

## 2004 EVENT RESULTS

# 22<sup>nd</sup> Annual NORTHERN VIRGINIA SENIOR OLYMPICS September 18-30, 2004

### Sponsored by:

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

### 2004 Special Patrons

#### **GOLD**

Goodwin House, Inc.  
Sunrise Senior Living

### EVENTS

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

\* Indicates tied or established new Olympic record

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### Event

Backgammon	
Baitcasting	
Basketball Throw	
Basketball 3 on 3	
Bowling	
Bridge, Duplicate	
Bunco ( <i>Trial Event</i> )	
Canasta	
Chess	
Cribbage	
Dominoes	
Eight Ball Pool	
Frisbee Throw	
Golf, Gross & Net	
Horseshoes	
Kings in the Corner	
Line Dancing (team)	
Miniature Golf	
Pickleball, Singles, Doubles & Mixed Doubles	
Pickleball,	
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	*

**2004 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
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**BACKGAMMON**

All	Gold (Tie)	Sanda Costecu	Arlington	
		Sattar Farzan	Falls Church	
	Silver	Jim Goldfrank	Herndon	
	Bronze	Walter Lazear	Reston	

**BAITCASTING - WOMEN**

All	Gold	Patricia Childers	Springfield	3
	Silver	Margaret Carnes	Annandale	2

**BAITCASTING - MEN**

All	Gold	Kevin Connolly	Alexandria	15
	Silver	Richard Stohr	Springfield	12
	Bronze	Dante Simbulan	Burke	5

**BASKETBALL FREE THROW - WOMEN**

60-69	Gold	Margaret Carnes	Annandale	
70-79	Gold	Mark Boska	Alexandria	
	Silver	Pat Childers	Springfield	
	Bronze	Virginia Cafolla	Alexandria	
80-89	Gold	Carla Convery	Fairfax	
	Silver	Bernie Kleinschmidt	Fairfax	

**BASKETBALL FREE THROW - MEN**

50-59	Gold	John Stavropoulos	Fairfax Station	
	Silver	John Kraus	Fairfax	
	Bronze	Peter Chopivsky	Leesburg	
60-69	Gold	Harold Skeins	Fairfax	
	Silver	Kai-Peter Koenig	Montclair	
	Bronze	Richard Carnes	Annandale	
70-79	Gold	Mike Lowe	Springfield	
	Silver	George Ryffel	Arlington	
	Bronze	J.R. Cassidy	Mannassas	
	(Tie)	Keith Culbertson	Alexandria	

**2004 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>BASKETBALL, 3-ON-3 - WOMEN</b>				
No Competition in 2004				

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

50-59	Gold	Metro All Stars		
	Silver	Gray Hairs		
60-69	Gold	Virginia Blues		
	Silver	Team Virginia B		
	Bronze	Team Virginia A		

**BOWLING - TEN PIN - WOMEN**

50-54	Gold	Lynda Hellman	Burke	594
55-59	Gold	Audrey Stoutchman	Alexandria	631
70-74	Gold	Vandelyn Czika	Annandale	615
	Silver	Ethel Washington	Arlington	581
	Bronze	Millie DeMedici	Woodbridge	558
75-79	Gold	Hilda Fox	Springfield	634
	Silver	Marjorie Burts	Alexandria	603
	Bronze	Beatrice Cox	Burke	602
80-84	Gold	Evangacine Barnes	Alexandria	579
	Silver	Peggy Hurney	Springfield	554
	Bronze	Jeri Patt	Fairfax	553

**BOWLING - TEN PIN - MEN**

50-54	Gold	Lorenzo Barnes	Springfield	654
55-59	Gold	Donald Drain	Springfield	564
65-69	Gold	Rick Renniger	Springfield	651
	Silver	John Kang	Fairfax	632
	Bronze	Richard Heinrich	Alexandria	544
70-74	Gold	Lester Morgan	Arlington	691
	Silver	Thomas Robinson	Alexandria	652
	Bronze	Joseph Hyer	Reston	595
75-79	Gold	Leonard Kalkwarf	Springfield	632
	Silver	Raymond Goelz	Sterling	589
	Bronze	John Fox	Springfield	563
80-84	Gold	Clement Irons	Sterling	594
	Silver	Jim Willcock	Falls Church	587

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
85+	Bronze	John Pesch	Potomac Falls	553
	Gold	Carl Schaad	Sterling	610
	Silver	John Hurney	Springfield	506
	Bronze	Joseph Dazzo	Mannassas Park	475

### BRIDGE, DUPLICATE

NORTH/ SOUTH	Gold	Margaret Fevaag/Nina Ragan
	Silver	Mae Mace/Gerda Mudd
	Bronze	Pat Visconte/Ray Cicale
EAST/ WEST	Gold	Helen Woodland/Elizabeth Hayes
	Silver	Edith Kersey/Arlette Hennessey
	Bronze	Jeanne Hahn/Jerry Hahn

### BUNCO (*Trial Event*)

All	Gold	Olga Wisneski	Alexandria
	Silver	Rosemary Hilsabeck	Springfield
	Bronze	Toni Clark	Alexandria

### CANASTA - *Cancelled due to low enrollment*

### CHESS

All	Gold	Sanda Costecu	Arlington
	Silver	Ed McLaughlin	Mason Neck
	Bronze	Helmut Gramberg	Arlington

### CRIBBAGE

All	Gold	Janet Viands	Reston
	Silver	Ed Tasca	Springfield
	Bronze	John Kraus	Fairfax

### 8 BALL POOL - WOMEN

All	Gold	Svong Rogers	Springfield
	Silver	Roberta Assur	Springfield
	Bronze	Jeri Patt	Fairfax

**2004 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
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**8 BALL POOL - MEN**

All	Gold	Maxwell Gainer	Alexandria	
	Silver	Steady Hicks	Potomac Falls	
	Bronze	Joseph Griffin	Falls Church	

