hankinson	Herndon	69
	THIRD	Maria Ramos	Fairfax	62
		Judith Smith	Herndon	62
70-79	FIRST	Polly Egbers	Clifton	73
	SECOND	Virginia Shields	Alexandria	75
	THIRD	Rita Figura	Alexandria	77

**GOLF - "CALLAWAY" NET - MEN**

50-59	FIRST	Richard Frasch	Springfield	60
	SECOND	Malcolm Junkin	Ashburn	61
	THIRD	Steven Miller	Burke	62
60-69	FIRST	George Weeks	Fairfax	56
	SECOND	James Higgs	Woodbridge	60
		Howard Kossoy	Burke	60
	THIRD	Donald Claytor	Sterling	61
70-79	FIRST	Jim Lemons	Vienna	57
	SECOND	Jim Lloyd	Fairfax	60
	THIRD	Don Levin	Arlington	61
		Walter Purdy	Bristow	61
		Eugene Gentry	Woodbridge	61

**HORSESHOES - WOMEN**

50-54	FIRST	Audrey Bragg	Alexandria
60-64	FIRST	Toni Letaw	Vienna
65-69	FIRST	Pat Robinson	Alexandria
	SECOND	Diane Hill	Springfield
75-59	FIRST	Mary Boska	Alexandria
80-84	FIRST	Carla Convery	Alexandria
	SECOND	Jeri Patt	Fairfax

**HORSESHOES - MEN**

60-64	FIRST	Larry McAllister	Vienna
	SECOND	Ronald Willard	Springfield
65-69	FIRST	Stephen Smith	Annandale
	SECOND	Hazen Stephens	Woodbridge
	THIRD	Kevin Connolly	Alexandria
70-74	FIRST	George Ewing	Fairfax
75-79	FIRST	Harry Bernat	Annandale
80-84	FIRST	Ben Robinson	Alexandria
85 +	FIRST	J. R. Cassidy	Manassas

SECOND	Mike Grayson	Falls Church
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### KINGS IN THE CORNER

All	FIRST	Janet Kawar	Alexandria
	SECOND	Helen McGhee	Alexandria
	THIRD	Elna Broffman	Arlington

LINE DANCING (TEAM) unavailable at printing

### MINIATURE GOLF - WOMEN

50-59	FIRST	Audrey Bragg	Alexandria	40*
	SECOND	Margaret Carnes	Annandale	46
70-79	FIRST	Anita Morgan	Arlington	46
	SECOND	Julia Zdynak	Springfield	49

### MINIATURE GOLF - MEN

60-69	FIRST	George Weeks	Fairfax	39
	SECOND	Richard Carnes	Annandale	40
	THIRD	Richard Stohr	Springfield	44
		Bill Webbert	Fairfax	44
70-79	FIRST	Lester Morgan	Arlington	42
		John Fox	Springfield	42
	SECOND	Dante Simbulan	Burke	43
	THIRD	Al Hemby	Alexandria	55
80 +	FIRST	Steve Hajek	Woodbridge	44*

### PICKLEBALL - SINGLES - WOMEN

50-54	FIRST	Maryann Schwab	Fairfax
70-74	FIRST	Mary Boska	Alexandria
	SECOND	Jane Filkins	Falls Church

### PICKLEBALL - SINGLES - MEN

50-59	FIRST	Joe Spriggs	Chantilly
60-69	FIRST	Joseph Hartary	Arlington
	SECOND	Bob Capozzi	Fairfax
	THIRD	Jack Strobel	Annandale
70-79	FIRST	Robert Kelly	Arlington
	SECOND	Bob Gibson	Fairfax
	THIRD	George Hibner	Alexandria
		Gerald Shannon	Falls Church

### PICKLEBALL - DOUBLES - WOMEN

60-69	FIRST	Eileen Kelly	Arlington
		Billie Mitchell	Arlington
	SECOND	Mary Boska	Alexandria
		Gloria Dalpe	Arlington
	THIRD	Jo Ferry	Alexandria
		Joan Duesterdick	Annandale
70-79	FIRST	Betty Paul	Alexandria
		Susan Zajac	Arlington

SECOND	Jane Filkins	Falls Church
	Arlette Henessey	Falls Church

**PICKLEBALL - DOUBLES - MEN**

50-59	FIRST	Fred McKenzie	Arlinton
		Patrick Filia	Arlington
60-69	FIRST	John Price	Arlington
		Joseph Hartary	Arlington
	SECOND	Richard Leverone	Arlington
		Robert Kelly	Arlington
	THIRD	Del Wilson	Burke
		Bob Gibson	Fairfax
70-79	FIRST	Martin Mealey	Arlington
		Williard Moore	Arlington
	SECOND	George Hibner	Alexandria
		William Fisher	Arlington
	THIRD	Robert Harrington	Burke
		Herlindo Delgado	Burke
80-89	FIRST	Mike Grayson	Falls Church
		Dennis Sheffield	Arlington

**PICKLE-BALL MIXED DOUBLES**

50-59	FIRST	Charanjit Bakshi	Vienna
		Bob Capozzi	Fairfax
	SECOND	Maryann Schwab	Fairfax
		Philip Strang	Fairfax
60-69	FIRST	Robert Kelly	Arlington
		Eileen Kelly	Arlington
	SECOND	Richard Leverone	Arlington
		Billie Mitchell	Arlington
	THIRD	Patrick Filia	Arlington
		Jo Ferry	Alexandria
70-79	FIRST	Mary Boska	Alexandria
		Mike Grayson	Falls Church
	SECOND	Joan Duesterdick	Annandale
		Bob Gibson	Fairfax
	THIRD	Betty Paul	Alexandria
		Williard Moore	Arlington
80-89	FIRST	Harvey Hill	Arlington
		Anne Fletcher	Arlington

**RACQUETBALL - MEN**

50-54	FIRST	Bob Sheldon	Springfield
55-59	FIRST	Truett Degeare	Springfield
	SECOND	Angel Benitez	Fairfax
60-64	FIRST	Keith Peyton	Annandale
70-74	FIRST	Seymour Schneider	Springfield
	SECOND	Armand Consoli	Fairfax
80-84	FIRST	Philip Levin	Springfield



**RUMMIKUB**

All	FIRST	Kwae Gil	Falls Church
	SECOND	Kum Sun Park	Falls Church
	THIRD	Murrel Brooks	Lorton

**SHUFFLEBOARD - WOMEN**

All	FIRST	Patricia Childers	Springfield
	SECOND	Edith Fletcher	Alexandria
	THIRD	Betty McCreedy	Alexandria

