

2003 EVENT RESULTS

21st Annual NORTHERN VIRGINIA SENIOR OLYMPICS September 13-25, 2003

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

2003 Special Patrons

GOLD

Fountains at the Washington House
Goodwin House, Inc.
Lake Lithograph

EVENTS

	Track & Field Events:	
Bait Casting	50 Meter Dash	Horseshoes
Backgammon (<i>Trial Event</i>)	100 Meter Dash	Kings in Corner
Basketball Free Throw	200 Meter Dash	Line Dancing (team)
Basketball 3 on 3	400 Meter Run	Mini Golf
Bowling	800 Meter Run	Pickleball
Bridge, Duplicate	800 Meter Walk	Racquetball
Canasta	1500 Meter Walk	Shuffleboard
Chess	3 Mile Walk	Swimming
Cribbage	Discus	Table Tennis
Dominoes (<i>Trial Event</i>)	Long Jump, Running	Tennis
Eight Ball Pool	Long Jump, Standing	Softball Hit
Frisbee Throw	Shot Put	Softball Throw
Golf		YoYo

* Indicates tied or established new Olympic record

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Event

Backgammon (*Trial Event*)

Baitcasting

Basketball Throw

Basketball 3 on 3

Bowling

Bridge, Duplicate

Canasta

Chess

Cribbage

Dominoes (*Trial Event*)

Eight Ball Pool

Frisbee Throw

Golf, Gross & Net

Horseshoes

Kings in the Corner

Line Dancing (team)

Miniature Golf

Pickleball, Singles

Pickleball, Doubles & Mixed Doubles

Racquetball

Rummikub

Softball Hit

Softball Throw

Shuffleboard

Swimming: Backstroke
 Breaststroke
 Freestyle
 ½ Mile

Table Tennis

Tennis, Singles

Tennis, Doubles

Tennis, Doubles, Mixed

YoYo

Track & Field Events

Field Events: Discus
 Running Long Jump
 Standing Long Jump
 Shot Put

Track Events: 50 Meter Dash
 100 Meter Dash
 200 Meter Dash
 400 Meter Run
 800 Meter Run
 800 Meter Walk
 1500 Meter Walk
 3 Mile Walk

Record Holders

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2003 Events Results Book

Age	Place	Winners	Locality	Score
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ARCHERY - CANCELLED FOR 2003

BACKGAMMON- NO AGE GROUP (NEW IN 2003)

FIRST	Robert Vanne	Arlington
SECOND	Sattar Farzan	Falls Church
THIRD	Mary Ann Wood	Arlington

BAITCASTING - WOMEN

All	FIRST	Patricia Childers	Springfield
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BAITCASTING - MEN

All	FIRST	Dante Simbulan	Burke
	SECOND	Richard Stohr	Springfield
	THIRD	Kevin Connolly	Alexandria

BASKETBALL FREE THROW - WOMEN

50-59	FIRST	Nancy Joyner	Annandale	12/25
60-69	FIRST	Margaret Carnes	Annandale	16/25
70-79	FIRST	Patricia Childers	Springfield	11/28
	SECOND	Mary Boska	Alexandria	10/28
	THIRD	Lemuel Butler	Lorton	7/28
80-89	FIRST	Bernie Kleinschmidt	Annandale	17/25*

BASKETBALL FREE THROW - MEN

50-59	FIRST	John Kraus	Fairfax	19/25*
	SECOND	David Padilla	Falls Church	16/25
	THIRD	James Coleman	Alexandria	15/25
60-69	FIRST	Harold Skeins	Fairfax	22/25
	SECOND	Richard Carnes	Annandale	18/25
	THIRD	George Weeks	Fairfax	12/25
70-79	FIRST	Robert Klaren, Sr	Springfield	19/25
	SECOND	Charles Bennett	Annandale	17/25
	THIRD	Obert Braaten	Burke	13/25

2003 Events Results Book

Age	Place	Winners	Locality	Score
80-89	FIRST	George Ryffel	Arlington	16/25
	SECOND	Andrew Simko	Springfield	7/25
	THIRD	Fernand Achee	Alexandria	3/25

BASKETBALL, 3-ON-3 - WOMEN

50-59	FIRST	Jackie Stephens/Ann Kaye/Bonnie Ballentine/Nancy Joyner/ Betty Kozak		
	SECOND	Helen Crum/ Barbara Klements/ Nancy Beiter		
60-69	FIRST	Bernie Kleinschmidt/Mary Boska		

BASKETBALL, 3-ON-3 - MEN

50-59	FIRST	METRO ALL-STARS		
	SECOND	GRAY HAIRS		
	THIRD	PRINCE WILLIAM		
60-69	FIRST	ACES		
	SECOND	RAVENS		
	THIRD	VIRGINIA BLUES		
70-79	FIRST	TEAM VIRGINIA		
	SECOND	NOVA NETS		

BOWLING - TEN PIN - WOMEN

50-54	FIRST	Audrey Bragg	Alexandria	565
55-59	FIRST	Mary Johnson	Woodbridge	574
70-74	FIRST	Sue Toma	Falls Church	578
	SECOND	Elizabeth Roadcamp	Vienna	555
	THIRD	Hilda Fox	Springfield	543
75-79	FIRST	March McNare	Falls Church	605
	SECOND	Beatrice Cox	Burke	553
	THIRD	Corrine Swanson	Alexandria	549
80-84	FIRST	Mary O'Brien	Springfield	561
	SECOND	Jeri Pratt	Fairfax	521

BOWLING - TEN PIN - MEN

60-64	FIRST	Harry Charity, Jr.	Woodbridge	595
65-69	FIRST	John Handley	Woodbridge	633
	SECOND	Michael Sweeney	Woodbridge	512

2003 Events Results Book

Age	Place	Winners	Locality	Score
70-74	THIRD	Rick Renninger	Springfield	455
	FIRST	Joseph McEnvoy	Woodbridge	587
	SECOND	Lester Morgan	Arlington	575
75-79	THIRD	John Fox	Springfield	550
	FIRST	Al Hemby	Alexandria	567
	SECOND	Michael Sprung	Alexandria	546
80-84	THIRD	Art Appleby	Woodbridge	545
	FIRST	Jim Willcock	Falls Church	559
	SECOND	Joseph Dazzo	Manassas	514
85+	FIRST	Mike Curcio	Manassas	475