**FRISBEE THROW - WOMEN**

60-69	Gold	Margaret Carnes	Annandale	25
70-79	Gold	Pat Childers	Springfield	43.5
	Silver	Pat Mobous	Alexandria	20.5

**FRISBEE THROW - MEN**

60-69	Gold	Koemig Kai Petai	Montclair	85.5
	Silver	Richard Carnes	Montclair	74.5
	Bronze	Richard Stohr	Springfield	64.2
70-79	Gold	Dante Simbulan	Burke	64.0
80-84	Gold	Herlindo Delgado	Burke	75.5
	Silver	Ben Robinson	Alexandria	32.1
	Bronze	J.R. Cassidy	Mannassas	58.2

**GOLF - GROSS SCORE - WOMEN**

50-59	Gold	Annette Langley	Annandale	93
60-69	Gold	Barbara Klementz	Annandale	116
70-79	Gold	Jackie Hand	Alexandria	108

**GOLF - GROSS SCORE - MEN**

50-59	Gold	Thomas Niles	Mannassas	80
60-69	Gold	Patrick Manley	Woodbridge	86
70-79	Gold	Keith Enyon	Springfield	82
80+	Gold	Guido Cavallo	Arlington	86

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

50-59	Gold	Audrey Stutchman	Alexandria	75
60-69	Gold	Mary Dodd	Alexandria	79
70-79	Gold	Elaine Cherry	Vienna	79
	Silver	Sophie Harvey	Springfield	82

**2004 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
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**GOLF - "CALLAWAY" NET - MEN**

50-59	Gold	John Melanson	Fairfax Station	73
	Silver	Earl Quash		73
	Bronze	Donald Drain		Springfield
60-69	Gold	Richard Henrich	Alexandria	69
	Silver	Skip Weeks	Fairfax	74
	Bronze	James Menditto	Arlington	75
70-79	Gold	Jim Lloyd	Fairfax	72
	Silver	Wally Parham	Vienna	73
	Bronze	Roy Korth	Springfield	74
80+	Gold	Patrick Russell	McClean	76

**HORSESHOES - WOMEN**

55-59	Gold	Beverly Kalkwarf	Springfield
	Silver	Mary Boska	Alexandria
	Bronze	Jeri Patt	Fairfax
80-84	Gold	Bernie Kleinschmidt	Annandale
	Silver	Mary Boska	Alexandria
	Bronze	Jeri Patt	Fairfax

**HORSESHOES - MEN**

65-69	Gold	Larry McAllister	Vienna
	Silver	Hal Corby	Vienna
	Bronze	Ronald Willard	Springfield
70-74	Gold	Ben Robinson	Alexandria
	Silver	Keith Culberston	Fairfax
	Bronze	Robert Stotz	McClean

**KINGS IN THE CORNER**

All	Gold	Helen McGhee	Alexandria
	Silver	Margaret M. Everly	Falls Church
	Bronze	Gene Killway	Alexandria

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<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
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**LINE DANCING (TEAM)**

All	Gold	WATA Gators: Connie Streeter, Jan Ayton, RePete Trlogan, Luella Montgomery, Ed Turner, & Don Streeter		
	Silver	Krazy K & the Trashettes: Pamela Clark, Inge Ercolana, May, McWilliams, T. J. Ra, & Kathy Fanelli		
	Bronze	Shamrockettes: Annmarie Pittman, Alease Brooks, Karen Kimball, Maenna Jamison, Elsie bartlett, Dottie Russ, Jackie Bong, & Rose Stroman		

**MINIATURE GOLF - WOMEN**

50-59	Gold	Margie Davenport	Alexandria	45
	Silver	Manette Lazear	Reston	49
	Bronze	Carolyn Law	Falls Church	53
60-69	Gold	Lama Tobey	Woodbridge	48
	Silver	Margaret Carnes	Annandale	50
70-79	Gold	Anita Morgan	Arlington	52
	Silver	Barbara Fitzgerald	Alexandria	65
	Bronze	Delores Cavallo	Arlington	DNF

**MINIATURE GOLF - MEN**

50-59	Gold	John Kraus	Fairfax	50
60-69	Gold	George Weeks	Fairfax	42
	Silver	Richard Carnes	Annandale	43
	Bronze	James Menditto	Arlington	45
70-79	Bronze	Richard Heinrich	Alexandria	45
	Gold	Dante Simbulan	Burke	53
	Silver	Lester Morgan	Arlington	54
80 +	Gold	Guido Cavallo	Arlington	51

**PICKLEBALL - DOUBLES - WOMEN**

50-59	Gold	Margaret Davenport	Alexandria
		Carolyn Law	Falls Church
70-79	Silver	Suzanne Gesin	Arlington
		Jane Filkins	Falls Church
	Gold	Mary Bosca	Alexandria



**2004 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
	Silver	Betty Paul Catherine deLaubenfels	Alexandria Arlington	

**PICKLEBALL - DOUBLES - MEN**

60-69	Gold	Joseph Hartry Dick Leverone	Arlington Arlington
	Silver	Larry McAllister Hal Corby	Vienna Vienna
	Bronze	John Price Del Wilson	Arlington Burke
70-79	Gold	Henry Morin Raymond Kaminski	Springfield Springfield
80+	Gold	Willard Moore Mike Grayson	Arlington Falls Church

**PICKLEBALL - SINGLES - WOMEN**

50-59	Gold	Margaret Davenport	Alexandria
70-79	Gold	Jane Filkins	Falls Church
	Silver	Mary Bosca	Alexandria

**PICKLEBALL - SINGLES - MEN**

60-69	Gold	Joseph Hartary	Arlington
	Silver	Tom Sims	Annandale
70-79	Gold	Jane Filkins	Falls Church
80-89	Gold	Mike Grayson	Falls Church
	Silver	Raymond Kaminski	Springfield

**PICKLEBALL - MIXED DOUBLES**

50-59	Gold	Tom Sims Marge Davenport	Annandale Alexandria
	Silver	Larry McAllister Maryann Schwab	Vienna Fairfax
	Bronze	Mike Marrone Carolyn Law	Alexandria Falls Church
60-69	Gold	John Price	Arlington