**SHUFFLE BOARD - MEN**

All	FIRST	Ben Robinson	Alexandria
	SECOND	Don Meli	Annandale
	THIRD	William Rogerson	Lorton

**SWIMMING - BACKSTROKE - WOMEN**

50-54	FIRST	Andrea Haines	Alexandria	:39.80
60-64	FIRST	Helen Crum	Annandale	:58.32
	SECOND	Ruby Grant	Alexandria	1:06.31
65-69	FIRST	Rita Windish	Alexandria	:58.17
70-74	FIRST	Mary Simpson	Manassas	1:12.50
	SECOND	Jane Filkins	Falls Church	1:28.05
75-79	FIRST	Minna Hamner	Fairfax Station	1:02.55
85+	FIRST	Mary Lathram	Falls Church	1:03.90

**SWIMMING - BACKSTROKE - MEN**

50-54	FIRST	Douglas Shaw	Herndon	:40.59*
55-59	FIRST	Don Meli	Annandale	:41.39
	SECOND	Dave Padilla	Falls Church	:49.9
60-64	FIRST	Roy Shaw	Alexandria	:42.70
65-69	FIRST	Niel Sween	Vienna	:37.22*
	SECOND	Reverdy Wright	Alexandria	:42.41
	THIRD	Roger Webb	Alexandria	:51.96
70-74	FIRST	G. Phil Case, Jr.	Burke	:48.38
	SECOND	Gerald Shannon	Falls Church	1:17.29
75-79	FIRST	James Glassco	McLean	:45.18
	SECOND	Curran Tiffany	Arlington	:48.86
	THIRD	Robert Kraiss	Fairfax	1:12.88
80-84	FIRST	Mohammad Kazem Assareh	Alexandria	:59.81
	SECOND	Edward Bierly	Lorton	1:02.89
85+	FIRST	J.R. Cassidy	Manassas	1:04.34

**SWIMMING - BREASTROKE - WOMEN**

50-54	FIRST	Andrea Haines	Alexandria	:46.89
	SECOND	Jill Hill	Springfield	:57.44
60-64	FIRST	Helen Crum	Annandale	1:00.92
65-69	FIRST	Rita Windish	Alexandria	1:06.44
70-74	FIRST	Mary Simpson	Manassas	1:24.04
	SECOND	Jane Filkins	Falls Church	1:33.46

75-79	FIRST	Minna Hamner	Fairfax Station	1:09.36
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### SWIMMING - BREASTROKE - MEN

50-54	FIRST	James Hill	Springfield	:35.65*
	SECOND	Douglas Shaw	Herndon	:38.25
55-59	FIRST	Don Meli	Annandale	:46.20
	SECOND	Dave Padilla	Falls Church	:57.35
60-64	FIRST	Roy Shaw	Alexandria	:58.89
65-69	FIRST	David Gregg	Arlington	:50.73
	SECOND	Roger Webb	Alexandria	:59.34
	THIRD	Jesse Hill	Springfield	1:02.85
70-74	FIRST	Bruce Herbert	McLean	:50.92
	SECOND	G. Phil Case, Jr.	Burke	:53.37
	THIRD	George Ewing	Fairfax	1:20.15
75-79	FIRST	Curran Tiffany	Arlington	:51.02
	SECOND	Robert Kraiss	Fairfax	1:14.67
80-84	FIRST	Mohammad Kazem Assareh	Alexandria	:55.96*
	SECOND	Edward Bierly	Lorton	1:10.71
85+	FIRST	J.R. Cassidy	Manassas	1:30.27

### SWIMMING - FREESTYLE - WOMEN

50-54	FIRST	Andrea Haines	Alexandria	:34.78
55-59	FIRST	Marie Lane	Arlington	1:38.28
60-64	FIRST	Helen Crum	Annandale	:42.33
65-69	FIRST	Rita Windish	Alexandria	:45.77
70-74	FIRST	Mary Simpson	Manassas	1:02.43
	SECOND	Jane Filkins	Falls Church	1:13.94
75-79	FIRST	Minna Hamner	Fairfax Station	0:53.73
85 +	FIRST	Mary Latham	Falls Church	1:07.63

### SWIMMING - FREESTYLE - MEN

50-54	FIRST	Douglas Shaw	Herndon	:31.95
55-59	FIRST	Don Meli	Annandale	:34.63
	SECOND	Dave Padilla	Falls Church	:38.32
	THIRD	Barry Levy	Alexandria	1:14.63
60-64	FIRST	Roy Shaw	Alexandria	:39.66
65-69	FIRST	Reverdy Wright	Mt. Vernon	:34.08*
	SECOND	Niel Sween	Vienna	:36.29
	THIRD	David Gregg	Arlington	:42.63
70-74	FIRST	G. Phil Case, Jr.	Burke	:46.07
	SECOND	George Ewing	Fairfax	:55.31
	THIRD	Gerald Shannon	Falls Church	:59.41
75-79	FIRST	James Glassco	McLean	:37.56
	SECOND	Curran Tiffany	Arlington	:42.63
	THIRD	Robert Kraiss	Fairfax	:52.55
80-84	FIRST	Mohammad Kazem Assareh	Alexandria	:52.57
	SECOND	Edward Bierly	Lorton	1:01.28
85 +	FIRST	J.R. Cassidy	Manassas	:50.06

**SWIMMING - 1/2 MILE - WOMEN**

50-54	FIRST	Andrea Haines	Alexandria	13:17.27
	SECOND	Jill Hill	Springfield	22:24.24
60-64	FIRST	Helen Crum	Annandale	20:04.09
65-69	FIRST	Geertruida De Rosa	Springfield	21:45.47
70-74	FIRST	Jane Filkins	Falls Church	26:27.40
85+	FIRST	Mary Lathram	Falls Church	26:14.40

**SWIMMING - 1/2 MILE - MEN**

50-54	FIRST	James Hill	Springfield	13:02.00
	SECOND	Doug Shaw	Herndon	13:34.31
55-59	FIRST	Don Meli	Annandale	14:20.00
	SECOND	David Padilla	Falls Church	15:06.91
	THIRD	Barry Levy	Alexandria	35:32.57
60-64	FIRST	Roy Shaw	Alexandria	21:19.25
65-69	FIRST	Reverdy Wright	Alexandria	23:57.25
70-74	FIRST	Lou Brown	Annandale	16:10.87
	SECOND	Harry Bridges	Springfield	16:10.87
	THIRD	Gerald Shannon	Falls Church	32:27.17
85+	FIRST	Ed Bierly	Lorton	27:24.80
	SECOND	Mike Flynn	Alexandria	35:41.32