BRIDGE, DUPLICATE

NORTH/ SOUTH	FIRST	Susan Swift Cindy Santelli	Vienna
	SECOND	Vivian Hess Erv Meyer	Alexandria
	THIRD	Mary Hayes Helen Woodland	Annandale
EAST/ WEST	FIRST	Hahn Hahn	
	SECOND	Gerda Mudd Mae Mace	Alexandria
	THIRD	Peggy Cousins Jean McDaniel	Alexandria

CANASTA Cancelled for 2003 Competition

CHESS

All	FIRST	Tim Eum	Dale City
	SECOND	Sanda Costescu	Arlington
	SECOND	Virgilio Santos	Springfield
	THIRD	Sattar Farzan	Falls Church
	THIRD	John Campbell	Arlington

CRIBBAGE

All	FIRST	William Bohuslaw	Fairfax	10(5)
	SECOND	Jim Goldfrank	Herndon	10(4)

2003 Events Results Book

Age	Place	Winners	Locality	Score
	THIRD	Margaret Davenport	Alexandria	9

8 BALL POOL - WOMEN

All	FIRST	Suong Rogers	Falls Church
	SECOND	Roberta Assur	Springfield
	THIRD	Elizabeth Roadcap	Vienna

8 BALL POOL - MEN

All	FIRST	William Saper	Arlington
	SECOND	Gordon Causey	Falls Church
	THIRD	Jesse Hill	Springfield

FRISBEE THROW - WOMEN

60-69	FIRST	Jacqueline Stephens	Fairfax Station	27' 2"
	SECOND	Margaret Carnes	Annandale	26' 8"
	THIRD	Marilyn McAlister	Alexandria	21' 4"
70-79	FIRST	Patricia Childers	Springfield	30' 7"
	SECOND	Jane Filkins	Falls Church	25'
80 +	FIRST	Carla Convery	Alexandria	29' 1"

FRISBEE THROW - MEN

60-69	FIRST	Richard Stohr	Springfield	72' 6"
	SECOND	Richard Carnes	Annandale	57'
	THIRD	Kevin Connolly	Alexandria	42' 3"
70-79	FIRST	Dante Simbulan	Burke	38'
	FIRST	Herlindo Delgado	Burke	37'
80 +	FIRST	Fernand Achee	Alexandria	34' 9"

GOLF - GROSS SCORE - WOMEN

50-59	FIRST	Lucy Sale	Herndon	89*
60-79	FIRST	Janet Seaman	Sterling	98
70-79	FIRST	Jackie Hand	Alexandria	106
80+	FIRST	Boyce Price	Alexandria	99*

GOLF - GROSS SCORE - MEN

2003 Events Results Book

Age	Place	Winners	Locality	Score
50-59	FIRST	Ron Scanlon	Centreville	89
60-69	FIRST	Tom Bloxton	Woodbridge	83
70-79	FIRST	Joe willet	Fairfax	93
80+	FIRST	Guido Cavallo	Arlington	83*

GOLF - "CALLAWAY" NET - WOMEN

50-59	FIRST	Beth Baynes	Arlington	72
	SECOND	Lucy Sale	Herndon	73
	THIRD	Debbie Ronemus	Ashburn	75
60-69	FIRST	Judie Armington	Arlington	73
	SECOND	Janet Seaman	Sterling	74 (24)
	THIRD	Muriel Waite	Chantilly	74 (32)
70-79	FIRST	Jackie Hand	Alexandria	74 (32)
	SECOND	Erma Schumacher	Alexandria	74 (51)
	THIRD	Elaine Cherry	Vienna	76
80+	FIRST	Boyce Price	Alexandria	74*

GOLF - "CALLAWAY" NET - MEN

50-59	FIRST	Ed Tasca	Springfield	70
	SECOND	Paul Trkula	Fairfax	72
	THIRD	Ron Scanln	Centreville	73
60-69	FIRST	Hugh Henderson	Springfield	73 (12)
	SECOND	George Mazuzan	Springfield	73 (17)
	THIRD	Tom Bloxton	Woodbridge	74
70-79	FIRST	Joe Willet	Fairfax	74 (19)
	SECOND	Cap Oliver	Vienna	74 (25)
	THIRD	Ben Hager	Fairfax	75
80+	FIRST	Guido Cavallo	Arlington	74
	SECOND	Frank Licord	Sterling	76

HORSESHOES - WOMEN

60-64	FIRST	Shirley Vaness	Woodbridge
80-84	FIRST	Bernie Kleinschmidt	Annandale
	SECOND	Jerri Patt	Fairfax

HORSESHOES - MEN

2003 Events Results Book

Age	Place	Winners	Locality	Score
50-54	FIRST	Jim Schoek	McLean	
60-64	FIRST	Ronald Willard	Springfield	
	SECOND	Daniel Kam	Woodbridge	
70-74	FIRST	Ronald Stoltz	McLean	
75-79	FIRST	George Ewing	Fairfax	

KINGS IN THE CORNER

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

LINE DANCING (TEAM)

Team 5-8 people	FIRST	SAMBA SENIORS Beverly Wetherbie/Miriam Amerin Catherin Matheny/Shirley Sherman Betty Spengler/Betty Stone	Alexandria-Ft. Belvior(all)
	SECOND	CASCADE STEPPERS Fran Schmitt(manager)/ Pat Buxton(instructor)/ Helen Brickles/ Pati Owens/ Ilene Parmeter/Jim Poulin/ Janet Schechter/ Bonnie Wohlford	Potomac Falls/Sterling/Reston/ Landsdowne
	THIRD	DIVERSITEAM Ann Marie Pittman/Elsi Bartlett/ Maeanna Jamison/Lee Schwarzmann Edna Skiadas/ Frank Tsai/ Julia Tsai	Alexandria/Vienna McLean/Arlington Fairfax Station

MINIATURE GOLF - WOMEN

50-59	FIRST	Marge Davenport	Alexandria	46
	SECOND	Audrey Bragg	Alexandria	48
	THIRD	Carolyn Law	Falls Church	50
60-69	FIRST	Marie Stringfellow	Alexandria	51
	SECOND	Margaret Carnes	Annandale	52
70-79	FIRST	Anita Morgan	Arlington	56
		Hilda Fox	Springfield	56

2003 Events Results Book

Age	Place	Winners	Locality	Score
	SECOND	Virginia Shields	Alexandria	57
	THIRD	Barbara Fitzgerald	Alexandria	60
80+	FIRST	Delores Cavallo	Arlington	63

