

24th Annual
NORTHERN VIRGINIA
SENIOR OLYMPICS
September 16-28, 2006

2006

EVENT RESULTS

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

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

2006 EVENT RESULTS

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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

2006 GOLD Patrons

Goodwin House, Inc.
Sunrise Senior Living
Greenspring Retirement

EVENTS

Bait Casting
Backgammon
Basketball Free Throw
Basketball 3 on 3
Bowling
Bridge, Duplicate
Bunco
Chess
Cribbage
Eight Ball Pool
Frisbee Throw
Golf

Horseshoes
Line Dancing (team)
Mini Golf
Pickleball
Shuffleboard
Swimming
Table Tennis
Tennis
Softball Hit
Softball Throw
YoYo

Track & Field 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
Discus
Long Jump, Running
Long Jump, Standing
Shot Put

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800 Meter Run	22
800 Meter Walk	23
1500 Meter Walk	23
3 Mile Walk	24
Record Holders *	25

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
BACKGAMMON - MIXED				
All	Gold	Sattar Farzan	Falls Church	
	Silver	Ben Robinson	Alexandria	
	Bronze	Bethea Owen	Falls Church	
BAITCASTING – MIXED				
All	Gold	Richard Stohr	Springfield	10
	Silver (Tie)	Pat Childers	Springfield	3
		Bill Byrne	Oak Hill	3
BASKETBALL FREE THROW – WOMEN				
60-64	Gold	Margaret Carnes	Annandale	17/25
	Silver	Nancy Joyner	Annandale	15/25
	Bronze	Patricia Childers	Springfield	12/25
80-84	Gold	Mary Boska	Alexandria	16/25
	Silver	Bernie Kleinschmidt	Annandale	13/25
	Bronze	Carla Alexandria	Alexandria	10/25
BASKETBALL FREE THROW – MEN				
60-69	Gold	Harold Skeins	Fairfax	22/25
	Silver	Herb Levitan	Arlington	20/25
	Bronze	Paul VanHoozer	Arlington	19/25
70-79	Gold (Tie)	William Wieand	McLean	16/25
		Jack Nelson	Alexandria	16/25
	Silver	Nicholas Garito	Fairfax	14/25
	Bronze (Tie)	Jerry Levine	Clifton	13/25
85+		Charles Toftoy	Arlington	13/25
	Gold	J.R. Cassidy	Manassas	16/25



2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
BASKETBALL, 3-ON-3 - WOMEN				
50-59	Gold	<u>Blue Team</u>		
		Mary Schade	Arlington	
		Diane Braxton	Alexandria	
		Susan Flynn	Oakton	
		Patricia McWethy	Oakton	
		Mary White	Arlington	
		Nancy Joyner	Annandale	
	Silver	Claire Knight	Alexandria	
		<u>White Team</u>		
		Helen Crum	Annandale	
		Ruth Walton	Fairfax	
		Jacqueline Stephens	Fairfax Station	
		Barbara Klemenz	Annandale	
		Mary Boska	Alexandria	
Josephine Stewart	Manassas			
Mary Lou D'alessandris	Falls Church			
Rusty Dowling	Beaverdam			

BOWLING - TEN PIN – WOMEN

50-54	Gold	Miriam Witherspoon	Arlington	646
60-64	Gold	Mary Johnson	Woodbridge	525
65-69	Gold	Jo Ferry	Alexandria	562
	Silver	Betty Stephens	Alexandria	560
70-74	Gold	Ethel Washington	Arlington	616
	Silver	Millie De Medici	Woodbridge	567
75-79	Gold	Sue Toma	Falls Church	597
	Silver	Elizabeth Roadcamp	Vienna	592
	Bronze	Marjorie Burts	Alexandria	575
80-84	Gold	Peggy Hurney	Springfield	593
	Silver	Corinne Swanson	Alexandria	587
	Bronze	Marge Mc Nare	Falls Church	568
85-89	Gold	Mary O'Brien	Springfield	593
	Silver	Jeri Patt	Fairfax	560
	Bronze	Penelope Paddock	Sterling	535