**TABLE TENNIS - WOMEN**

50-59	FIRST	Arianna Porter	Arlington
	SECOND	Ann Houck	Arlington
	THIRD	Ann Wester	Arlington
60-69	FIRST	Kay Young	Alexandria
	SECOND	Annmarie Pittman	Alexandria
	THIRD	Jerrie Williams	Arlington
70-79	FIRST	Mary Hotta	Falls Church
80 +	FIRST	Isabelle Manning	Manassas
	SECOND	Betty Sheffield	Arlington
	THIRD	Carla Convery	Alexandria

**TABLE TENNIS - MEN**

60-69	FIRST	Robert Travers	Arlington
	SECOND	Burton Viscidi	Vienna
	THIRD	John Price	Arlington
70-79	FIRST	Emilio Labrada	Sterling
	SECOND	Maxwell Gainer	Alexandria
	THIRD	Igor Gaidukow	Arlington
80 +	FIRST	Carl Ockert	Vienna
	SECOND	Andrew Simko	Springfield
	THIRD	Dennis Sheffield	Arlington

**TENNIS - SINGLES - WOMEN**

50-54	FIRST	Audrey Bragg	Alexandria
55-59	FIRST	Ruby Lum	McLean

60-64	FIRST	Regina Famigleitti	Alexandria
	SECOND	Pearl Hicks	Arlington
65-69	FIRST	Shirley Glazener	Alexandria
	SECOND	Inge Trotter	Springfield
	THIRD	Kay Young	Alexandria
70-74	FIRST	Joan Duesterdick	Annandale
	SECOND	Catherine Keeley	Alexandria
75-79	FIRST	Ruth Gallagher	McLean
80-84	FIRST	Virginia Erichsen	Herndon

### TENNIS - SINGLES - MEN

50-54	FIRST	Carlos Benavides	Alexandria
55-59	FIRST	Andy Leighton	Arlington
	SECOND	Roger Willmeth	Clifton
	THIRD	Michael Eber	Springfield
60-64	FIRST	Bob Howe	Alexandria
	SECOND	Albert Blocker	Alexandria
	THIRD	Allan Gall	Arlington
65-69	FIRST	George Hobart	Arlington
	SECOND	Ralph Hyer	Annandale
	THIRD	Hector Herrera	Falls Church
70-74	FIRST	Francis Nerone	Falls Church
	SECOND	Phil Case	Burke
	THIRD	Robert Barnard	Annandale
75-79	FIRST	Fremont Fox	Burke
	SECOND	Carlton Coffey	Fairfax Station
	THIRD	John Jackson	Annandale
		Robert Kraiss	Fairfax
80-84	FIRST	Hal Dean	Fairfax
	SECOND	Don McKenzie	Alexandria
85 +	FIRST	Mike Grayson	Falls Church
	SECOND	Christian Goll	Annandale

### TENNIS - DOUBLES - WOMEN

50-54	FIRST	Libby Wolfe/Ruby Lum	Arlington
55-59	FIRST	Shirley Boudreau/Marsha Brown	Fairfax/Manassas
60-64	FIRST	Regina Famigleitti/Catherine Johnson	Alexandria/Falls Church
	SECOND	Jo Ferry/Nancy Small	Alexandria/Falls Church
65-69	FIRST	Inge Trotter/Shirley Glazner	Springfield/Alexandria
	SECOND	Marianne McCaffery/Marge Kropke	Springfield
70-74	FIRST	Catherine Keeley/Lucy Redfield	Alexandria/Annandale
	SECOND	Phebe Masson/Muriel Rogers	Alexandria/Oakton
	THIRD	Nancy Deremer/Joan Duesterdick	Lake Ridge/Annandale
75-79	FIRST	Ruth Gallagher/Betty Sheffield	McLean/Arlington
	SECOND	Virginia Erichsen/Jean Burdell	Herndon/McLean

### TENNIS - DOUBLES - MEN

55-59	FIRST	Michael Eber/Nelson Kieff	Springfield/Annandale
	SECOND	Robert Cooney/Francis Nerone	Springfield/Falls Church
60-64	FIRST	Bob Howe/Shellhouse	Alexandria

	SECOND	Ted McClanahan/Barton Richwine	Arlington/McLean
	THIRD	Christopher Omohundro/Tom Hadden	Haymarket/Manassas
65-69	FIRST	Hector Herrera/Gene Lee	Falls Church/Manassas
	SECOND	Bob Gibson/Norbert Michaud	Fairfax
	THIRD	Richard Leveronne/Bob Kelly	Arlington
70-74	FIRST	Robert Bates/Trong Trongnil	Alexandria
	SECOND	David Mullaney/Bill Wright	Reston/Great Falls
	THIRD	John LeBerre/Carlton Coffey	McLean/Fairfax Station
75-79	FIRST	Robert Kraiss/John Jackson	Fairfax/Annandale
85 +	FIRST	Mike Grayson/Manny Hershkowitz	Falls Church/Reston
	SECOND	Ray Kaminski/Dennis Sheffield	Springfield/Arlington

### TENNIS - DOUBLES - MIXED

50-54	FIRST	Ellie Mohtashemi/Manny Mohtashemi	Great Falls
55-59	FIRST	Shirley Boudreau/Gene Lee	Fairfax/Manassas
	SECOND	Andy Leighton/Ruby Lum	Arlington/McLean
	THIRD	Bob Dahms/Shirley Glazener	Arlington/Alexandria
60-64	FIRST	Regina Famiglietti/Michael Flanigan	Alexandria/Annandale
	SECOND	Mori Hayashi/Haruko Adkins	Falls Church/Arlington
	THIRD	Ray Lum/Becky Conrad	McLean/McLean
65-69	FIRST	George Hobart/Margareta Bennett	Arlington/Burke
	SECOND	Hector Herrera/Starr	Falls Church
	THIRD	Ralph Hyer/Catharina Johnson	Annandale/Falls Church
70-74	FIRST	Bob Gibson/Joan Duesterdick	Fairfax/Annandale
	SECOND	Francis Nerone/Catherine Keeley	Falls Church/Alexandria
	THIRD	Nancy Deremer/Herbert Deremer	Lake Ridge
80-84	FIRST	Betty Sheffield/Dennis Sheffield	Arlington

### YO-YO NOVICE - MEN

50-59	FIRST	Bill Weiler	Arlington	35
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### YO-YO BEGINNER - WOMEN

50-59	FIRST	Diane Hill	Springfield	10
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### YO-YO ADVANCED - MEN