**2004 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
70-79	Gold	Susan Zajac Mike Grayson Mary Bosca	Arlington Falls Church Alexandria	
	Silver	Bill Fisher Catherine deLaubenfels	Arlington Arlington	
	Bronze	Herlindo Delgado Jane Filkins	Burke Falls Church	
80+	Gold	Willard Moore Betty Paul	Arlington Alexandria	

**RUMMIKUB**

All	Gold	Fran James	Falls Church	
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**SHUFFLEBOARD - WOMEN**

All	Gold	Bernie Kleinschmidt	Annandale	
	Silver	Jane Filkins	Falls Church	
	Bronze	Mary Boska	Alexandria	

**SHUFFLE BOARD - MEN**

All	Gold	Ben Robinson	Alexandria	
	Silver	Bob Howe	Alexandria	

**SOFTBALL HIT - WOMEN**

55-59	Gold	Mary Schade	Lee District	69' 9"
65-69	Gold	Jackie Stephens	Fairfax Station	87' 3"
70-74	Gold	Jane Filkins	Falls Church	69' 9"
	Silver	Pat Childress	Springfield	44' 8"
75-79	Gold	Ginny Fant	Springfield	94' 8"
	Silver	Ceasarina Olschner	Fairfax	21' 1"
80-84	Gold	Bernie Kleinschmidt	Annandale	56' 7"
	Silver	Carla Convery	Alexandria	38' 0"
85 +	Gold	Mary Latham	Falls Church	40' 6"

**SOFTBALL HIT - MEN**

50-54	Gold	Robert Lewis	Arlington	197' 0"
55-59	Gold	Doug Hastings	Arlington	179' 5"
60-64	Gold	James Coleman	Alexandria	220' 1"

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
65-69	Silver	Kai -Peter Koenig	Montclair	189' 0"
	Bronze	Burton Bostwick	Arlington	140' 11"
	Gold	Richard Stohr	Alexandria	169' 5"
	Silver	Ronald Willard	Arlington	142' 7"
	Bronze	Charles Toftoy	Annandale	141' 5"
70-74	Gold	Norman Finney	Annadale	188' 7"
	Silver	Nicholas Fidandis	Alexandria	126' 1"
	Bronze	Charles Ramsey	Alexandria	122' 4"
85 +	Gold	Andy Simko	Alexandria	133' 6"
	Silver	Kay Kaminski	Annandale	126' 6"
	Bronze	Keith Culbertson	Alexandria	111' 6"

### SOFTBALL THROW - WOMEN

55-59	Gold	Mary Schade	Arlington	74' 0"
65-69	Gold	Jackie Stephens	Fairfax Station	79' 5"
70-74	Gold	Pat Childress	Springfield	59' 7"
	Silver	Jane Filkins	Falls Church	32' 5"
75-79	Gold	Ginny Fant	Springfield	41' 11"
	Silver	Cesarina Olschner	Alexandria	19' 11"
80-84	Gold	Bernie Kleinschmidt	Alexandria	46' 6"
	Silver	Carla Convery	Alexandria	29' 2"
85+	Gold	Mary Lathram	Falls Church	35' 5"

### SOFTBALL THROW - MEN

50-54	Gold	Robert Lewis	Arlington	156' 8"
55-59	Gold	Doug Hastings	Alexandria	156' 7"
60-64	Gold	Kai - Peter Keonig	Montclair	172' 2"
	Silver	Don Meli	Annandale	124' 9"
	Bronze	James Coleman	Alexandria	121' 4"
65-69	Gold	Charles Toftoy	Arlington	111' 0"
	Silver	Ronald Willard	Springfield	84' 5"
	Bronze	Richard Stohr	Springfield	75' 8"
70-74	Gold	Norman Finney	Annandale	134' 3"
	Silver	Nicholas Fidandis	Alexandria	98' 2"
	Bronze	Charles Ramsey	Alexandria	83' 9"
85+	Gold	Ray Kaminski	Springfield	84' 5"
	Silver	Andy Simko	Springfield	83' 2"
	Bronze	J.R. Cassidy	Mannassas	67' 0"

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
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### SWIMMING - BACKSTROKE - WOMEN

55-59	Gold	Patricia Lemgle	Arlington	40.21
	Silver	Mary Schade	Arlington	50.59
	Bronze	Barbara Rannazzisi	Gainsville	59.62
60-64	Gold	Helen Crum	Annandale	59.52
65-69	Gold	Rita Windish	Alexandria	102.63
70-74	Gold	Jane Filkins	Falls Church	124.69
80-84	Gold	Minna Hamner	Fairfax Station	103.69
85+	Gold	Mary Lathram	Falls Church	108.78

### SWIMMING - BACKSTROKE - MEN

50-54	Gold	James McKenzie	Clifton	40.06
60-64	Gold	Don Meli	Annandale	40.31
	Silver	David Padilla	Falls Church	50.54
65-69	Gold	Rentum Pattie	Mason Neck	47.63
75-79	Gold	James Glassco	Mclean	46.84
	Silver	Phil Case	Burke	47.32
	Bronze	Curran Tiffany	Annandale	1:00.5

### SWIMMING - BREAST STROKE - WOMEN

50-54	Gold	Jill Hill	Springfield	54.88
55-59	Gold	Pat Lenogle	Arlington	49.22
	Silver	Anne Christenson	Falls Church	55.75
60-64	Gold	Helen Crum	Annandale	102.3
65-69	Gold	Rita Windish	Alexandria	111.41
70-74	Gold	Lucy Brown	Falls Church	130.50
80-84	Gold	Jane Filkins	Falls Church	136.53

### SWIMMING - BREAST STROKE - MEN

50-54	Gold	James Hill	Springfield	35.91
	Silver	James McKenzie	Clifton	49.84
55-59	Gold	James Lengle	Arlington	37.78
60-64	Gold	Don Meli	Annandale	43.47
65-69	Gold	Kenton Pattie	Mason Neck	50.47
70-74	Gold	Bruce Herbert	Mclean	52.10
	Silver	Nicholas Fidandis	Alexandria	109.75