MINIATURE GOLF - MEN

50-59	FIRST	Paul Daniels	Springfield	48
	SECOND	Jim Schoeck	McLean	49
60-69	FIRST	Richard Stohr	Springfield	44
	SECOND	Richard Carnes	Annandale	47
	THIRD	Charles Stringfellow	Alexandria	48
		George Weeks	Fairfax	48
70-79	FIRST	John Fox	Springfield	43
	SECOND	Lester Morgan	Arlington	46
	THIRD	Dante Simbulan	Burke	47
80 +	FIRST	Guido Cavillo	Arlington	46
	SECOND	Steve Hajek	Woodbridge	56

PICKLEBALL - SINGLES - WOMEN

50-59	FIRST	Margaret Davenport	Alexandria
	SECOND	Maryann Schwab	Fairfax
70-79	FIRST	Mary Boska	Alexandria
80+	FIRST	Bernie Kleinschmidt	Annandale

PICKLEBALL - SINGLES - MEN

50-59	FIRST	Temam Treadway	Falls Church
	SECOND	Tom Storey	Manassas
60-69	FIRST	Joe Hartary	Arlington
	SECOND	Gary Blessington	Arlington
	THIRD	John Price	Arlington
70-79	FIRST	Henry Morin	Springfield
80+	FIRST	Mike Grayson	Falls Church

PICKLEBALL - DOUBLES - WOMEN

50-59	FIRST	Carolyn Law	Falls Church
		Marge Davenport	Alexandria
	SECOND	Mary Ann Schwab	Fairfax

2003 Events Results Book

Age	Place	Winners	Locality	Score
60-69	FIRST	Joan Duesterdick	Annandale	
		Jo Ferry	Alexandria	
		Susan Zajac	Arlington	
70-79	FIRST	Mary Boska	Alexandria	
		Gloria Dalpe	Arlington	
	SECOND	Jane Filkins	Falls Church	
		Bernie Kleinschmidt	Annandale	

PICKLEBALL - DOUBLES - MEN

50-59	FIRST	Teman Treadway	Falls Church
		Bob Capozzi	Fairfax
60-69	FIRST	Gary Blessington	Arlington
		Joseph Hartary	Arlington
	SECOND	Del Wilson	Burke
		Henry Morin	Springfield
70-79	FIRST	Martin Mealey	Arlington
		Willard Moore	Arlington
80-89	FIRST	Mike Grayson	Falls Church
		Dennis Sheffield	Arlington

PICKLE-BALL MIXED DOUBLES

50-59	FIRST	Maryann Schwab	Fairfax
		Teman Treadway	Falls Church
	SECOND	Margaret Davenport	Alexandria
60-69	FIRST	Willard Moore	Arlington
		Joan Duesterdic	Annandale
	SECOND	Gary Blessington	Arlington
		Gloria Dalpe	Arlington
		Joseph Hartary	Arlington
70-79	FIRST	Jane Filkins	Falls Church
		Richard Risk	Falls Church
	SECOND	Mary Boska	Alexandria
		THIRD	Susan Zajac
80-89	FIRST	Martin Mealey	Arlington

2003 Events Results Book

Age	Place	Winners	Locality	Score
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RACQUETBALL - MEN

60-64	FIRST	Roger Miller	Centreville	
	SECOND	Don Sotirchos	Oak Hill	

RUMMIKUB

All	FIRST	Jane Baggarly	Springfield	
	SECOND	Kum Sum Park	Falls Church	
	THIRD	Kwae Gill	Falls Church	

SHUFFLEBOARD - WOMEN

All	FIRST	Bernie Kleinschmidt	Annandale	
	SECOND	Mary Boska	Alexandria	
	THIRD	Silver Crossman	Alexandria	

SHUFFLE BOARD - MEN

All	FIRST	Bobby Eucker	Alexandria	
	SECOND	Fernand Achee	Alexandria	
	THIRD	Daniel Kam	Woodbridge	

SWIMMING - BACKSTROKE - WOMEN

55-59	FIRST	Andrea Haines	Alexandria	38:46*
	SECOND	Nancy Beiter	Springfield	1:01:25
	THIRD	Jennifer Johnston	Annandale	1:41:23
60-64	FIRST	Helen Crum	Annandale	59:34
65-69	FIRST	Rita Wisdish	Alexandria	1:03:26
70-74	FIRST	Mary Simpson	Manassas	1:18:02
80-84	FIRST	Minna Hammer	Fairfax Station	1:01:38
85+	FIRST	Carol Galbraith	Alexandria	1:03:05
	SECOND	Mary Lathram	Falls Church	1:03:92

SWIMMING - BACKSTROKE - MEN

55-59	FIRST	Don Meli	Annandale	40:67
	SECOND	Dave Padilla	Falls Church	49:55

2003 Events Results Book

Age	Place	Winners	Locality	Score
60-64	FIRST	Roy Shaw	Alexandria	38:79
65-69	FIRST	G. Phil Case, Jr.	Burke	46:54
	SECOND	Nicholas Fidandis	Alexandria	57:96
	THIRD	David Gregg	Arlington	1:03:10
75-79	FIRST	James Glasco	McLean	43:33*
	SECOND	Curran Tiffany	Arlington	56:02
	THIRD	George Ewing	Fairfax	1:12:08

SWIMMING - BREASTROKE - WOMEN

50-54	FIRST	Jill Hill	Springfield	30:06
55-59	FIRST	Andrea Haines	Alexandria	45:90
	SECOND	Nancy Beiter	Springfield	55:02
	THIRD	Jennifer Johnston	Annandale	1:31:64
60-64	FIRST	Helen Crum	Annandale	55:05
65-69	FIRST	Rita Windish	Alexandria	1:09:97
70-74	FIRST	Mary Simpson	Manassas	1:29:29
80-84	FIRST	Minna Hammer	Fairfax Station	1:10:82*
85+	FIRST	Christine Sleeper	Herndon	3:02:12

SWIMMING - BREASTROKE - MEN

50-54	FIRST	James Hill	Springfield	36:18
	SECOND	Douglas Powell	Falls Church	40:09
55-59	FIRST	Donald Meli	Annandale	43:83*
	SECOND	David Padilla	Falls Church	57:31
60-64	FIRST	Roy Shaw	Alexandria	56:20
65-69	FIRST	Niel Sween	Vienna	48:46
	SECOND	James Chaney	Oakton	50:73
	THIRD	Phil Case	Burke	52:05
70-74	FIRST	David Gregg	Arlington	50:33
	SECOND	Bruce Herbert	McLean	51:26
	THIRD	Phil Case	Burke	52:05
75-79	FIRST	Curran Tiffany	Arlington	51:27
	SECOND	George Ewing	Fairfax	1:24:13
80-84	FIRST	Mohammad Assareh	Alexandria	54:56*