50-59	FIRST	Roger Webb	Alexandria	10
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### TRACK AND FIELD

#### DISCUS - WOMEN

60-64	FIRST	Ruby Grant	Alexandria	28'4"
65-69	FIRST	Patricia Childers	Springfield	29'5"
70-74	FIRST	Shirley Haugrose	Falls Church	30'9"
	SECOND	Jane Filkins	Falls Church	29'1"
75-79	FIRST	Josephine Stewart	Manassas	41'7"
	SECOND	Sunie Barr Clark	Falls Church	22'2"
80-84	FIRST	Carla Convery	Alexandria	25'4"
	SECOND	Dorothy Decot	Falls Church	23'3"
85+	FIRST	Mary Lathram	Falls Church	26'3"

#### DISCUS - MEN

50-54	FIRST	Sergey Arutyunov	Fairfax	72'0"**
55-59	FIRST	Donald Meli	Annandale	67'11"
60-64	FIRST	Richard Stohr	Springfield	53'8"
	SECOND	Burton Bostwick	Arlington	68'1"
	THIRD	Ronald Willard	Springfield	49'2"
65-69	FIRST	Kevin Connolly	Alexandria	56'4"
	SECOND	Jesse Hill	Springfield	40'3"
70-74	FIRST	John Baker	Arlington	85'9"
	SECOND	George Maghan	Manassas	81'3"
	THIRD	Robert O'Connell	Springfield	77'9"
75-79	FIRST	Charles Pistorino	McLean	79'5"
	SECOND	Robert Kraiss	Fairfax	65'0"
	THIRD	Harry Bernat	Annandale	57'1"
80-84	FIRST	Herlindo Delgado	Burke	58'5"
	SECOND	Ben Robinson	Alexandria	55'2"
	THIRD	George Ryffel	Arlington	54'8"
85+	FIRST	J.R. Cassidy	Manassas	63'9"
	SECOND	John Hofbauer	Alexandria	41'9"

#### LONG JUMP, RUNNING - WOMEN

50-54	FIRST	Diane Lasichak	Alexandria	10'10"
75-79	FIRST	Sunie Barr Clark	Falls Church	4'9"
80-84	FIRST	Carla Convery	Alexandria	6'4"**
	SECOND	Dorothy Decot	Falls Church	4'4"

#### LONG JUMP, RUNNING - MEN

50-54	FIRST	Sergey Arutyunov	Fairfax	11'3"
55-59	FIRST	Don Meli	Annandale	10'7"
60-64	FIRST	Burton Bostwick	Arlington	10'0"
	SECOND	Rod Zumbro	Springfield	9'2"
	THIRD	Ronald Willard	Springfield	7'7"
65-69	FIRST	Charles Toftoy	Arlington	11'9"
	SECOND	Jon Fantin	Burke	10'10"
	THIRD	David Gregg	Arlington	10'7"
70-74	FIRST	John Baker	Arlington	11'8"
	SECOND	Dante Simbulan	Burke	9'5"
75-79	FIRST	Kafayat Rahmani	Manassas	9'7"
	SECOND	Robert Kraiss	Fairfax	9'4"
	THIRD	Charles Pistorino	McLean	8'2"
80-84	FIRST	Herlindo Delgado	Burke	7'9"
	SECOND	George Ryffel	Arlington	7'7"
85 +	FIRST	Mike Grayson	Falls Church	8'7"**

#### LONG JUMP, STANDING - WOMEN

50-54	FIRST	Diane Lasichak	Alexandria	6'8"**
	SECOND	Maryann Schwab	Fairfax	5'10"
75-79	FIRST	Sunie Barr Clark	Falls Church	2'9"
80-84	FIRST	Carla Convery	Alexandria	3'9"
	SECOND	Dorothy Decot	Falls Church	3'
85+	FIRST	Mary Lathram	Falls Church	3'3"

**LONG JUMP, STANDING - MEN**

50-54	FIRST	Sergey Arutyunov	Fairfax	6'10"
55-59	FIRST	Donald Meli	Annandale	6'5"
	SECOND	Dave Bertagnoli	Arlington	6'2"
60-64	FIRST	Rod Zumbro	Springfield	7'5"
	SECOND	Burton Bostwick	Arlington	6'11"
	THIRD	Ron Willard	Springfield	5'0"
65-69	FIRST	Jon Fantin	Burke	6'10"
	SECOND	Charles Toftoy	Arlington	6'9"
	THIRD	David Gregg	Arlington	6'7"
70-74	FIRST	John Baker	Arlington	7'4"
	SECOND	Dante Simbulan	Burke	6'4"
75-79	FIRST	Kafayat Rahmani	Manassas	6'0"
	SECOND	Robert Kraiss	Fairfax	5'7"
80-84	FIRST	George Ryffel	Arlington	5'0"
85+	FIRST	Mike Grayson	Falls Church	4'7"*

**SHOT PUT - WOMEN**

60-64	FIRST	Ruby Grant	Alexandria	12'11.5"
65-69	FIRST	Patricia Childers	Springfield	13'4.75"
70-74	FIRST	Jane Filkins	Falls Church	15'8.75"
75-79	FIRST	Josephine Stewart	Manassas	19'0"
	SECOND	Cesarina Olschner	Alexandria	10'6"
	THIRD	Sunie Barr Clark	Falls Church	9'4.75"
80-84	FIRST	Jeri Patt	Fairfax	14'1.5"
	SECOND	Carla Convery	Alexandria	13'2.75"
	THIRD	Dorothy Decot	Falls Church	9'9.75"
85+	FIRST	Mary Lathram	Fairfax	10'9.5"

**SHOT PUT - MEN**

50-54	FIRST	Sergey Arutyunov	Fairfax	25'1.25"
55-59	FIRST	Don Meli	Annandale	26'5"
60-64	FIRST	Troy Mashbury	Falls Church	28'11.75"
	SECOND	Rod Zumbro	Springfield	26'7.5"
	THIRD	Carl Henningsen	Arlington	24'4.75"
65-69	FIRST	Hector Herrera	Falls Church	28'11.75"
	SECOND	Jon Fantin	Burke	27'7.25"
	THIRD	Charles Toftoy	Arlington	25'7"
70-74	FIRST	John Baker	Arlington	30'6.5"
	SECOND	George Maghan	Manassas	26'6"
	THIRD	Dante Simbulan	Burke	24'1.5"
75-79	FIRST	Charles Pistorino	McLean	29'3.25"
	SECOND	Robert Kraiss	Fairfax	26'2"
	THIRD	Harry Bernat	Annandale	19'2"
80-84	FIRST	Ben Robinson	Alexandria	24'4.75"
	SECOND	Herlindo Delgado	Burke	22'9.75"
	THIRD	George Ryffel	Arlington	21'9"
85+	FIRST	J.R. Cassidy	Manassas	23'10.75"