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
BOWLING - TEN PIN – MEN				
55-59	Gold	Lawrence Walker	Alexandria	542
	Silver	Chris Fialkovich	Arlington	459
65-69	Gold	John Handley	Woodbridge	568
70-74	Gold	Dick Pelkey	Springfield	655
	Silver	Rick Renninger	Springfield	650
	Bronze	Richard Fusco	Alexandria	605
75-79	Gold	John Fox	Springfield	650
	Silver	Joseph Toma	Falls Church	438
80-84	Gold	Jim Willcock	Falls Church	609
85-89	Gold	Clement Irons	Sterling	591
	Silver	Carl Schaad	Sterling	578
	Bronze	James New	Arlington	510

BRIDGE, DUPLICATE

NORTH/ SOUTH	Gold	Ken Hopke John Hamilton	Annondale Annondale	115.93
	Silver	Willis Hume Paul Stygar	Reston McLean	93.57
	Bronze	Jeanne Hahn Jerry Hahn	Falls Church Falls Church	91.43
EAST/ WEST	Gold	Adelaide Kellar Nola Casieri	Annandale Falls Church	97.57
	Silver	Jar-Ming Pang Gerald O'Dell	Fairfax Fairfax	92.57
	Bronze	Phyllis Kurle Mary DeCorps	McLean Falls Church	90.93

BUNCO

All	Gold	Alba Siurano	Alexandria
	Silver	Lois Cummins	Fairfax
	Bronze	Lydia Blake	Alexandria

BUNCO (Games Winners)

All	Gold	Helen Jewell	Fairfax
	Silver	Beatrice Keen	Alexandria
	Bronze	Anna Washington	Dale City

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
CHESS				
All	Gold (tie)	Jose Dalusung Sattar Farzan	Springfield Falls Church	
	Silver	Gerald (Jerry) O'Dell	Fairfax	
CRIBBAGE				
All	Gold	Janet Viands	Reston	10
	Silver	Donald Packard	Springfield	8
	Bronze	Lawrence Thomasy	Alexandria	7
8 BALL POOL – WOMEN				
All	Gold	Elizabeth Roadcap	Vienna	
	Silver	Jan Treadwell	Leesburg	
	Bronze	Suong Rogers	Springfield	
8 BALL POOL – MEN				
All	Gold	Joe Griffin	Falls Church	
	Silver	James Westray	Arlington	
	Bronze	Max Gainer	Alexandria	
FRISBEE THROW – WOMEN				
60-64	Gold	Mary Dalessandris	Falls Church	37.4
70-79	Gold	Patricia Childers	Springfield	33.2
80-84	Gold	Carla Convery	Alexandria	33.9
	Silver	Cesarina Olschner	Alexandria	7.6
FRISBEE THROW – MEN				
50-54	Gold	Bill Byrne	Oak Hill	61.8
55-59	Gold	Richard Stohr	Springfield	39.6
70-74	Gold	Dante Simbulan	Burke	60.1
	Silver	Renold Beck	Fairfax	30.0
80-84	Gold	Ben Robinson	Alexandria	45.8
80+	Gold	J.R. Cassidy	Manassas	38.7

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
GOLF - GROSS SCORE – WOMEN				
50-59	Gold	Annette Langley	Annandale	74*
	Silver	Martha Mason	Great Falls	78
	Bronze	Jucy Landolt	Clifton	85
60-69	Gold	Maureen Doherty	Manassas	77*
	Silver	Helen Crum	Annandale	85
70-79	Gold	Barbara Klementz	Annandale	79*
	Silver	Sarah Coffey	Sterling	86
	Bronze	Polly Egbers	Clifton	92

GOLF - GROSS SCORE – MEN

50-59	Gold	Steve Brooks	Dale City	57*
	Silver	John Knudsen	Falls Church	68
60-69	Gold	George Mazuzan	Springfield	59*
	Silver (tie)	Ronald Scanlon	Centreville	62
		Jim Thompson	Alexandria	62
70-79	Bronze	Paul VanHoozer	Arlington	63
	Gold	Roy Korth	Springfield	65*
	Silver	Daniel Levin	Arlington	66
	Bronze	Marvin Reed	Oak Hill	67
80-89	Gold	William Holm	McLean	83*