SWIMMING - FREESTYLE - WOMEN

50-54	FIRST	Andrea Haines	Alexandria	35:33
	SECOND	Nancy Beiter	Springfield	54:87

2003 Events Results Book

Age	Place	Winners	Locality	Score
	THIRD	Jennifer Johnston	Annandale	1:14:44
60-64	FIRST	Helen Crum	Annandale	45:32
65-69	FIRST	Rita Wisdich	Alexandria	51:00
70-74	FIRST	Mary Simpson	Manassas	1:03:46
80-84	FIRST	Minna Hammer	Fairfax Station	54:66
85 +	FIRST	Carol Galbraith	Alexandria	56:53
	SECOND	Mary Lathram	Falls Church	1:08:46

SWIMMING - FREESTYLE - MEN

50-54	FIRST	James Hill	Springfield	30:06
	SECOND	Doug Powell	Falls Church	35:92
55-59	FIRST	Donald Meli	Annandale	35:43
	SECOND	David Padilla	Falls Church	38:62
	THIRD	Barry Levy	Alexandria	1:16:20
60-64	FIRST	Roy Shaw	Alexandria	37:55
	SECOND	Richard Carnes	Annandale	42:74
65-69	FIRST	Neil Sween	Vienna	41:57
	SECOND	Roy Smith	Springfield	54:45
70-74	FIRST	Phil Case	Burke	43:16
	SECOND	David Gregg	Arlington	45:10
	THIRD	James Daley	Bristow	49:16
75-79	FIRST	James Glassco	McLean	36:99
	SECOND	Curran Tiffany	Arlington	46:47
	THIRD	George Ewing	Fairfax	56:52

SWIMMING - 1/2 MILE - WOMEN

50-54	FIRST	Jill Hill	Springfield	21:20:53
55-59	FIRST	Andrea Haines	Alexandria	12:34:72*
	SECOND	Nancy Beiter	Springfield	21:11:28
80-84	FIRST	Magda Wolff	Alexandria	30:19:06
85+	FIRST	Carol Galbraith	Falls Church	22:45:73
	SECOND	Mary Lathram	Alexandria	26:55:06

SWIMMING - 1/2 MILE - MEN

50-54	FIRST	James Hill	Springfield	13:26:76
	SECOND	Douglas Powell	Falls Church	14:37:70
55-59	FIRST	Donald Meli	Annandale	14:09:12

2003 Events Results Book

Age	Place	Winners	Locality	Score
	SECOND	David Padilla	Falls Church	16:02:92
	THIRD	Barry Levy	Alexandria	38:01:66
60-64	FIRST	Roy Smith	Springfield	22:46:41
65-69	FIRST	Neil Sween	Vienna	17:27:57
	SECOND	James Chang	Oakton	22:04:43
85+	FIRST	Mike Flynn	Alexandria	45:33:97

TABLE TENNIS - WOMEN

50-59	FIRST	Margaret Davenport	Alexandria
	SECOND	Carolyn Law	Falls Church
60-69	FIRST	Susan Swift	Vienna
	SECOND	Kay Young	Alexandria
70-79	FIRST	Phyllis Coleman	Dale City
	SECOND	Olga Martin	Woodbridge
	THIRD	Haruko Adkins	Arlington
80 +	FIRST	Isabelle Manning	Manassas
	SECOND	Betty Sheffield	Arlington

TABLE TENNIS - MEN

50-59	FIRST	Patrick Mullaney	Reston
	SECOND	John Bower	Fairfax
	THIRD	Paul Daniels	Springfield
60-69	FIRST	Robert Vanne	Arlington
	SECOND	Roger Miller	Centreville
	THIRD	Dan Kam	Woodbridge
70-79	FIRST	Igor Gaidukow	Arlington
	SECOND	Maxwell Gainer	Alexnadria
	THIRD	Harry Bernat	Annandale
80 +	FIRST	Dennis Sheffield	Arlington
	SECOND	Stephen Krawczyk	Manassas

TENNIS - SINGLES - WOMEN

50-54	FIRST	Annette Langley	Annandale
	SECOND	Audrey Bragg	Alexandria
65-69	FIRST	Inge Trotter	Springfield
	SECOND	Kay Young	Alexandria
	THIRD	Margaret Denise	Annandale

2003 Events Results Book

Age	Place	Winners	Locality	Score
70-74	FIRST	Catherine Keely	Alexandria	
	SECOND	Helen Lazar	Falls Church	

TENNIS - SINGLES - MEN

55-59	FIRST	Roger Willmeth	Clifton
	SECOND	Walter Lazear	Reston
	THIRD	Michael Eber	Springfield
60-64	FIRST	Bob Howe	Alexandria
	SECOND	George Rao	Manassas
	THIRD	Don Sotirchos	Oak Hill
65-69	FIRST	Tony Beale	Springfield
	SECOND	Ted McClanahan	Arlington
	THIRD	Bill McCarty	Arlington
70-74	FIRST	Robert Barnard	Annandale
	SECOND	Bob Gibson	Fairfax
	THIRD	Don DiSpirito	Annandale
75-79	FIRST	Fremont Fox	Burke
	SECOND	Harry Bernat	Annandale
	THIRD	William Lyons	Falls Church
80-84	FIRST	Carlton Coffey	Fairfax Station
	SECOND	Don McKenzie	Alexandria
85 +	FIRST	Mike Grayson	Falls Church

TENNIS - DOUBLES - MEN

50-54	FIRST		
55-59	FIRST	Carl Holmbery/Patrick Mullaney	Falls Church/Reston
	SECOND	Nelson Kieff/Michael Eber	Fairfax/Springfield
	THIRD	Hector Herrera/Tracy Whitaker	Falls Church
60-64	FIRST	Bob Howe/Robert Shellhouse	Alexandria
	SECOND	Phillip Johnson/James Palumbo	Oakton/Woodbridge
	THIRD	Robert Vanne/Daniel Kam	Arlington/Woodbridge
65-69	FIRST	Robert Barnard/William Ryon, Jr	Annandale/Springfield
	SECOND	Robert Baker/David Hatcher	Springfield/ Springfield
	THIRD	Norb Sinnott/Tony Beale	Falls Church/Springfield
70-74	FIRST	Donald Rhynard/ John Grill	Clifton/Alexandria
	SECOND	Vincent Argiro/Phil Case, Jr	Alexandria/Burke
75-79	FIRST	John Fox/Harry Williams	Springfield/Springfield
80-84	FIRST	Angelo Radassao/Anthony Perucci	Oakton/Annandale