**SOFTBALL HIT - WOMEN**

50-54	FIRST	Lucy Sale	Herndon	175'5"
60-64	FIRST	Betty Graves	Alexandria	106'
65-69	FIRST	Jacqueline Stephens	Fairfax Station	92'
	SECOND	Patricia Childers	Springfield	87'
70-74	FIRST	Jane Filkins	Falls Church	96'
75-79	FIRST	Josephine Stewart	Manassas	104'
	SECOND	Mary Burke	Alexandria	27'
80-84	FIRST	Carla Convery	Alexandria	64'
80 +	FIRST	Mary Lathram	Falls Church	60"

**SOFTBALL HIT - MEN**

55-59	FIRST	Don Meli	Annandale	182'
60-64	FIRST	Tom Redmond	Centerville	184'
	SECOND	Burton Bostwick	Arlington	167'1"
	THIRD	Richard Carnes	Annandale	144'
65-69	FIRST	Dick Pelkey	Springfield	179'
	SECOND	Kevin Connolly	Alexandria	168'2"
	THIRD	Jon Fantin	Burke	165'7"
70-74	FIRST	Del Norwood	Annandale	126'
	SECOND	George Maghan	Manassas	107'6"
75-79	FIRST	Robert Kraiss	Fairfax	141'11"
	SECOND	John Jackson	Annandale	85'
80-84	FIRST	Herlindo Delgado	Burke	133'
85 +	FIRST	J. R. Cassidy	Manassas	119'4"
	SECOND	Raymond Kaminski	Annandale	112'8"

**SOFTBALL THROW - WOMEN**

50-54	FIRST	Lucy Sale	Herndon	140"
60-64	FIRST	Betty Graves	Alexandria	73'4"
65-69	FIRST	Jacqueline Stephens	Fairfax Station	90'3"
	SECOND	Patricia Childers	Springfield	64'3"
70-74	FIRST	Jane Filkins	Falls Church	36'9"
75-79	FIRST	Josephine Stewart	Manassas	70'8"
	SECOND	Mary Boska	Alexandria	49'3"
80-84	FIRST	Carla Convery	Alexandria	42'7"
85 +	FIRST	Mary Lathram	Falls Church	31'

**SOFTBALL THROW - MEN**

55-59	FIRST	Don Meli	Annandale	159'8"
60-64	FIRST	Burton Bostwick	Arlington	128'1"
	SECOND	Richard Stohr	Springfield	81'2"
65-69	FIRST	Jon Fantin	Burke	118'11"
70-74	FIRST	Del Norwood	Annandale	123'3"
	SECOND	George Maghan	Manassas	89'1"
75-79	FIRST	Robert Kraiss	Burke	95'2"
80-84	FIRST	Herlindo Delgado	Burke	87'9"
85+	FIRST	J. R. Cassidy	Manassas	99'6"
	SECOND	Ray Kaminski	Annandale	90'



**50 METER DASH - WOMEN**

50-54	FIRST	Diane Lasichak	Alexandria	7.94*
	SECOND	Mary Rowland	Alexandria	10.03
55-59	FIRST	Mary White	Arlington	8.26
	SECOND	Virginia Fleming	Oak Hill	8.79
	THIRD	Jackie Henningsen	Arlington	10.34
60-64	FIRST	Helen Crum	Annandale	9.02
75-79	FIRST	Josephine Stewart	Manassas	9.09 *
	SECOND	Barbara Gladd	Annandale	10.70
	THIRD	Mary Boska	Alexandria	10.84
80-84	FIRST	Carla Convery	Alexandria	11.38
	SECOND	Dorothy Decot	Falls Church	22.52

**50 METER DASH - MEN**

50-54	FIRST	Samuel Remble	Woodbridge	8.08
	SECOND	Thomas Merrill	Burke	8.52
	THIRD	Sergey Arutyunov	Fairfax	8.64
55-59	FIRST	Thomas Farrell	Chantilly	7.50
	SECOND	William White	Arlington	8.19
	THIRD	Donald Meli	Annandale	8.26
60-64	FIRST	Thomas Redmond	Centerville	8.42
	SECOND	Rod Zumbro	Springfield	8.45
	THIRD	Carl Henningsen	Arlington	8.69
65-69	FIRST	Willie Crawford	Alexandria	8.14
	SECOND	Burton Viscidi	Vienna	8.56
	THIRD	Jon Fantin	Burke	8.77
70-74	FIRST	John Baker	Arlington	8.16
	SECOND	Kent Halstead	Arlington	8.26
75-79	FIRST	Kafayat Rahmani	Manassas	9.31
	SECOND	Robert Kraiss	Fairfax	9.59
	THIRD	Harvey Bernat	Annandale	11.95
80-84	FIRST	George Ryffel	Arlington	10.81
85+	FIRST	Raymond Kaminski	Springfield	12.17*

**100 METER DASH - WOMEN**

50-54	FIRST	Diane Lasichak	Alexandria	15.56*
	SECOND	Mary Rowland	Alexandria	17.10
	THIRD	Mary Crawford	Alexandria	21.94
55-59	FIRST	Mary White	Arlington	15.67
	SECOND	Virginia Fleming	Oak Hill	16.94
	THIRD	Jackie Henningsen	Arlington	20.27
60-64	FIRST	Helen Crum	Annandale	18.10
70-74	FIRST	Velma Grier	Alexandria	22.88
75-79	FIRST	Josephine Stewart	Manassas	19.32
	SECOND	Barbara Gladd	Annandale	21.52
	THIRD	Mary Boska	Alexandria	21.59
80-84	FIRST	Carla Convery	Alexandria	23.92
	SECOND	Dorothy Decot	Falls Church	48.69

**100 METER DASH - MEN**

50-54	FIRST	Shabaka Jeusi	Manassas	14.38
	SECOND	Sergey Arutyunov	Fairfax	16.75
	THIRD	Thomas Merrill	Burke	20.09
55-59	FIRST	Thomas Farrell	Chantilly	14.27
	SECOND	Don Meli	Annandale	15.54
	THIRD	William White	Arlington	16.50
60-64	FIRST	Risto Marttinen	Falls Church	15.39
	SECOND	Rod Zumbro	Springfield	16.49
	THIRD	Carl Henningsen	Arlington	17.64
65-69	FIRST	Willie Crawford	Alexandria	15.90
	SECOND	Burton Viscidi	Vienna	16.86
	THIRD	Jon Fantin	Burke	16.98
70-74	FIRST	John Baker	Arlington	16.75
	SECOND	Kent Halstead	Arlington	16.85
75-79	FIRST	John Martin	Fairfax	16.74
	SECOND	Curran Tiffany	Arlington	17.08
	THIRD	Kafayat Rahmani	Manassas	17.87
80-84	FIRST	George Ryffel	Arlington	21.93
85 +	FIRST	Raymond Kaminski	Springfield	27.68*