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
75-79	Gold	Curran Tiffany	Arlington	53.72
	Silver	Phil Case	Burke	54.09

### SWIMMING - FREESTYLE - WOMEN

55-59	Gold	Patricia Lenge	Arlington	33.91
	Silver	Mary Schade	Arlington	43.28
	Bronze	Anne Christenson	Falls Church	54.94
60-64	Gold	Helen Crum	Annandale	44.00
	Silver	Marie Lane	Arlington	135.03
65-69	Gold	Rita Windish	Alexandria	54.21
70-74	Gold	Jane Filkins	Falls Church	112.41
	Silver	Lucy Brown	Falls Church	123.15
80-84	Gold	Minna Hamner	Fairfax Station	58.31
85+	Gold	Mary Lathram	Falls Church	108.18

### SWIMMING - FREESTYLE - MEN

50-54	Gold	James McKenzie	Clifton	31.37
55-59	Gold	James Lenge	Arlington	32.72
60-64	Gold	Don Meli	Annandale	32.47
	Silver	David Padilla	Falls Church	38.50
65-69	Gold	Kenton Pattie	Mason Neck	45.91
70-74	Gold	Raymond Rieling	Springfield	47.25
	Silver	Nick Fidandis	Alexandria	54.40
75-79	Gold	James Glassco	McLean	338.28
	Silver	Phil Case	Burke	45.43
	Bronze	Curran Tiffany	Arlington	48.00

### SWIMMING - 1/2 MILE - WOMEN

50-54	Gold	Jill Hill	Springfield	20:46.47
55-59	Gold	Anne Christenson	Falls Church	21:08.38
	Silver	Barbara Rannazzisi	Gainesville	26:27.41
60-64	Gold	Helen Crum	Annandale	19:23.09
70-74	Gold	Jane Filkins	Falls Church	26:00.34
	Silver	Lucy Brown	Falls Church	DNF
85+	Gold	Mary Lathram	Falls Church	26:51.47

### SWIMMING - 1/2 MILE - MEN

**2004 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
50-54	Gold	James Hill	Springfield	12:38
	Silver	James McKenzie	Clifton	13:09.88
60-64	Gold	Don Meli	Annandale	14:38
	Silver	David Padilla	Falls Church	16:09.60
65-69	Gold	Kenton Pattie	Mason Neck	17:54.50
	Silver	Paul Geswein	Great Falls	18:38.88
75-79	Gold	Harry Bridges	Springfield	30:03
85+	Gold	Pat Russell	Mclean	22:54

**TABLE TENNIS - WOMEN**

50-54	Gold	Margaret Davenport	Alexandria
	Silver	Carolyn Law	Falls Church
60-64	Gold	Sylvia Will	Fairfax
	Silver	Lana Tobey	Woodbridge
	Bronze	Kay Young	Alexandria
70-79	Gold	Phyllis Coleman	Dale City
	Silver	Haruko Adkins	Arlington
	Bronze	Jean Hanagan	Falls Church
80 +	Gold	Betty Sheffield	Arlington
	Silver	Mollie Van Harlingen	Sterling

**TABLE TENNIS - MEN**

50-59	Gold	Patrick Mullaney	Reston
60-64	Gold	Burton Viscidi	Vienna
	Silver	Allen Duckworth	Springfield
	Bronze	John Price	Arlington
70-74	Gold	Emilo Bernal_Labrada	Alexandria
	Silver	Raymond Goelz	Sterling
	Bronze	Keith Eynon	Springfield
80 +	Gold	Maxwell Gainer	Alexandria
	Silver	Dennis Sheffield	Arlington
	Bronze	Stephen Kraxczyk	Mannassas

**TENNIS - SINGLES - WOMEN**

70-74	Gold	Catherine Keely	Alexandria
	Silver	Joan Duesterdick	Annandale
	Bronze	Carolyn McWright	Springfield

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
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### TENNIS - SINGLES - MEN

55-59	Gold	Dale Otterness	Arlington	
	Silver	Donald Drain	Springfield	
	Bronze	Roger Willmeth	Clifton	
60-64	Gold	Donald Tomb	Arlington	
	Silver	Nelson Kieff	Fairfax	
	Bronze	Bob Howe	Fairfax	
65-69	Gold	Barton Richwine	Mclean	
	Silver	Wilfred Danielson	Arlington	
	Bronze	Bill McCarty	Arlington	
70-74	Gold	Robert Shellhouse	Alexandria	
	Silver	Phillip Doherty	Burke	
	Bronze	Hector Herrera	Falls Church	
75-79	Gold	John Cole	Sterling	
	Silver	Glenn Heidbreder	Reston	
	Bronze	Phil Case	Burke	

### TENNIS - DOUBLES - MEN

50-54	Gold	Robert Shellhouse Bob Howe	Alexandria Alexandria	
	Silver	Jose DeJesus Syed Qamar	Alexandria Chantilly	
	55-59	Gold	Carl Holmberg Patrick Mullaney	Falls Church Reston
Silver		Michael Eber Nelson Keiff	Springfield Fairfax	
Bronze		Robert Cooney Si Nerone	Falls Church Falls Church	
60-64	Gold	Toui Pomsouvan Don Tomb	Arlington Arlington	
	Silver	Tracy Whitaker Hector Herera	Falls Church Fall Church	
	Bronze	Kai-Peter Koenig Gene Lee	Montclair Potomac Falls	
65-69	Gold	Ralph Hyer Joe Clement	Annandale Springfield	
	Silver	Robert Baker Dave Hatcher	Springfield Springfield	

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
80-84	Gold	Angelo Radassao Anthony Perucci	Oakton Annandale	
85+	Gold	Ray Kaminski Dennis Sheffield	Springfield Arlington	