GOLF - "CALLAWAY" NET – WOMEN

50-59	Gold	Annie Slenker	Alexandria	99
60-69	Gold	Helen Kearney	Fairfax	103
70-79	Gold	Lazell Hunigan	Sterling	99

GOLF - "CALLAWAY" NET – MEN

50-59	Gold	Bill Byrne	Oak Hill	81
60-69	Gold	Paul Edmond	Annandale	80
70-79	Gold	Cap Oliver	Vienna	90
80-89	Gold (tie)	Royal Herring	Fairfax	104
		Andy Simko	Springfield	104
90+	Gold	Frank Licord	Sterling	100

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
HORSESHOES – WOMEN				
55-59	Gold	Charlotte Perdue	Arlington	
65-69	Gold	Anna Washington	Dale City	
	Silver	Shirley VanEss	Woodbridge	
75-79	Gold	Sheila Gildea	McLean	
80-84	Gold	Bernie Kleinschmidt	Annandale	
	Silver	Mary Boska	Alexandria	
85+	Gold	Carla Convery	Alexandria	
HORSESHOES – MEN				
65-69	Gold	Richard Stohr	Springfield	
	Silver	Ronald Willard	Springfield	
70-74	Gold	Nicholas Fidandis	Alexandria	
	Silver	Renold Beck	Fairfax	
85+	Gold	Ben Robinson	Alexandria	
LINE DANCING (TEAM)				
All	Gold	<u>Golden Rays</u>		
		Capt. Doris Farzan	Falls Church	
		Tamara Webb	Alexandria	
		Patricia Craft	Burke	
		JuleAnn Cheslock	Springfield	
	Silver	Patricia Friesz	Fairfax Station	
		<u>Cha Cha Mamas</u>		
		Anne Marie Pittman	Alexandria	
		Jackie Bong-Wright	Fairfax	
		<u>R.A. Dancers</u>		
Bronze	Capt. Tae.Ja. RA			
	Ingeborg Ercolano	Arlington		
	Alease Brooks	Arlington		
	Ki Sook Garber	Woodbridge		
	Bok Hee Han	Burke		
	May McWilliams	Arlington		
	Kum Hi Kim	Centreville		
SuHee Kim	Springfield			

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
MINIATURE GOLF – WOMEN				
50-59	Gold	Sara Downes	Arlington	47
60-69	Gold	Lana Tobey	Woodbridge	50
	Silver	Margaret Carnes	Annandale	54
	Bronze	Jan Treadwell	Leesburg	56
70-79	Gold	Patricia Muschamp	Falls Church	44*
	Silver	Barbara Fitzgerald	Alexandria	58
	Bronze	Kay Young	Alexandria	59

MINIATURE GOLF – MEN

60-69	Gold	John Kraus	Fairfax	39*
	Silver	Clement Munno	Arlington	47
	Bronze	Richard Stohr	Springfield	49
70-79	Gold	Dante Simbulan	Burke	59
90+	Gold	William Keller	Lovettsville	48*

PICKLEBALL - DOUBLES – WOMEN

50-59	Gold	LaDonna Curzon	Alexandria
		Suzanne Gesin	Arlington
60-69	Gold	Jo Ferry	Alexandria
		Susan Zajac	Arlington
70-79	Gold	Alease Brooks	Alexandria
		Catherine deLaubenfels	Arlington
		Silver	Jana Filkins
80+	Gold	Arlette Hennessey	Falls Church
		Louise Watkins	Bristow
	Silver	Josephine Stewart	Manassas
		Mary Boska	Alexandria
		Betty Paul	Alexandria



2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
PICKLEBALL - DOUBLES – MEN				
50-59	Gold	David Sandidge Bruce Ericksen	Vienna Fairfax	
	Silver	Ken Kunec George Savastano	Arlington Arlington	
60-69	Gold	Hal Corby Wayne Miller	Vienna Fairfax	
	Silver	Robert Hafer George Weeks	Springfield Fairfax	
	Bronze	Steve Napoliello Luis Aveleyra	Manassas Manassas	
70-79	Gold	Tom Sims Richard Risk	Annandale Falls Church	
	Silver	Dick Sheil James Kelly	Annandale Vienna	