2003 Events Results Book

Age	Place	Winners	Locality	Score
85+	FIRST	Raymond Kaminski/Dennis Sheffield	Springfield/Arlington	

TENNIS - DOUBLES - WOMEN

60-64	FIRST	Anita Murchie/Linda Shellhouse	Alexandria/Alexandria
	SECOND	Nancy Small/Jo Ferry	Falls Church/ Alexandria
65-69	FIRST	Eileen Art/Sally Mackin	Springfield/Fort Belvoir
	SECOND	Joan Moore/Barbara VanCuren	Middleburg/ Middleburg
70-74	FIRST	Catherine Keeley/Lucy Redfield	Alexandria/Annandale

TENNIS - DOUBLES - MIXED

50-54	FIRST	Helen White/Andy Leighton	Arlington/Arlington
	SECOND	Rebecca Pick/David Hatcher	Oakton/Springfield
	THIRD	? Battle/M. Shahjahan	not registered/Arlington
55-59	FIRST	Treva Tollerud/Roger Willmeth	Alexandria/Clifton
	SECOND	Vickie Clark/Patrick Mullaney	Fairfax/Reston
	THIRD	Gloria Starr/Hector Herrera	Falls Church/Falls Church
60-64	FIRST	Helen Harris/Robert Baker	Annandale/Springfield
65-69	FIRST	John Wescott/Toby Urbach	Oakton/Annandale
	SECOND	Norb Sinnott/ Nancy Small	Falls Church/Falls Church
70-74	FIRST	Bob Gibson/Joan Duesterdick	Fairfax/Annandale
80-84	FIRST	Mike Grayson/ Oriel Morris	Falls Church/Arlington
	SECOND	Dennis Sheffield/ Betty Sheffield	Arlington/Arlington

YO-YO

50-69	FIRST	Jacqueline Stephens	Fairfax Station	13pts.(beginner)
	FIRST	David Padilla	Falls Church	23pts.(novice)
	FIRST	Roger Webb	Alexandria	21pts.(advanced)

TRACK & FIELD

DISCUS - WOMEN

60-64	FIRST	Toni Letaw	Vienna	49' 7 1/4
65-69	FIRST	Jacqueline Stephens	Fairfax Station	39' 3 1/2
70-74	FIRST	Jane Filkins	Falls Church	3' 11 1/2
	SECOND	Rita Hains	Falls Church	23' 8 3/4
80-84	FIRST	Bernie Kleinschmidt	Annandale	36' 8

2003 Events Results Book

Age	Place	Winners	Locality	Score
	SECOND	Carla Convey	Alexandria	21'7
	THIRD	Sunie Barr- Clark	Falls Church	19' 10 1/2
85+	FIRST	Mary Lathram	Falls Church	22' 11 1/4

DISCUS - MEN

50-54	FIRST	Sergey Artuyunov	Fairfax	68'11
55-59	FIRST	Donald Meli	Annandale	67'5
60-64	FIRST	Victor Litwinski	McLean	99'9
	SECOND	Burton Bostwick	Arlington	65'5
	THIRD	Richard Stohr	Springfield	63'10
65-69	FIRST	Roderick McDonald	Fairfax	97'4
	SECOND	Hector Herrera	Falls Church	73'6
70-74	FIRST	Robert Klaren	Springfield	80'4
	SECOND	James Gravete	Arlington	68'10
	THIRD	Dante Simbulan	Burke	57'2
75-79	FIRST	Harry Bernat	Annandale	47'7
80-84	FIRST	Herlindo Delgado	Burke	55'6
85+	FIRST	Raymond Kaminski	Springfield	37'8

LONG JUMP, RUNNING - WOMEN

60-64	FIRST	Toni Letaw	Vienna	8'3"
80-84	FIRST	Carla Convey	Alexandria	4'9"
	SECOND	Sunie Barr- Clark	Falls Church	2'9"

LONG JUMP, RUNNING - MEN

50-54	FIRST	Willie Adams	Alexandria	13'6"
	SECOND	Sergey Arutyunov	Fairfax	9'3"
55-59	FIRST	Jim Noone	Fairfax	10'7"
	SECOND	Donald Meli	Annandale	10'
60-64	FIRST	Robert Taylor	Arlington	14'8"
	SECOND	Dan Kam	Woodbridge	8'9"
	THIRD	Burton Bostwick	Arlington	7'11.5"
65-69	FIRST	Jesse Hill	Springfield	7'6"
70-74	FIRST	Robert Klaren	Springfield	8'3"
	SECOND	Dante Simbulan	Burke	8'1.5"
	THIRD	Nicholas Fidandis	Alexandria	8'
75-79	FIRST	Harry Bernat	Annandale	3'7"

2003 Events Results Book

Age	Place	Winners	Locality	Score
80-84	FIRST	Herlindo Delgado	Burke	6'8"
	SECOND	Mike Grayson	Falls Church	3'10"
85 +	FIRST	Andrew Simko	Springfield	4' 6.5"

LONG JUMP, STANDING - WOMEN

60-64	FIRST	Toni Letaw	Vienna	5'3"
65-69	FIRST	Jacqueline Stephens	Fairfax Station	3' 6.5"
80-84	FIRST	Carla Convery	Alexandria	3'6"
	SECOND	Sunie Barr- Clark	Falls Church	2'6"
85+	FIRST	Mary Lathram	Falls Church	2'8"

LONG JUMP, STANDING - MEN

50-54	FIRST	Sergey Arutyunov	Fairfax	6'4"
55-59	FIRST	Donald Meli	Annandale	6'2.5"
	SECOND	Dave Bertagnoli	Alexandria	5'7"
60-64	FIRST	Victor Litwinski	McLean	7'5"
	SECOND	Robert Taylor	Arlington	7' 4.5"
	THIRD	Burton Bostwick	Arlington	6'7"
65-69	FIRST	Jim Viggiani	Manassas	4'2"
70-74	FIRST	John Baker	Arlington	6'9"
	SECOND	Charles Bennett	Annandale	6'1"
	THIRD	Dante Simbulan	Burke	?
75-79	FIRST	Harry Bernat	Annandale	3'7"
80-84	FIRST	Herlindo Delgado	Burke	5' 4.5"
	SECOND	Mike Lowe	Springfield	3' 11.5"
85+	FIRST	Andrew Simko	Springfield	4' 1/2"
	SECOND	Mike Grayson	Falls Church	3'6"