**200 METER DASH - WOMEN**

50-54	FIRST	Diane Lasichak	Alexandria	34.95
	SECOND	Mary Rowland	Alexandria	38.15
55-59	FIRST	Virginia Fleming	Oak Hill	39.36
	SECOND	Jackie Henningsen	Arlington	46.45
60-64	FIRST	Helen Crum	Annandale	40.37
75-79	FIRST	Josephine Stewart	Manassas	43.27
	SECOND	Barbara Gladd	Annandale	54.20
80-84	FIRST	Carla Convery	Alexandria	59.63

**200 METER DASH - MEN**

50-54	FIRST	Shabaka Jeusi	Manassas	28.65*
	SECOND	Sergey Arutyunov	Fairfax	36.92
	THIRD	Jacob Wind	Arlington	38.36
55-59	FIRST	Dave Bertagnoli	Arlington	29.33
	SECOND	Thomas Farrell	Chantilly	29.72
	THIRD	Don Meli	Annandale	37.05
60-64	FIRST	Risto Marttinen	Falls Church	32.19
	SECOND	Rod Zumbro	Springfield	37.68
	THIRD	Carl Henningsen	Arlington	39.58
65-69	FIRST	James Bradley	Springfield	39.42
	SECOND	Robert Hannah	Oakton	40.34
70-74	FIRST	John Baker	Arlington	39.66
75-79	FIRST	Curran Tiffany	Arlington	36.61
	SECOND	John Martin	Fairfax	39.22
	THIRD	Harry Bernat	Annandale	56.39

**400 METER RUN - WOMEN**

55-59	FIRST	Mary Rowland	Alexandria	1.36
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60-64	FIRST	Helen Crum	Annandale	1.37
75-79	FIRST	Josephine Stewart	Manassas	2.35*

#### 400 METER RUN - MEN

50-54	FIRST	Shabaka Jeusi	Manassas	1.09
	SECOND	Jay Wind	Arlington	1.21
	THIRD	Sergey Arutyunov	Fairfax	1.35
55-59	FIRST	Dave Bertagnoli	Arlington	1.09
	SECOND	Thomas Farrell	Chantilly	1.14
	THIRD	Don Meli	Annandale	1.22
60-64	FIRST	Risto Marttinen	Falls Church	1.22
	SECOND	Stan Brown	Fairfax	1.25
	THIRD	George Rao	Manassas	2.00
65-69	FIRST	James Bradley	Springfield	2.05
75-79	FIRST	Curran Tiffany	Arlington	1.42
	SECOND	Johnnie Mercado	Centerville	2.35

#### 800 METER RUN - WOMEN

60-64	FIRST	Irene McDonnell	Falls Church	5:41.9
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#### 800 METER RUN - MEN

50-54	FIRST	Jay Wind	Arlington	2:42.2
55-59	FIRST	Dave Bertagnoli	Arlington	2:54.3
	SECOND	Thomas Farrell	Chantilly	3:01.0
	THIRD	David Padilla	Falls Church	3:23.0
60-64	FIRST	Stan Brown	Fairfax	3:24.6
	SECOND	George Rao	Manassas	4:58.5
65-69	FIRST	Richard Wigglesworth	Fairfax Station	3:26.6
	SECOND	George Mazuzan	Springfield	3:35.5
80-84	FIRST	Johnnie Mercado	Centerville	5:41.9

#### 800 METER WALK - WOMEN

50-54	FIRST	Maryann Schab	Fairfax	5.31
	SECOND	Cherie Stallman	Fairfax	6.38
60-64	FIRST	Irene McDonnell	Falls Church	6.35
	SECOND	Pearl Cano	Alexandria	7.04
	THIRD	Nancy Robinson	Falls Church	7.19
75-79	FIRST	Mary Boska	Alexandria	6.07
	SECOND	Barbara Gladd	Annandale	6.39
85+	FIRST	Mary Lathram	Falls Church	6.57

#### 800 METER WALK - MEN

55-59	FIRST	Thomas Farrell	Chantilly	4.49
	SECOND	Dave Bertagnoli	Arlington	5.31
	THIRD	Hilmy Yoosuf	Centerville	6.09
60-64	FIRST	Mori Hayashi	Falls Church	5.00
	SECOND	George Rao	Manassas	6.14
	THIRD	Ronald Willard	Springfield	7.07
65-69	FIRST	Roger Webb	Alexandria	4.55
	SECOND	Charles Toftoy	Arlington	5.24

	THIRD	Richard Wigglesworth	Fairfax Station	5.40
70-74	FIRST	Dante Simbulan	Burke	6.03
	SECOND	Harry Bridges	Springfield	6.25
75-79	FIRST	Harry Bernat	Annandale	6.07
80-84	FIRST	Edward Dewey	Alexandria	7.59
85+	FIRST	Edward Seeger	Falls Church	6.41

### 1500 METER WALK - WOMEN

50-54	FIRST	Maryann Schwab	Fairfax	10:31
	SECOND	Cherie Stallman	Arlington	12:09
60-64	FIRST	Pearl Cano	Alexandria	14:28
65-69	FIRST	Rita Windish	Alexandria	11:01
	SECOND	Jacqueline Stephens	Fairfax Station	12:26
70-74	FIRST	Mary Simpson	Manassas	11:49
75-79	FIRST	Mary Boska	Alexandria	11:32*
	SECOND	Barbara Gladd	Annandale	13:20
	THIRD	Dorothy Jones	Alexandria	14:58
85+	FIRST	Mary Lathram	Falls Church	13:17

### 1500 METER WALK - MEN

55-59	FIRST	Hilmy Yoosuf	Centreville	12:40
60-64	FIRST	Mori Hayashi	Falls Church	9:47*
65-69	FIRST	Roger Webb	Alexandria	9:55*
	SECOND	Charles Toftoy	Arlington	10:58
70-74	FIRST	Dante Simbulan	Burke	12:08
	SECOND	Harry Bridges	Springfield	12:23
80-84	FIRST	Johnnie Mercado	Centerville	14:53
85+	FIRST	Edward Seeger	Falls Church	13:20