### TENNIS - DOUBLES WOMEN

50-54	Gold	Marianne Bernhard June Jones	Hamilton Purcellville	
55-59	Gold	Shirley Boudreau Sylvia Will	Fairfax Fairfax	
60-64	Gold	Annette Dobbs Patricia Bardavid	Reston Reston	
	Silver	Linda Shellhouse Anita Murchie	Alexandria Alexandria	
	Bronze	Jayne Hart Jo Ferry	Fairfax Alexandria	

### TENNIS - MIXED DOUBLES

**No Results Reported for 2004**

### YO YO

Beginner				
50-69	Gold	Tamara Webb	Alexandria	
Novice				
50-69	Gold	David Padilla	Falls Church	
Advanced				
50-69	Gold	Rober Webb	Alexandria	

### TRACK & FIELD

#### DISCUS - WOMEN

65-69	Gold	Jacqueline Stephens	Fairfax Station	31' 10"
70-74	Gold	Jane Filkins	Falls Church	33' 7"
	Silver	Rita Hains	Falls Church	19' 9"
80-84	Gold	Bernie Kleinschmidt	Annandale	33' 7"
	Silver	Sunnie Bar Clark	Falls Church	18' 6"
85+	Gold	Mary Latham	Falls Church	22' 3"



## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
<b>DISCUS - MEN</b>				
50-54	Gold	Richard Suggs	Alexandria	100' 4"
	Silver	Willie Adams	Alexandria	82' 10"
	Bronze	Peter Blank	Annandale	57' 10"
55-59	Gold	Steve Miller	Leesburg	79' 9"
60-64	Gold	Victor Litwinski	Mclean	103' 11"
	Silver	Kai-Peter Koenig	Montclair	83' 11"
	Bronze	Donald Meli	Annandale	75' 0"
65-69	Gold	Richard Stohr	Springfield	68' 4"
	Silver	Lloyd Martin	Springfield	60' 5"
	Bronze	Ronald Wilcard	Springfield	52' 7"
70-74	Gold	Robert Klaren	Falls Church	89' 1"
	Silver	Hector Herrera	Falls Church	73' 2"
	Bronze	Dante Simbulan	Burke	56' 1"
75-79	Gold	John Baker	Alexandria	87' 0"
80-84	Gold	Hector Delgado	Burke	57' 10"
85+	Gold	George Ryffel	Arlington	46' 7"
	Silver	J.R. Cassidy	Mannassas	45' 4"
	Bronze	Andrew Simko	Springfield	40' 6"

### LONG JUMP, Standing- WOMEN

80-84	Gold	Sunnie Barr Clark	Falls Church	2' 6"
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### LONG JUMP, Standing- MEN

50-54	Gold	Richard Suggs	Alexandria	6' 9"
55-59	Gold	Doug Hastings	Alexandria	7' 4"
	Silver	Steve Miller	Leesburg	6' 7"
	Bronze	John Cruden	Annandale	5' 9"
60-64	Gold	Victor Litwinski	Mclean	7' 9"
	Silver	Robert Taylor	Arlington	7' 5"
	Bronze	Burton Bustwick	Arlington	7' 3"
65-69	Gold	Charles Toffey	Arlington	6' 5"
	Silver	Ronald Willard	Springfield	5' 11"
	Bronze	Jesse Hill	Springfield	5' 8"
70-74	Gold	Dante Simbulan	Burke	6' 1"
	Silver	Nicholas Fidanis	Alexandria	4' 9"
75-79	Gold	John Baker	Alexandria	6' 9"

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
80-84	Gold	Herlinda Dergado	Burke	5' 9"
85 +	Gold	George Ryffel	Arlington	5' 1"
	Silver	Andrew Simko	Springfield	4' 6"
	Bronze	Mike Lowe	Springfield	4' 1"

### LONG JUMP, Running - WOMEN

50-54	Gold	Jessie Brooks	Mclean	7' 1"
80-84	Gold	Sunie Barr Clark	Falls Church	2' 10"

### LONG JUMP, Running - MEN

55-59	Gold	Doug Hastings	Alexandria	11' 5"
	Silver	Steve Miller	Leesburg	10' 9"
60-64	Gold	Robert Taylor	Arlington	12' 5"
	Silver	Kai- Peter Koenig	Montclair	11' 18"
	Bronze	Victor Litwinski	Montclair	10' 8"
65-69	Gold	Chas Toftox	Arlington	9' 3"
	Silver	Stephen Mardes	Oakton	8' 7"
	Bronze	Jesse Hill	Springfield	8' 2"
70-74	Gold	Nick Fidandis	Alexandria	8' 2"
	Silver	Dante Simbulan	Burke	7' 7"
75' -79	Gold	John Baker	Alexandria	9' 7"
85+	Gold	Mike Louie	Springfield	7' 4"
	Silver	Andy Simko	Springfield	6' 5"
	Bronze	George Ryffel	Arlington	6' 3"

### SHOT PUT - WOMEN

65-69	Gold	Jacqueline Stephens	Fairfax Station	20' 6"
70-74	Gold	Jane Filkins	Falls Church	13' 11"
80-84	Gold	Josephine Stewart	Mannassas	18' 6"
	Silver	Bernie Kleinschmidt	Annandale	13' 8"
	Bronze	Sunie Bar Clark	Falls Church	8' 1"
85+	Gold	Mary Latham	Falls Church	9' 10"

### SHOT PUT - MEN

50-54	Gold	Richard Suggs	Fairfax Station	34' 5"
55-59	Gold	Doug Hastings	Alexandria	28' 3"