SHOT PUT - WOMEN

60-64	FIRST	Toni Letaw	Vienna	18'10 3/4"
65-69	FIRST	Jacqueline Stephens	Fairfax Station	19'5 3/4 "
70-74	FIRST	Jane Filkins	Falls Church	14' 1"
	SECOND	Rita Hains	Falls Church	12' 7"
80-84	FIRST	Bernie Kleinschmidt	Annandale	14' 8 3/4"
	SECOND	Jeri Patt	Fairfax	13' 4 1/2 "
	THIRD	Carla Convery	Alexandria	11' 3 1/2 "
85+	FIRST	Mary Lathram	Falls Church	9' 8"

2003 Events Results Book

Age	Place	Winners	Locality	Score
SHOT PUT - MEN				
50-54	FIRST	Sergey Arytyunov	Fairfax	23' 3 3/4"
55-59	FIRST	Donald Meli	Annandale	25' 10"
60-64	FIRST	Troy Mashurn	Falls Church	32' 11"
	SECOND	Victor Litwinski	McLean	32' 9 1/4"
	THIRD	Kari Huntanger	Woodbridge	24' 4 1/2"
65-69	FIRST	Hector Herrera	Falls Church	29' 8 3/4"
	SECOND	Heling Luo	Arlington	29' 8 1/4 "
	THIRD	Roderick McDonald	Fairfax	29' 7 1/4"
70-74	FIRST	Robert Klaren	Springfield	28' 8"
	SECOND	John Baker	Arlington	28' 6"
	THIRD	James Gravette	Arlington	25' 2"
75-79	FIRST	Harry Bernat	Annandale	16' 3 1/4"
80-84	FIRST	Hernando Delgado	Burke	22' 4"
85+	FIRST	Raymond Kaminski	Springfield	17' 5"
	SECOND	Andrew Simko	Springfield	15' 6"

SOFTBALL HIT - WOMEN

65-69	FIRST	Jacqueline Stephens	Fairfax Station	97' 9"
70-74	FIRST	Jane Filkins	Falls Church	100' 5"
	SECOND	Patricia Childers	Springfield	47' 5"
75-79	FIRST	Mary Boska	Alexandria	13' 5"
80-84	FIRST	Boyce Price	Alexandria	79' 3"
85 +	FIRST	Mary Lathram	Falls Church	54' 1"

SOFTBALL HIT - MEN

55-59	FIRST	Donald Meli	Annandale	197' 9.5"
	SECOND	James Coleman	Alexandria	147'
60-64	FIRST	Burton Bostwick	Arlington	184' 3"
	SECOND	Thomas Redmond	Centreville	155' 11"
	THIRD	Richard Stohr	Springfield	152'
65-69	FIRST	Charles Toftoy	Arlington	183' 2"
	SECOND	Kevin Connolly	Alexandria	177' 9"
70-74	FIRST	Donald Sweigart	Alexandria	193' 9"
	SECOND	James Gravette	Arlington	196' 11"
75-79	FIRST	Harry Bernat	Annandale	90' 1"

2003 Events Results Book

Age	Place	Winners	Locality	Score
80-84	FIRST	Herlindo Delgado	Burke	79' 6.5"
85 +	FIRST	Andrew Simko	Springfield	141' 8"
	SECOND	Raymond Kaminski	Springfield	120' 4"

SOFTBALL THROW - WOMEN

65-69	FIRST	Jacqueline Stephens	Fairfax Station	73' 3"
70-74	FIRST	Patricia Childers	Springfield	68' 1"
	SECOND	Jane Filkins	Falls Church	35' 6"
75-79	FIRST	Mary Boska	Alexandria	52' 11"
85 +	FIRST	Mary Lathram	Falls Church	36'

SOFTBALL THROW - MEN

55-59	FIRST	James Coleman	Alexandria	134' 3.5"
	SECOND	Donald Meli	Annandale	121' 8.5"
60-64	FIRST	Burton Bostwick	Arlington	126' 9"
	SECOND	Richard Stohr	Springfield	85' 3"
65-69	FIRST	Charles Toftoy	Arlington	109' 5"
	SECOND	Kevin Connolly	Alexandria	97' 1"
70-74	FIRST	Donald Sweigart	Alexandria	91' 8"
	SECOND	James Gravette	Arlington	75' 2"
75-79	FIRST	Harry Bernat	Annandale	48' 4"
80-84	FIRST	Herlindo Delgado	Burke	83' 9.5"
85+	FIRST	Raymond Kaminski	Springfield	80' 9"
	SECOND	Andrew Simko	Springfield	76' 10"

50 METER DASH - WOMEN

50-54	FIRST	Grace Starbird	Falls Church	11:59
55-59	FIRST	Carolyn Wilson	McLean	10:31
60-64	FIRST	Toni Letlaw	Vienna	9:47
65-69	FIRST	Evie Herbst	Annandale	10:34
70-74	FIRST	Rita Hains	Falls Church	14:11
80-84	FIRST	Carla Convey	Alexandria	11:40
	SECOND	Barbara Gladd	Annandale	11:52

50 METER DASH - MEN

50-54	FIRST	Schuyler Webb	Arlington	6:58*
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2003 Events Results Book

Age	Place	Winners	Locality	Score
55-59	SECOND	Willie Adams	Alexanfria	6:67
	THIRD	Sergey Arutyunov	Fairfax	8:76
	FIRST	Donald Meli	Annandale	7:76
60-64	SECOND	Thomas Farrell	Chantilly	7:90
	THIRD	Patrick Mullaney	Reston	8:13
	FIRST	Robert Taylor	Arlington	7:09
65-69	SECOND	Thomas Redmond	Centreville	8:27
	THIRD	Burton Bostwick	Arlington	8:79
	FIRST	Ralph Hyer	Annandale	8:85
70-74	SECOND	Robert Hannah	Oakton	8:89
	FIRST	John Baker	Arlington	8:25
	SECOND	Joseph Clement	Springfield	8:76
80-84	THIRD	Robert Stotz	McLean	9:07
	FIRST	Dana Hodgdon	McLean	9:24
	SECOND	Mike Lowe	Springfield	10:57
85+	THIRD	Harry Bernat	Annandale	12:68
	FIRST	Andrew Simko	Springfield	10:52*

100 METER DASH - WOMEN

55-59	FIRST	Carolyn Wilson	McLean	20:38
60-64	FIRST	Toni Letaw	Vienna	18:38
80-84	FIRST	Barbara Gladd	Annandale	22:98
	SECOND	Carla Convery	Alexandria	23:98