### 3 MILE WALK - WOMEN

50-54	FIRST	Cherie Stallman	Arlington	46:47
55-59	FIRST	Ruth McIntosh	Alexandria	50:07
70-74	FIRST	Mary Simpson	Manassas	40:33
75-79	FIRST	Gerda Mudd	Alexandria	45:48
	SECOND	Barbara Gladd	Annandale	46:15
85+	FIRST	Mary Lathram	Falls Church	44:35

### 3 MILE WALK - MEN

55-59	FIRST	Dave Bertagnoli	Arlington	46:47:6
60-64	FIRST	Mori Hayashi	Falls Church	35:28:6
	SECOND	Stan Brown	Fairfax	37:37
	THIRD	George Rao	Manassas	43:46:8
65-69	FIRST	Roger Webb	Alexandria	34:17:07
	SECOND	Wen-Chung Chang	Oakton	36:32:04
70-74	FIRST	Dante Simbulan	Burke	42:32:6
	SECOND	Harry Bridges	Springfield	43:45
80-84	FIRST	Johnnie Mercado	Centerville	48:13:1
85 +	FIRST	Edward Seeger	Falls Church	43:48

# NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS

## 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	Archie Mackey Bryant	Alexandria	6	2002
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	John Jackson	Annandale	20	1996
75 - 79	John Schlogl	Springfield	9	1994
80 - 84	Paul Strickler	Falls Church	5	1991
85 +	Paul Strickler	Falls Church	1	1995

## 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	Carla Convery	Alexandria	16/25	2002

#### **BASKETBALL FREE THROW - MEN**

50 - 59	Carlos Benavides	Alexandria	9/25	2002
50 - 54	Don Meli	Annandale	9/25	1998
55 - 59	Harold Skeins	Fairfax	25/25	1995
60 - 69	Harold Skeins	Fairfax	23/25	2002
60 - 64	Harold Skeins	Fairfax	23/25	1999
65 - 69	Richard Smith	Springfield	24/25	1997
70 - 74	Rudy Kirchgessner	Annandale	20/25	1990
75 - 79	John Schlogl	Springfield	20/25	1994
80 - 84	George Ryffel	Arlington	20/25	2000
85 +	Paul Strickler	Falls Church	9/25	1998

#### **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	Audrey Bragg	Alexandria	591	2001
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	Clifford Noland	Springfield	675	1994
60 - 64	Warren Andrews	Bristow	623	2002
65 - 69	Dick Pelkey	Springfield	652	2002
70 - 74	John Melescue	Springfield	716	1995
75 - 79	Stan Segal	Fairfax	686	1987
80 - 84	Herbert Koehne	Arlington	655	1998
85 +	Michael Curcio	Manassas	679	1998

**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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**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 +	Carla Convery	Alexandria	40'9"	2002

**FRISBEE THROW - MEN**

55 - 59	Edwin Mosser	Burke	121' 0"	1994
60 - 69	Jon Fantin	Burke	122'4"	2002
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 +	J.R. Cassidy	Manassas	99'	2000

**GOLF - GROSS SCORE - WOMEN**

50 - 59	Lucy Sale	Herndon	90	2002
60 - 64	Ruth Romeo	Fairfax	92	1998
65 - 69	Rosemary Austin	Herndon	95	1988
70 - 79	Jackie Hand	Alexandria	99	2002
80 - 84	Queenie Buchanan	Arlington	111	1989

**GOLF - GROSS SCORE - MEN**

50 - 54	Mike Winters	Springfield	79	1999
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55 - 59	Lou Lawlor	Annandale	85	1994
60 - 64	Bernard Powers	Bristow	75	1996
65 - 69	Les Butler	Fairfax	74	1989
70 - 79	Orland Van Bavel	Woodbridge	77	2002
80 - 84	Harry Sparshott	Leesburg	93	1999
85 +	Harold Leibert	Alexandria	103	1999

#### GOLF -"PEORIA" NET SCORE - WOMEN

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

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 +	Glen Swanson	Leesburg	69	1999

#### GOLF — "CALLAWAY" - NET SCORE - WOMEN

50 - 59	Carol Blair	Reston	50	2000
60 - 69	Lazell Hunigan	Sterling	64	2000
70 - 79	Wanda Bridgman	Fairfax	63	2000

#### GOLF — "CALLAWAY" - NET SCORE - MEN

50 - 59	Ron Scanlon	Centreville	64	2000
60 - 69	Don Borcharding	McLean	49	2000
70 - 79	Jim Lemons	Vienna	51	2000
80 +	Frank Licord	Sterling	75	2001

#### MINIATURE GOLF - WOMEN

50 - 59	Audrey Bragg	Alexandria	40	2002
60 - 64	Anita Morgan	Arlington	42	1994
65 - 69	Peg Harrington	Falls Church	39	1992
70 - 79	Peg Harrington	Falls Church	40	1994
80 - 84	Birdie Hughes	Falls Church	40	1995
	Dorothy Segal	Fairfax	40	1995

#### MINIATURE GOLF - MEN

55 - 59	Ray Holt	Arlington	36	1994
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60 - 64	Lester Morgan	Arlington	33	1994
65 - 69	Elkton Harrington	Falls Church	36	1992
	John Melescue	Springfield	36	1993
70 - 74	John Melescue	Springfield	36	1994
75 - 79	Paul Smail	Falls Church	30	1992
80 - 84	Paul Smail	Falls Church	36	1994
85 +	A. Edward DeSomma	McLean	44	1998

#### SWIMMING - BACKSTROKE - WOMEN

50 - 54	Andrea Haines	Alexandria	:37.83	1998
55 - 59	Betty Griffin	Falls Church	:48.70	1986
60 - 64	Lou Kilby	Annandale	:47.27	1987
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 +	Carol Galbraith	Alexandria	1:00.75	2001

#### SWIMMING - BACKSTROKE - MEN

50 - 54	Douglas Shaw	Herndon	:40.59	2002
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	James Glassco	McLean	:41.80	1982
75 - 79	James Glassco	McLean	:43.63	2001
80 - 84	J.R. Cassidy	Manassas	:50.44	1997
85 +	J.R. Cassidy	Manassas	:58.75	2000

#### SWIMMING - BREAST STROKE - WOMEN

50 - 54	Andrea Haines	Alexandria	:46.06	1998
55 - 59	Joanne Leilich	Springfield	:41.54	1997
60 - 64	Minna Hamner	Annandale	:50.65	1983
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	A. V. Symington	Leesburg	1:28.18	1998
85 +	A. V. Symington	Leesburg	1:52.40	2001