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
60-64	Silver	Steve Miller	Leesburg	27' 3"
	Gold	Victor Litwinski	Mclean	32' 11"
	Silver	Kai - Peter Koenig	Montclair	30' 11"
65-69	Bronze	Donal Meli	Annandale	29' 1"
	Gold	Richard Stohr	Springfield	28' 3"
	Silver	Lloyd Martin	Springfield	27' 1"
70-74	Bronze	Heling Luo	Arlington	26' 9"
	Gold	Hector Herrera	Falls Church	31' 1"
	Silver	Robert Klaren Sr.	Springfield	29' 3"
75-79	Bronze	Averett Tombes	Vienna	24' 8"
	Gold	John Baker	Alexandria	28' 8"
85+	Gold	George Rvffel	Arlington	19' 9"
	Silver	J.R. Cassidy	Mannassas	16' 7"
	Bronze	Andrew Simko	Springfield	15' 11"

### 50 METER DASH - WOMEN

50-54	Gold	Jessie Brooks	Mclean	10.36
55-59	Gold	Caroline Wilson	Mclean	10.00
65-69	Gold	Irene Mcdonnell	Fall Church	10.03
70-74	Gold	Lee Glasca	Mclean	11.58
80-84	Gold	Josephine Stewart	Mannassas	9.72
	Silver	Barbara Gladd	Annandale	11.72

### 50 METER DASH - MEN

50-54	Gold	Richard Suggs	Alexandria	7.36
	Silver	Michael Foore	Alexandria	8.00
	Bronze	Peter Chopivsky	Leesburg	8.01
55-59	Gold	John Cruden	Annandale	7.65
	Silver	Doug Hastings	Alexandria	7.82
	Bronze	Mack Stross	Reston	7.91
60-64	Gold	Robert Taylor	Arlington	7.09
	Silver	Kai-Peter Koenig	Montclair	7.62
	Bronze	Thomas Redmond	Centreville	8.07
65-69	Gold	Lloyd Martin	Springfield	9.03
	Silver	Ronald Willard	Springfield	9.72
	Bronze	Stephen Mades	Oakton	9.75
70-74	Gold	Kent Halstead	Arlington	8.50
	Silver	Joseph Clement	Springfield	8.63
	Bronze	Charles Ramsey	Alexandria	8.71

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
85+	Gold	Mike Lowe	Springfield	11.31
	Silver	Andrew Simko	Springfield	11.34
	Bronze	George Ryffel	Arlington	11.93

### 100 METER DASH - WOMEN

55-59	Gold	Caroline Wilson	McLean	22.30
65-69	Gold	Irene McDonnell	Falls Church	39.12
70-74	Gold	Lee Glasco	McLean	26.29
75-79	Gold	Rothellen Schloss	Arlington	28.47
80-84	Gold	Josephine Stewart	Mannassas	20.97
	Silver	barbara Gladd	Annandale	26.03

### 100 METER DASH - MEN

50-54	Gold	Richard Suggs	Alexandria	15.39
55-59	Gold	Doug Hastings	Alexandria	16.31
	Silver	John Crupen	Annandale	18.28
60-64	Gold	Robert Taylor	Fairfax	15.94
	Silver	Kai - Peter Koenig	Montclair	16.37
	Bronze	Donald Meli	Annandale	16.55
65-69	Gold	Stephen Mandes	Oakton	21.07
	Silver	Ronald Willard	Springfield	21.50
	Bronze	Charles Mullen	Alexandria	24.27
70-74	Gold	Kent Halstead	Arlington	19.47
	Silver	Charles Ramsey	Alexandria	
	Bronze	Lawrence Earl	Gainsville	19.84
75-79	Gold	John Baker	Alexandria	19.06
	Silver	Tiffany Curran	Arlington	19.55
	Bronze	John Martin	Fairfax	19.94
85 +	Gold	Mike Lowe	Springfield	24.06
	Silver	Andrew Simko	Springfield	24.82
	Bronze	George Ryffel	Arlington	25.15

### 200 METER RUN - WOMEN

70-74	Gold	Lee Glassco	McLean	51.00
80-84	Gold	Josephine Stewart	Mannassas	48.06
	Silver	Barbara Gladd	Annandale	55.27

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
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### 200 METER RUN - MEN

50-54	Gold	Richard Suggs	Alexandria	30.43
55-59	Gold	Jeusi Shabaka	Alexandria	28.61
	Silver	Doug Hastings	Alexandria	31.28
60-64	Gold	Donald Meli	Annandale	33.09
	Silver	Robert Taylor	Arlington	33.33
	Bronze	Gil Bernabe	Burke	35.57
65-69	Gold	Stephen Mandes	Oakton	40.53
70-74	Gold	Averett Tombes	Vienna	38.19
	Silver	Charles Ramsey	Alexandria	39.25
	Bronze	Robert Hannah	Oakton	39.38
75-79	Gold	Curran Tiffany	Arlington	37.72
85+	Gold	Mike Lowe	Springfield	101.02

### 400 METER RUN - WOMEN

70-74	Gold	Lee Glasco	McLean	51.00
80-84	Gold	Josephie Stewart	Mannassas	48.06
	Silver	Barbara Gladd	Annandale	55.27

### 400 METER RUN - MEN

50-54	Gold	Peter Blank	Annandale	1:10.44
55-59	Gold	Jeusi Shabaki	Annandale	1:07.75
	Silver	Doug Hastings	Alexandria	1:17.60
60-64	Gold	Donald Meli	Annandale	1:15.46
	Silver	Gil Bernabe	Burke	1:20.69
	Bronze	G. Stan Brown	Fairfax	1:21.22
70-74	Gold	Robert Hannah	Oakton	1:36.84
	Silver	Charles Ramsey	Alexandria	1:36.91
75-79	Gold	Curran Tiffany	Arlington	1:32.31

**800 METER RUN - WOMEN**      No Competition in 2004

### 800 METER RUN - MEN

50-54	Gold	Peter Blank	Annandale	2:53
60-64	Gold	G. Stan Brown	Fairfax	3:25
	Silver	David Padilla	Fairfax	3:26.54

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
65-69	Gold	Frank Green	Annandale	3:36
70-74	Gold	John Williams	Mannassas	4:23.59