PICKLEBALL - SINGLES – WOMEN

50-54	Gold	LaDonna Curzon	Alexandria	
70-74	Gold	Alease Brooks	Arlington	
80-84	Gold	Mary Boska	Alexandria	

PICKLEBALL - SINGLES – MEN

50-54	Gold	David Sandidge	Vienna	
	Silver	Ken Kunec	Arlington	
60-69	Gold	Robert Hafer	Springfield	
	Silver	Hal Corby	Vienna	
	Bronze	Wayne Miller	Fairfax	
70-74	Gold	Luis Aveleyra	Manassas	
	Silver	James Kelly	Vienna	
	Bronze	Dick Sheil	Annandale	

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
PICKLEBALL - MIXED DOUBLES				
50-59	Gold	Carolyn Law Tom Sims	Falls Church Annandale	
	Silver	Barbara Carson Steve Napoliello	Manassas Manassas	
	Bronze	Mary Boska Ken Kurec	Alexandria Arlington	
60-69	Gold	Catherine deLaubenfels George Weeks	Arlington Fairfax	
	Silver	Susan Zajac Lawrence Mason	Arlington Arlington	
	Bronze	Josephine Stewart Paul Schott	Manassas Bristow	
70-79	Gold	Louise Watkins Paul Kister	Bristow Bristow	
	Silver	Joan Duesterdick Luis Avelleyra	Annandale Manassas	
	Bronze	Alliease Brooks James Kelly	Arlington Vienna	

SOFTBALL HIT – WOMEN

55-59	Gold	Charlotte Purdue	Arlington	47' 1"
60-64	Gold	Mary Schade	Arlington	123' 1"
70-74	Gold	Patricia Childers	Springfield	90' 8"
75-79	Gold	Sheila Gildea	McLean	102' 2"
	Silver	Jane Filkins	Falls Church	87' 5"
80-84	Gold	Cesarina Olschner	Alexandria	30' 8"
85-89	Gold	Carla Convery	Alexandria	40' 1"
90-94	Gold	Mary Lathram	Falls Church	66' 7"*



2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
SOFTBALL HIT – MEN				
50-54	Gold	Bill Byrne	Oak Hill	247' 0"*
55-59	Gold	Doug Hastings	Alexandria	220' 8"
60-64	Gold	Mike Coleman	Alexandria	245' 4"*
	Silver	Jerome Evanosky	Burke	194' 0"
	Bronze	Donald Meli	Annandale	187' 1"
65-69	Gold	Herb Levitan	Arlington	186' 3"
	Silver	Ron Willard	Springfield	152' 2"
	Bronze	Dick Stohr	Springfield	151' 1"
70-74	Gold	Ronald Sarson	Oak Hill	203' 0"
	Silver	Charles Toftoy	Arlington	170' 4"
	Bronze	William Nehrke	Arlington	99' 3"
85+	Gold	Andy Simko	Springfield	139' 7"*

SOFTBALL THROW – WOMEN

55-59	Gold	Charlotte Purdue	Arlington	90' 11"
60-64	Gold	Mary Schade	Arlington	67' 8"
70-74	Gold	Patricia Childers	Springfield	60' 6"
75-79	Gold	Sheila Gildea	McLean	54' 7"
	Silver	Jane Filkins	Falls Church	26' 7"
80-84	Gold	Cesarina Olschner	Alexandria	31' 4"
85-89	Gold	Carla Convery	Alexandria	27' 8"
90-94	Gold	Mary Lathram	Falls Church	29' 0"*

SOFTBALL THROW – MEN

50-54	Gold	Bill Byrne	Oak Hill	123' 9"
55-59	Gold	Doug Hastings	Alexandria	169' 1"
60-64	Gold	Tom Horio	Fairfax	150' 10"
	Silver	Paul VanHoozer	Arlington	149' 10"
	Bronze	Jerry Evanosky	Burke	141' 3"
65-69	Gold	Herb Levitan	Arlington	137' 7"
	Silver	Jerry O'Dell	Fairfax	81' 9"
	Bronze	Dick Stohr	Springfield	69' 0"
70-74	Gold	Renold Beck	Fairfax	117' 4"
	Silver	Ron Sarson	Oak Hill	113' 4"
	Bronze	Charles Toftoy	Arlington	108' 6"
85-89	Gold	Andy Simko	Springfield	57' 0"
90-94	Gold	JR Cassidy	Manassas	57' 8"*