100 METER DASH - MEN

50-54	FIRST	Willie Adams	Alexandria	12:86*
	SECOND	Shabaka Jeusi	Manassas	14:16
	THIRD	Sergey Arutyunov	Fairfax	16:97
55-59	FIRST	Donald Meli	Annandale	14:50
	SECOND	Thomas Farrell	Chantilly	14:88
	THIRD	Dave Bertagnoli	Alexandria	16:63
60-64	FIRST	Robert Taylor	Arlington	13:90
	SECOND	Thomas Redmond	Centreville	16:54
	THIRD	Burton Bostwick	Arlington	17:56
65-69	FIRST	Roderick McDonald	Fairfax	17:26
	SECOND	Robert Hannah	Oakton	18:29
	THIRD	Ralph Hyer	Annandale	20:12
70-74	FIRST	John Baker	Arlington	17:17

2003 Events Results Book

Age	Place	Winners	Locality	Score
75-79	SECOND	Nicholas Fidnadis	Alexandria	19:61
	SECOND	Robert Klaren, Sr	Springfield	19:61
	FIRST	Curran Tiffany	Arlington	17:02
	SECOND	Harry Bernat	Annanale	25:16
80-84	FIRST	Mike Lowe	Springfield	24:12
85 +	FIRST	Andrew Simko	Springfield	22:44*

200 METER RUN - WOMEN

60-64	FIRST	Patricia Yanosek	Annadale	45:20
	SECOND	Toni Letaw	Fairfax	46:55
80-84	FIRST	Barbara Gladd	Annandale	60:10

200 METER RUN - MEN

50-54	FIRST	Shabaka Jeusi	Manassas	29:87
55-59	FIRST	Donald Meli	Annandale	30:96
	SECOND	Jim Noone	Fairfax	31:52
	THIRD	David Padilla	Falls Church	38:11
60-64	FIRST	Robert Taylor	Arlington	32:01
	SECOND	Gil Bernabe	Burke	33:40
	THIRD	Stan Brown	Fairfax	36:63
65-69	FIRST	Frank Green	Annandale	33:73
	SECOND	Charles Ramsey	Alexandria	36:66
	THIRD	Roderick McDonald	Fairfax	45:99
70-74	FIRST	Nicholas Fidandis	Alexandria	46:13
75-79	FIRST	Curran Tiffany	Arlington	36:99
	SECOND	Harry Bernat	Annandale	59:95

400 METER RUN - WOMEN

60-64	FIRST	Patricia Yanosek	Alexandria	1:46
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400 METER RUN - MEN

50-54	FIRST	James Ratzenberger	Vienna	1:09
	SECOND	Shabaka Jeusi	Manassas	1:11
55-59	FIRST	Dave Bertagnoli	Alexandria	1:07
	SECOND	Jim Noone	Fairfax	1:09
	THIRD	Donald Meli	Annandale	1:11

2003 Events Results Book

Age	Place	Winners	Locality	Score
60-64	FIRST	Stan Brown	Fairfax	1:23
	SECOND	Gil Bernabe	Burke	1:24
	THIRD	George Rao	Manassas	2:02
70-74	FIRST	Zonggu Chen	Vienna	1:45
	SECOND	Nicholas Fidandis	Alexandria	2:30
75-79	FIRST	Curran Tiffany	Arlington	1:27
80-84	FIRST	Johnnie Mercado	Centreville	2:43

800 METER RUN - WOMEN

60-64	FIRST	Patricia Yanosek	Alexandria	4:26
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800 METER RUN - MEN

50-54	FIRST	Rich Hower	Reston	2:28*
55-59	FIRST	Jim Noone	Fairfax	2:43
	SECOND	Dave Bertagnoli	Alexandria	2:52
	THIRD	David Padilla	Falls Church	3:32
60-64	FIRST	Gil Bernabe	Burke	3:08
	SECOND	Stan Brown	Fairfax	3:26
	THIRD	George Rao	Manassas	5:05
65-69	FIRST	Frank Green	Annandale	3:19
75-79	FIRST	Curran Tiffany	Arlington	3:54
80-84	FIRST	Johnnie Mercado	Centreville	6:12

800 METER WALK - WOMEN

55-59	FIRST	Josephine Smith	Centreville	5:16
	SECOND	Beth Baynes	Arlington	5:34
	THIRD	Mary Johnson	Woodbridge	5:50
65-69	FIRST	Jacqueline Stephens	Fairfax Station	6:17
80-84	FIRST	Barbara Gladd	Annandale	7:14
85+	FIRST	Mary Lathram	Falls Church	7:04

800 METER WALK - MEN

55-59	FIRST	Daniel Bowes	Woodbridge	5:54
60-64	FIRST	Ronald Willard	Springfield	7:19
65-69	FIRST	Roger Webb	Alexandria	5:18
70-74	FIRST	Dante Simbulan	Burke	5:54

2003 Events Results Book

Age	Place	Winners	Locality	Score
75-79	FIRST	Harry Bernat	Annandale	6:54
80-84	FIRST	Johnnie Mercado	Centreville	7:57
85+	FIRST	Edward Seeger	Falls Church	6:59
	SECOND	Harold Novinger	Falls Church	8:22

1500 METER WALK - WOMEN

55-59	FIRST	Josephine Smith	Centreville	10:24*
	SECOND	Beth Baynes	Arlington	10:50
65-69	FIRST	Evie Herbst	Falls Church	12:19
80-84	FIRST	Barbara Gladd	Annandale	14:20
85+	FIRST	Mary Lathram	Falls Church	13:54

1500 METER WALK - MEN

65-69	FIRST	Roger Webb	Alexandria	9:59
70-74	FIRST	James Gravette	Arlington	10:30
	SECOND	Dante Simbulan	Burke	12:09
75-79	FIRST	Harry Bernat	Annandale	13:46
80-84	FIRST	Johnnie Mercado	Centreville	14:58
85+	FIRST	Harold Novinger	Falls Church	16:18

3 MILE WALK - WOMEN

50-54	FIRST	Maryann Schwab	Fairfax	34:29*
	SECOND	Grace Starbird	Falls Church	41:45
55-59	FIRST	Josephine Smith	Centreville	34:54
	SECOND	Beth Baynes	Arlington	36:17
	THIRD	Josephine Burns	Arlington	47:27
60-64	FIRST	Marie Stringfellow	Alexandria	39:02
65-69	FIRST	Dorothy Skinner	Alexandria	37:41
70-74	FIRST	Suzanne Sepilian	Burke	40:52
75-79	FIRST	Erma Schumacher	Alexandria	43:04
80-84	FIRST	Barbara Gladd	Annandale	46:37
85+	FIRST	Mary Lathram	Falls Church	43:46