### 800 METER WALK - WOMEN

50-54	Gold	Josefina Smith	Centerville	5.09
	(Tie)	Barbara Karro	Falls Church	5.09
	Silver	Cherle Stallman	Alexandria	5.47
65-69	Gold	Rita Windish	Alexandria	5.46
	Silver	Jacqueline Stephen	Fairfax Station	6.37
	Bronze	Irene McDonnell	Falls Church	6.46
70-74	Gold	Alease Brooks	Arlington	7.14
75-79	Gold	Barbara Gladd	Annandale	6.45
	Silver	Florence Boye	Potomac Falls	9.12
85+	Gold	Mary Lathram	Falls Church	7.10

### 800 METER WALK - MEN

50-54	Gold	Peter Blank	Annandale	4:42
	Silver	Robert Lewis	Arlington	6:20
55-59	Gold	Dave Bertagnoli	Alexandria	4:45
	Silver	Daniel Bowes	Woodbridge	6:06
60-64	Gold	Victor Litwinski	McLean	4:30
65-69	Gold	Roger Webb	Alexandria	5:04
	Silver	Charles Toftoy	Arlington	5:38
	Bronze	Ronald Willard	Springfield	6:40
70-74	Gold	Dante Simbulan	Burke	5:43
	Silver	Nicholas Fidandis	Alexandria	6:11
75-79	Gold	Harry Bridges	Springfield	6:28

### 1500 METER WALK - WOMEN

55-59	Gold	Josefina Smith	Centerville	10:52.22
60-64	Gold	Cecelia Herrera	Falls Church	DNF
65-69	Gold	Rita Windish	Alexandria	10:55
	Silver	Jacqueline Stephens	Fairfax Station	12:44.07
70-74	Gold	Ellen Monroe	Alexandria	12:52
80-84	Gold	Barbara Gladd	Annandale	13:31
85+	Gold	Mary Lathram	Falls Church	13:40

### 1500 METER WALK - MEN

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
50-54	Gold	Peter Blank	Annadale	9:11.12
	Silver	Robert Lewis	Arlington	12:08
55-59	Gold	Dave Bertagnoli	Alexandria	9:47
60-64	Gold	Victor Litwinski	McLean	8:47.97
65-69	Gold	Roger Webb	Alexandria	9:49
	Silver	Charles Mullen	Alexandria	12:35
75-79	Gold	Harry Bridges	Springfield	12:32

### 3 MILE WALK - WOMEN

50-54	Gold	Mary Ann Schwab	Fairfax	34:46
55-59	Gold	Josefina Smith	Centerville	39:34
60-64	Gold	Cecelia Herrera	Falls Church	43:35
65-69	Gold	Rita Windish	Alexandria	38:13
70-74	Gold	Rita Haws	Falls Church	43:55
80-84	Gold	Barbara Gladd	Annandale	46:12
	Silver	Gerda Mudd	Alexandria	48:31
	Bronze	Gloria Berg	Arlington	48:42

### 3 MILE WALK - MEN

50-54	Gold	Peter Blank	Annandale	36:06
	Silver	Michael Shannon	McLean	37:53
55-59	Gold	Dave Bertagnoli	Alexandria	34:03
	Silver	David Prouty	Alexandria	37:50
65-69	Gold	Richard Deringer	Annandale	34:03
	Silver	Roger Webb	Alexandria	35:21
70-74	Gold	Dante Simbulan	Burke	40:07
75-79	Gold	William Shaw	Springfield	40:12
80-84	Silver	Charles Scheffey	Arlington	DNF

### SOFTBALL HIT - WOMEN

55-59	Gold	Mary Schade	Lee District	69' 9"
65-69	Gold	Jackie Stephens	Fairfax Station	87' 3"
70-74	Gold	Jane Filkins	Falls Church	69' 9"
	Silver	Pat Childress	Springfield	44' 8"
75-79	Gold	Ginny Fant	Springfield	94' 8"
	Silver	Cesarina Olschner	Fairfax	21' 1"
80-84	Gold	Bernie Kleinschmidt	Annandale	56' 7"

## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
85 +	Silver	Carla Convery	Alexandria	38' 0"
	Gold	Mary Latham	Falls Church	40' 6"

### SOFTBALL HIT - MEN

50-54	Gold	Robert Lewis	Arlington	197' 0"
55-59	Gold	Doug Hastings	Arlington	179' 5"
60-64	Gold	James Coleman	Alexandria	220' 1"
	Silver	Kai -Peter Koenig	Montclair	189' 0"
	Bronze	Burton Bostwick	Arlington	140' 11"
65-69	Gold	Richard Stohr	Alexandria	169' 5"
	Silver	Ronald Willard	Arlington	142' 7"
	Bronze	Charles Toftoy	Annandale	141' 5"
70-74	Gold	Norman Finney	Annadale	188' 7"
	Silver	Nicholas Fidandis	Alexandria	126' 1"
	Bronze	Charles Ramsey	Alexandria	122' 4"
85 +	Gold	Andy Simko	Alexandria	133' 6"
	Silver	Kay Kaminski	Annandale	126' 6"
	Bronze	Keith Culbertson	Alexandria	111' 6"

### SOFTBALL THROW - WOMEN

55-59	Gold	Mary Schade	Arlington	74' 0"
65-69	Gold	Jackie Stephens	Fairfax Station	79' 5"
70-74	Gold	Pat Childress	Springfield	59' 7"
	Silver	Jane Filkins	Falls Church	32' 5"
75-79	Gold	Ginny Fant	Springfield	41' 11"
	Silver	Cesarina Olschner	Alexandria	19' 11"
80-84	Gold	Bernie Kleinschmidt	Alexandria	46' 6"
	Silver	Carla Convery	Alexandria	29' 2"
85+	Gold	Mary Lathram	Falls Church	35' 5"

### SOFTBALL THROW - MEN

50-54	Gold	Robert Lewis	Arlington	156' 8"
55-59	Gold	Doug Hastings	Alexandria	156' 7"
60-64	Gold	Kai - Peter Keonig	Montclair	172' 2"
	Silver	Don Meli	Annandale	124' 9"
	Bronze	James Coleman	Alexandria	121' 4"
65-69	Gold	Charles Toftoy	Arlington	111' 0"
	Silver	Ronald Willard	Springfield	84' 5"