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
SHUFFLEBOARD – MIXES				
All	Gold	Renold Beck	Fairfax	
	Silver	Lawrence Thomasy	Alexandria	
	Bronze	Richard Carnes	Annandale	
SWIMMING - BACKSTROKE – WOMEN				
55-59	Gold	Anne Christenson	Falls Church	1.005
	Silver	Jennifer Johnston	Annandale	1.28.23
60-64	Gold	Mary Schade	Arlington	54.93
65-69	Gold	Helen Crum	Annandale	1.33.00
70-74	Gold	Rita Windish	Alexandria	1.07.16
75-79	Gold	Jane Filkins	Falls Church	1.32.42
90+	Gold	Mary Lathram	Falls Church	1.10.31*
SWIMMING - BACKSTROKE – MEN				
50-54	Gold	James Clark	Purcellville	37.37*
	Silver	James MacKenzie	Clifton	39.88
60-64	Gold	Donald Meli	Annandale	41.21
65-69	Gold	Heling Luo	Arlington	58.45
	Silver	Gerald (Jerry) O'dell	Fairfax	106.13
	Bronze	Stephen Mandes	Bristow	123.57
70-74	Gold	Niel Sween	Vienna	40.15
75-79	Gold	Phil Case	Burke	50.66
	Silver	George Ewing	Fairfax	112.75
80-84	Gold	James Glassco	McLean	46.74*
	Silver	Curran Tiffany	Arlington	58.86
85-89	Gold	Chester Myslicki	McLean	56.49*
90+	Gold	J.R. Cassidy	Manassas	112.86*
SWIMMING - BREASTSTROKE – WOMEN				
55-59	Gold	Jill Hill	Springfield	56.34
	Silver	Anne Christenson	Falls Church	57.43
	Bronze	Carel Mackela	Arlington	58.00
60-64	Gold	Kathryn Ford	Arlington	52.16
65-69	Gold	Helen Crum	Annandale	1.02.05
	Silver	LePei Hu	Arlington	1.07.77
70-74	Gold	Rita Windish	Alexandria	1.10.99
75-79	Gold	June Filkins	Alexandria	2.01.26

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
SWIMMING - BREASTSTROKE – MEN				
55-59	Gold	James Hill	Springfield	35.91*
60-64	Gold	Donald Meli	Annandale	45.16
65-69	Gold	Herb Levitan	Arlington	45.20
	Silver	Heling Luo	Arlington	57.63
	Bronze	Gerald (Jerry) O'dell	Fairfax	1.20.93
70-74	Gold	William Wieand	McLean	54.63
	Silver	Palmer McGrew	Burke	1.02.17
75-79	Gold	Bruce Herbert	McLean	52.54
	Silver	Phil Case	Burke	56.84
80-84	Gold	Curran Tiffany	Arlington	57.45
85-89	Gold	Chester Myslicki	McLean	1.18.86*
90+	Gold	JR Cassidy	Manassas	1.48.59*

SWIMMING - FREESTYLE – WOMEN

55-59	Gold	Carol Mackela	Arlington	50.68
	Silver	Anne Christenson	Falls Church	50.74
	Bronze	Ruth Hamilton	McLean	52.36
60-64	Gold	Mary Schade	Arlington	41.66
	Silver	Sandy Burke	Vienna	42.92
	Bronze	Kathryn Ford	Arlington	44.37
65-69	Gold	Helen Crum	Annandale	45.17
70-74	Gold	Rita Windish	Alexandria	56.26
75-79	Gold	Jane Filkins	Falls Church	1.16.05
90+	Gold	Mary Lathram	Falls Church	1.09.54*