3 MILE WALK - MEN

50-54	FIRST	Eugene Burna	Arlington	43:06
55-59	FIRST	Victor Litwinski	McLean	31:03

2003 Events Results Book

Age	Place	Winners	Locality	Score
60-64	SECOND	George Rao	Manassas	40:07
65-69	FIRST	Roger Webb	Alexandria	34:28
	SECOND	James Chang	Oakton	36:16
	THIRD	Charles Stringfellow	Alexandria	38:26
70-74	FIRST	James Gravette	Arlington	37:24
	SECOND	Dante Simbulan	Burke	40:19
	THIRD	Donald Sweigart	Alexandria	42:04
75-79	FIRST	William Shaw	Springfield	44:02
80-84	SECOND	I. Boyce Price	Alexandria	51:13
85 +	FIRST	Edward Seeger	Falls Church	41:37

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
ARCHERY - COMPOUND - WOMEN				
50 - 59	Donna Turgeon	Fairfax Station	421	2002
60 - 64	Pat Carlson	Springfield	203	1992
ARCHERY - COMPOUND - MEN				
55 - 59	Layton Allen	Springfield	290	1990
60 - 64	Wayne Bell	Annandale	263	1999
65 - 69	Bill Ayers	Springfield	269	1991
70 - 79	Victor Linden	Fairfax	457	2002
80 +	Steve Hajek	Woodbridge	337	2002
ARCHERY - RECURVE - WOMEN				
50 - 54	Sue Phillips	Centreville	256	1999
55 - 59	Toni Letaw	Vienna	268	1998
60 - 64	Donna Packard	Vienna	278	1998
65 - 69	Bernie Kleinschmidt	Annandale	167	1991
70 - 74	Bernie Kleinschmidt	Annandale	139	1993
75 - 79	Bernie Kleinschmidt	Annandale	250	1999
ARCHERY - RECURVE - MEN				
55 - 59	Robert Keaton	Manassas	230	1991
60 - 64	Thomas Cox	Dale City	221	1990
65 - 69	Bill Ayers	Springfield	167	1991
70 - 74	Fernand Achee	Alexandria	118	1991
75 - 79	Steve Hajek	Woodbridge	46	1995
80 - 84	Steve Hajek	Woodbridge	150	1998
85 +	Paul Strickler	Falls Church	97	1998
BAITCASTING - WOMEN				
All	Archye Mackey Bryant	Alexandria	6	2002
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

Age	Winners	Locality	Score	Year
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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+	Bernie Kleinschmidt	Annandale	17/25	2003

BASKETBALL FREE THROW - MEN

50 - 59	John Kraus	Fairfax	19/25	2003
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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
50-59	Lucy Sale	Herndon	83	2003
60 - 69	Jean Wagoner	Reston	99	2002
70 - 74	Faye Schultz	Falls Church	117	1989
75 - 79	Mae Fuller	Reston	124	1996
80+	Boyce Price	Alexandria	99	2003

GOLF - GROSS SCORE - MEN

50 - 59	Roger Shifflet	Manassas	81	2002
	Ricardo Garza	Alexandria	81	2002
55 - 59	Lou Lawlor	Annandale	85	1994
60 - 69	George Mazuzan	Springfield	84	2002
70 - 79	Orlando Van Bavel	Woodbridge	77	2002
80+	Guido Cavallo	Arlington	83	2003

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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
50 - 59	Carol Blair	Reston	50	2000
60 - 69	Lazell Hunigan	Sterling	64	2000
70 - 79	Wanda Bridgman	Fairfax	63	2000
80+	Boyce Price	Alexandria	74	2003

GOLF ---- "CALLAWAY" - NET SCORE

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	Polly Harrington	Falls Church	39	1992
70 - 79	Anita Morgan	Arlington	46	2002
80 - 84	Birdie Hughes	Falls Church	40	1995
	Dorothy Segal	Fairfax	40	1995

MINIATURE GOLF - MEN

55 - 59	Ray Holt	Arlington	36	1994
60- 69	George Weeks	Fairfax	39	2002
70 - 79	Lester Morgan	Arlington	42	2002
80 +	A. Edward DeSomma	McLean	44	1998
	Steve Hajek	Woodbridge	44	2002

SWIMMING - BACKSTROKE - WOMEN

50 - 54	Andrea Haines	Alexandria	:37.83	1998
55 - 59	Andrea Haines	Alexandria	:38:46	2003
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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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	:43.33	2003
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	Minna Hammer	Fairfax Station	1:10:82	2003
85 +	A. V. Symington	Lesburg	1:52.40	2001
SWIMMING - BREAST STROKE - MEN				
50 - 54	James Hill	Springfield	:35.65	2002
55 - 59	William Philips	Arlington	:43.83	1982
	Donald Meli	Annandale	:48:83	2003
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	:54:56	2003
85 +	J.R. Cassidy	Manassas	1:23.78	2001
SWIMMING - FREESTYLE - WOMEN				
50 - 54	Andrea Haines	Alexandria	:33.05	1998
55 - 59	Mary Schreiner	Annandale	:31.49	1998
60 - 64	Minna Hamner	Annandale	:40.76	1983
65 - 69	Elizabeth Deem	Woodbridge	:37.38	1984

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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	Andrea Haines	Alexandria	12:34:72	2003
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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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 Greyson		8' 7"	2002

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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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 ¾"	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
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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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	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

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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
80 - 84	Hedy Marque	Alexandria	22:53	1998

100 METER DASH - MEN

50 - 54	Willie Adams	Alexandria	12:86	2003
55 - 59	Richard West	Springfield	11:41	1985
60 - 64	Donald Easton	Annandale	11:95	1985
65 - 69	Aubrey Williams	Fairfax	13:47	1982
70 - 74	Neel Price	McLean	13:09	1985
75 - 79	Glen Drummond	Fairfax	16:07	1996
80 - 84	Josiah Smith	Ashburn	16:17	1997
85 +	Andrew Simko	Springfield	22:44	2003

200 METER 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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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	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

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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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	Josephine Smith	Centreville	10:24:00	2003
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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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

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	Mary Ann Schwab	Fairfax	34:29:00	2003
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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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

**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.**