#### SWIMMING - BREAST STROKE - MEN

50 - 54	James Hill	Springfield	:35.65	2002
55 - 59	William Philips	Arlington	:43.83	1982
60 - 64	Lawrence Cohen	Sterling	:41.07	1997
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	:55.96	2002
85 +	J.R. Cassidy	Manassas	1:23.78	2001

#### SWIMMING - FREESTYLE - WOMEN

50 - 54	Andrea Haines	Alexandria	:33.05	1998
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55 - 59	Mary Schreiner	Annandale	:31.49	1998
60 - 64	Minna Hamner	Annandale	:40.76	1983
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 +	Carol Galbraith	Alexandria	:51.97	2001

### SWIMMING - FREESTYLE - MEN

50 - 54	Robert Brookhiser	Arlington	:29.77	2001
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	Bert Kassell	Arlington	:38.60	1992
85 +	J.R. Cassidy	Manassas	:45.61	2001

### SWIMMING - HALF MILE - WOMEN

50 - 54	Andrea Haines	Alexandria	12:56.26	1998
55 - 59	Mary Beth Schreiner	Annandale	14:11.06	1998
60 - 64	Matilda Huber	Fairfax	16:46.85	
65 - 69	Marcelle Meli	Vienna	18:45.39	1988
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 +	Carol Galbraith	Alexandria	19:08.57	2001

### SWIMMING - HALF MILE - MEN

50 - 54	James Hill	Springfield	12:55.00	2001
55 - 59	Bill Dean	Springfield	13:21.32	1990
60 - 64	Lawrence Cohen	Sterling	12:44.00	1997
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	Pat Russell	McLean	20:41.93	1999
85 +	Ed Bierly	Lorton	23:21.42	2001

### TRACK AND FIELD EVENTS

#### DISCUS - WOMEN

50 - 54	Maria Miller	Arlington	58' 8 ½"	1998
55 - 59	Maria Miller	Arlington	70' 8"	2000
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	Bernie Kleinschmidt	Annandale	45' 4"	1997
80 - 84	Carla Convery	Alexandria	31' 9"	2000
85 +	Mary Lathram	Falls Church	28' 6"	2000

#### DISCUS - MEN

50 - 54	Sergey Arutyunov	Fairfax	72'	2002
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 1/4"	1996
80 - 84	J.R. Cassidy	Manassas	81' 1 3/4"	1995
85 +	J.R. Cassidy	Manassas	66'	2000

#### 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

#### LONG JUMP - RUNNING - MEN

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 1/4"	1994
80 - 84	Josiah Smith	Ashburn	9' 11"	1998
85 +	Mike Grayson	Falls Church	8' 7"	2002

#### 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 +	Mary Lathram	Falls Church	3' 9"	2001

#### LONG JUMP - STANDING - MEN

50 - 54	Don Meli	Annandale	7' 2"	1998
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	Neel Price	McLean	7' 6 3/4"	1985
75 - 79	Glen Drummond	Fairfax	6' 7"	1996
80 - 84	Herlindo Delgado	Burke	6' 6"	2001
85 +	Mike Grayson	Falls Church	4' 7"	2002

#### SHOT PUT - WOMEN

50 - 54	Maria Miller	Arlington	29' 2"	1998
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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	Irene Tierney	Montclair	16' 11 ½"	1997
85 +	Peg Bell	Manassas	14' 1 ½"	1997

#### 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 +	J.R. Cassidy	Manassas	28' 8"	2000

#### 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 +	Mary Lathram	Falls Church	60'	2002

#### SOFTBALL HIT - MEN

50 - 54	Don Meli	Annandale	206' 4"	1998
55 - 59	Ray Holt	Arlington	261'	1994
60 - 64	Del Wilson	Burke	229' 4"	1998
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 +	Raymond Kaminski	Annandale	135' 6"	2001

#### 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 +	Mary Lathram	Falls Church	38'	2000

**SOFTBALL THROW - MEN**

50 - 54	Randy Meyers	Arlington	137'	2000
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 +	J.R. Cassidy	Manassas	99'6"	2002

**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	Carla Convery	Alexandria	10:82	2001

**50 METER DASH - MEN**

50 - 54	Don Meli	Annandale	6:94	1998
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 +	Raymond Kaminski	Falls Church	12:17	2002

**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	Hedy Marque	Alexandria	22:53	1998

**100 METER DASH - MEN**

50 - 54	Don Meli	Annandale	13:84	1998
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 +	Raymond Kaminski	Springfield	27:68	2002

**200 METER DASH - WOMEN**

50 - 54	Diane Lasichak	Alexandria	34:63	2001
55 - 59	Helen Crum	Annandale	36:83	1996
60 - 64	Helen Crum	Annandale	39:99	2001
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	Hedy Marque	Alexandria	55:42	2000

#### 200 METER DASH - MEN

50 - 54	Shabaka Jeusi	Manassas	28:65	2002
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

#### 400 METER RUN - WOMEN

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	Mary Boska	Alexandria	1:52.78	1999
75 - 79	Josephine Stewart	Manassas	2:35.00	2002
80 - 84	Hedy Marque	Alexandria	2:04.00	2000

#### 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 - WOMEN

50 - 54	Joy Chambers	Alexandria	4:19.90	1998
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	Robert Brookhiser	Arlington	2:35.66	2001
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

### 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 Lathram	Falls Church	6:35.61	1995
85 +	Mary Lathram	Falls Church	6:37.00	2000

### 800 METER WALK - MEN

50 - 54	Bob Ryan	Ashburn	4:28.79	1999
55 - 59	Jack Ozment	Philomont	4:10.00	1987
60 - 64	David Bright	Manassas	4:31.09	1989
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 - WOMEN

50 - 54	Joy Chambers	Alexandria		1998
55 - 59	Rita Windish	Alexandria	10:40.58	1995
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 +	Mary Lathram	Falls Church	12:32.00	2000

### 1500 METER WALK - MEN

50 - 54	Bob Ryan	Ashburn	9:50.12	1999
55 - 59	Victor Litwinski	McLean	8:56.52	2001
60 - 64	Mori Hayashi	Falls Church	9:47.00	2002
65 - 69	Roger Webb	Alexandria	9:55.00	2002
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
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### 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

### 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 +	John Hoffman	Woodbridge	14:23.86	1988

### 3 MILE WALK - WOMEN

50 - 54	Beth Baynes	Arlington	35:13.00	1999
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	John Dunaway	Arlington	30:02.98	1986
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