2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
SWIMMING - FREESTYLE – MEN				
50-54	Gold	James Clark	Purcellville	30.53
	Silver	James MacKenzie	Clifton	31.60
	Bronze	Charles James	Herndon	38.74
55-59	Gold	Jim Carboni	Oak Hill	40.27
60-64	Gold	Donald Meli	Annandale	35.71
65-69	Gold	Herb Levitan	Arlington	36.52
	Silver	Phillip Freedman	Alexandria	48.63
	Bronze	Stephen Mandes	Bristow	54.42
70-74	Gold	Charles Toftoy	Arlington	38.93
	Silver	Niel Sween	Vienna	39.23
	Bronze	Palmer McGrew	Burke	40.54
75-79	Gold	Phil Case	Burke	50.69
	Silver	George Ewing	Fairfax	58.70
80-84	Gold	James Glassco	Arlington	36.47*
	Silver	Curran Tiffany	McLean	49.24
85-89	Gold	Chester Myslicki	McLean	51.44
90+	Gold	JR Cassidy	Manassas	57.46*

SWIMMING - 1/2 MILE – WOMEN

55-59	Gold	Ruth Hamilton	McLean	21:09.12
	Silver	Anne Christenson	Falls Church	21:22.13
	Bronze	Jill Hill	Springfield	21:51.77
60-64	Gold	Sandy Burke	Vienna	17:06.58
	Silver	Mary Schade	Arlington	18:05.90
65-69	Gold	Helen Crum	Annandale	19:52.06
	Silver	LePei Hu	Arlington	25:26.05
75-79	Gold	Jane Filkins	Falls Church	27:35.54

SWIMMING - 1/2 MILE – MEN

50-54	Gold	James Clark	Purcellville	16:22.13
55-59	Gold	James Hill	Springfield	12:29.61*
60-64	Gold	Donald Meli	Annandale	15:12.70
65-69	Gold	Herb Levitan	Arlington	16:10.82
	Silver	Philip Freedman	Alexandria	19:20.12
	Bronze	Gerald (Jerry) O'dell	Fairfax	27:22.90
70-74	Gold	Paul Gesswein	Great Falls	20:26.53
	Silver	Palmer McGrew	Burke	21:22.15
85+	Gold	Chester Myslicki	McLean	26:44.45

2006 Events Results Book
Winners

Age	Place	Winners	Locality	Score/Time
TABLE TENNIS – WOMEN				
50-54	Gold	Mary Schade	Arlington	
	Silver	Anne Christenson	Falls Church	
60-64	Gold	Yudi Zhang	Herndon	
	Silver	Jayne Hart	Fairfax	
	Bronze	Lepei Hu	Arlington	
70-74	Gold	Phyllis Coleman	Woodbridge	
	Silver	Kay Young	Alexandria	

TABLE TENNIS – MEN

50-54	Gold	Jing Chaun Zhang	McLean	
	Silver	Joseph Chan	Herndon	
60-64	Gold	Dawei Zheng	Dunn Loring	
	Silver	Shaw Zee	Fairfax Station	
	Bronze	Yining Wang	Fairfax	
75-79	Gold	Robert McLean	Alexandria	
	Silver	Dimitrios Papaconstantop	Vienna	
	Bronze	Jerry Levine	Clifton	

TENNIS - SINGLES – WOMEN

50-59	Gold	Cynthia Lavoie	Fairfax Station	
	Silver	Raquel Felsenstein	McLean	
60-69	Gold	Ellen Fendley	Dumfries	
	Silver	Elizabeth Wiley	Arlington	

TENNIS - SINGLES – MEN

50-59	Gold	Rany Simms	Fairfax Station	
	Silver	Jose DeJesus	Alexandria	
	Bronze	Calvin Wills, Sr.	Alexandria	
60-69	Gold	Donald Tomb	Arlington	
	Silver	Paul Van Hoozer	Arlington	
	Bronze	Norb Sinnott	Falls Church	

2006 Events Results Book
Winners

Age	Place	Winners	Locality	Score/Time
TENNIS - DOUBLES WOMEN				
50-59	Gold	Cynthia Lavoie Raquel Felsenstein	Fairfax Station McLean	
	Silver	Jean Barsaloux Elizabeth Wiley	Arlington Arlington	
60-69	Gold	Shirley Boudreau Peg Moyer	Fairfax Fairfax	
	Silver	Jo Ferry Joan Duesterdick	Alexandria Silver	
	Bronze	Sharon Trimmer Sun Yang	Springfield Arlington	
70-79	Gold	Jacqueline Huddleston Anita Murchie	Fairfax Alexandria	
	Silver	Kelly McCaffrey Ingrid Pettersen	Springfield Alexandria	