## 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
70-74	Bronze	Richard Stohr	Springfield	75' 8"
	Gold	Norman Finney	Annandale	134' 3"
	Silver	Nicholas Fidandis	Alexandria	98' 2"
85+	Bronze	Charles Ramsey	Alexandria	83' 9"
	Gold	Ray Kaminski	Springfield	84' 5"
	Silver	Andy Simko	Springfield	83' 2"
85+	Bronze	J.R. Cassidy	Mannassas	67' 0"
	Gold	Marth Lathram	Falls Church	3' 2"

### SOFTBALL HIT - WOMEN

55-59	Gold	Mary Schade	Lee District	69' 9"
65-69	Gold	Jackie Stephens	Fairfax Station	87' 3"
70-74	Gold	Jane Filkins	Falls Church	69' 9"
	Silver	Pat Childress	Springfield	44' 8"
75-79	Gold	Ginny Fant	Springfield	94' 8"
	Silver	Cesarina Olschner	Fairfax	21' 1"
80-84	Gold	Bernie Kleinschmidt	Annandale	56' 7"
	Silver	Carla Convery	Alexandria	38' 0"
85 +	Gold	Mary Latham	Falls Church	40' 6"

### SOFTBALL HIT - MEN

50-54	Gold	Robert Lewis	Arlington	197' 0"
55-59	Gold	Doug Hastings	Arlington	179' 5"
60-64	Gold	James Coleman	Alexandria	220' 1"
	Silver	Kai -Peter Koenig	Montclair	189' 0"
	Bronze	Burton Bostwick	Arlington	140' 11"
65-69	Gold	Richard Stohr	Alexandria	169' 5"
	Silver	Ronald Willard	Arlington	142' 7"
	Bronze	Charles Toftoy	Annandale	141' 5"
70-74	Gold	Norman Finney	Annadale	188' 7"
	Silver	Nicholas Fidandis	Alexandria	126' 1"
	Bronze	Charles Ramsey	Alexandria	122' 4"
85 +	Gold	Andy Simko	Alexandria	133' 6"
	Silver	Kay Kaminski	Annandale	126' 6"
	Bronze	Keith Culbertson	Alexandria	111' 6"

### SOFTBALL THROW - WOMEN

55-59	Gold	Mary Schade	Arlington	74' 0"
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### 2004 Events Results Book

Age	Place	Winners	Locality	Score/Time
65-69	Gold	Jackie Stephens	Fairfax Station	79' 5"
70-74	Gold	Pat Childress	Springfield	59' 7"
	Silver	Jane Filkins	Falls Church	32' 5"
75-79	Gold	Ginny Fant	Springfield	41' 11"
	Silver	Cesarina Olschner	Alexandria	19' 11"
80-84	Gold	Bernie Kleinschmidt	Alexandria	46' 6"
	Silver	Carla Convery	Alexandria	29' 2"
85+	Gold	Mary Lathram	Falls Church	35' 5"

### SOFTBALL THROW - MEN

50-54	Gold	Robert Lewis	Arlington	156' 8"
55-59	Gold	Doug Hastings	Alexandria	156' 7"
60-64	Gold	Kai - Peter Keonig	Montclair	172' 2"
	Silver	Don Meli	Annandale	124' 9"
	Bronze	James Coleman	Alexandria	121' 4"
65-69	Gold	Charles Toftoy	Arlington	111' 0"
	Silver	Ronald Willard	Springfield	84' 5"
	Bronze	Richard Stohr	Springfield	75' 8"
70-74	Gold	Norman Finney	Annandale	134' 3"
	Silver	Nicholas Fidandis	Alexandria	98' 2"
	Bronze	Charles Ramsey	Alexandria	83' 9"
85+	Gold	Ray Kaminski	Springfield	84' 5"
	Silver	Andy Simko	Springfield	83' 2"
	Bronze	J.R. Cassidy	Mannassas	67' 0"

## 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
<b>BAITCASTING - MEN</b>				
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
<b>BASKETBALL FREE THROW - WOMEN</b>				
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
<b>BASKETBALL FREE THROW - MEN</b>				
50 - 59	John Kraus	Fairfax	19/25	2003
50 - 54	Don Meli	Annandale	19/25	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
<b>BICYCLING - WOMEN</b>				
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	Rick Renniger	Springfield	651	2004
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

### 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



## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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

### 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

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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	:43.33	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	:43:83	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

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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
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

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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

### 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 1/2"	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
55 - 59	Maria Miller	Arlington	29' 1"	1999
60 - 64	Ellen Tharpe	Nokesville	23' 11"	1991
65 - 69	Maxine Bartlett	Woodbridge	26' 1/2"	1995
70 - 74	Josephine Stewart	Manassas	23' 8 1/2"	1996
75 - 79	Josephine Stewart	Manassas	21' 6"	2000
80 - 84	Irene Tierney	Montclair	16' 11 1/2"	1997
85 +	Peg Bell	Manassas	14' 1 1/2"	1997

### SHOT PUT - MEN

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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

### 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
80 - 84	Hedy Marque	Alexandria	22:53	1998

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>100 METER DASH - MEN</b>				
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
<b>200 METER DASH - WOMEN</b>				
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
<b>200 METER DASH - MEN</b>				
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
<b>400 METER RUN - WOMEN</b>				
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

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>400 METER RUN - MEN</b>				
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
<b>800 METER RUN - WOMEN</b>				
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
<b>800 METER RUN - MEN</b>				
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
<b>800 METER WALK - WOMEN</b>				
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



## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>800 METER WALK - MEN</b>				
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
<b>1500 METER WALK - WOMEN</b>				
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
<b>1500 METER WALK - MEN</b>				
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
<b>1600 METER RUN - WOMEN</b>				
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

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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
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

### Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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.**