TENNIS - DOUBLES – MEN

50-59	Gold	Carl Holmberg Patrick Mulroney	Falls Church Reston	
	Silver	Bob Cooney Calvin Wills, Sr.	Alexandria Alexandria	
	Bronze	Jose Dejesus Fernando Algeria	Alexandria Alexandria	
60-69	Gold	Donald Tomb Toui Pomsouvan	Arlington Arlington	
	Silver	Tony Beale Jerry Snyder	Springfield Springfield	
	Bronze	Bob Howe Bob Shellhouse	Alexandria Alexandria	
70-79	Gold	Wayne Bell Bob Bernard	Annandale Annandale	
	Silver	Phil Case Jr. Owen Jacobs	Burke Manassas	
	Bronze	Larry Hyer Joseph Clement	Annandale Springfield	



2006 Events Results Book

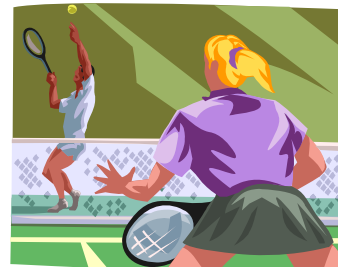
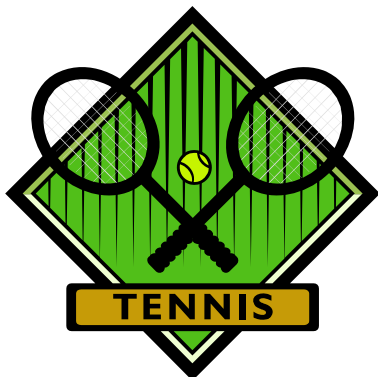
Age	Place	Winners	Locality	Score/Time
TENNIS - MIXED DOUBLES				
50-59	Gold	Lin Kolb Don Tomb	Arlington Arlington	
	Silver	Rany Simms Cynthia Lavoie	Fairfax Station Fairfax Station	
	Bronze	Jose Dejesus Raquel Felsenstein	Alexandria McLean	
60-69	Gold	Ellen Fendley Lowry Hundley	Dumfries Dumfries	
	Silver	Norb Sinnott Sun Yang	Falls Church Arlington	
	Bronze	James Scott Sharon Trimmer	Springfield Springfield	
70-79	Gold	Bob Shellhouse Anita Murchie	Alexandria Alexandria	
	Silver	Charles Huddleston Jacqueline Huddleston	Fairfax Fairfax	
	Bronze	Larry Hyer Kelly McCaffrey	Annandale Springfield	

YO YO- WOMEN

70+ Beginner Gold	Patricia Childers	Springfield	23
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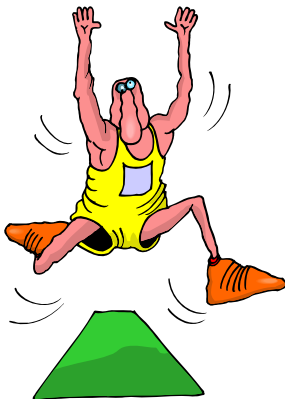
YO YO- MEN

50-69 Novice Gold	David Padilla	Falls Church	28
70 + Beginner Gold	Dante Simbulan	Burke	25



**2006 Events Results Book
Winners**

Age	Place	Winners	Locality	Score/Time
TRACK & FIELD				
DISCUS – WOMEN				
55-59	Gold	Charlotte Perdue	Arlington	44' 4"
75-79	Gold	Sheila Gildea	McLean	46' 11"
	Silver	Jane Filkins	Falls Church	24' 1"
80-84	Gold	Josephine Stewart	Manassas	38' 0"*
	Silver	Mary Boska	Alexandria	35' 0"
	Bronze	Bernie Kleinschmidt	Annandale	28' 0"
DISCUS – MEN				
50-54	Gold	Aivars Baumanis	Springfield	124' 2"*
	Silver	Peter Blank	Annandale	59' 0"
60-64	Gold	Victor Litwinski	McLean	102' 5"
	Silver	Donald Meli	Annandale	84' 7"
	Bronze	Thomas Horio	Fairfax	66' 10"
65-69	Gold	Heling Luo	Arlington	70' 9"
	Silver	Richard Stohr	Springfield	66' 0"
	Bronze	John Clasby	McLean	65' 3"
70-74	Gold	Robert Klaren, Sr.	Springfield	82' 4"
	Silver	John Libert	Great Falls	76' 8"
	Bronze	Williams Nehrke	Arlington	45' 6"
75-79	Gold	Dante Simbulan	Burke	59' 9"
	Silver	Gerald Shannon	Falls Church	48' 2"
90-94	Gold	JR Cassidy	Manassas	45' 5"*
LONG JUMP, Standing- WOMEN				
85-89	Gold	Carla Convery	Alexandria	1' 4"
90-94	Gold	Mary Latham	Falls Church	2' 8"*



2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
LONG JUMP, Standing- MEN				
50-54	Gold	Rick Werner	Arlington	8' 9"*
	Silver	Rob Aaron	Centreville	7' 2"
	Bronze	Robert Bilko	Fairfax	6'11"
55-59	Gold	Doug Hastings	Alexandria	8' 2"
60-64	Gold	Victor Litwinski	McLean	7' 7"
	Silver	Donald Meli	Annandale	6' 5"
	Bronze	Dave Bertagnoli	Alexandria	6' 3"
65-69	Gold	John Clasby	McLean	6' 9"
	Silver	Ronald Willard	Springfield	5' 8"
	Bronze	Jerry O'Dell	Fairfax	4' 9"
70-74	Gold	Charles Toftoy	Arlington	5'11"
	Silver	Robert Klaren, Sr.	Springfield	5' 1"
75-79	Gold	Dante Simbulan	Burke	6' 1"
	Silver	Gerald Shannon	Falls Church	3' 8"
85-89	Gold	Andy Simko	Springfield	4' 2"
	Silver	Mike Lowe	Springfield	4' 1"

LONG JUMP, Running – WOMEN

75-79	Gold	Sheila Gildea	McLean	3' 10"
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LONG JUMP, Running – MEN

50-54	Gold	Rick Werner	Arlington	11' 10"
55-59	Gold	Doug Hastings	Alexandria	12' 2"
60-64	Gold (tie)	Paul Van Hoozer	Arlington	11' 4"
		Donald Meli	Annandale	11' 4"
65-69	Gold	John Clasby	McLean	10' 7"
	Silver	Ronald Willard	Springfield	7' 0"
	Bronze	Jerry O'Dell	Fairfax	6' 2"
70-74	Gold	Charles Toftoy	Arlington	7' 9"
	Silver	Robert Klaren, Sr.	Springfield	7' 7"
75-79	Gold	Dante Simbulan	Burke	7' 8"
	Silver	John Martin	Fairfax	7' 2"
85-89	Gold	Mike Lowe	Springfield	6' 8"

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
SHOT PUT – WOMEN				
65-69	Gold	Le Pei Hu	Arlington	16' 0 ¹ / ₂ "
75-79	Gold	Sheila Gildea	McLean	18' 7 ¹ / ₂ "
	Silver	Jane Filkins	Falls Church	12' 2"
80-84	Gold	Josephine Stewart	Manassas	18' 8 ¹ / ₂ "*
	Silver	Mary Boska	Alexandria	16' 2 ¹ / ₄ "
	Bronze	Bernie Kleinschmidt	Annandale	12' 9 ³ / ₄ "
85-89	Gold	Jeri Patt	Fairfax	12' 1"
90-94	Gold	Mary Lathram	Falls Church	9' 1 ³ / ₄ "*
SHOT PUT – MEN				
50-54	Gold	Aivars Baumanis	Springfield	37' 4 ³ / ₄ "
55-59	Gold	Doug Hastings	Alexandria	21' 1"
60-64	Gold	Victor Litwinski	McLean	31' 9"
	Silver	Thomas Horio	Fairfax	31' 8"
	Bronze	Donald Meli	Annandale	29' 9 ¹ / ₂ "
65-69	Gold	Heling Luo	Arlington	28' 5"
	Silver	John Clasby	McLean	28' 1 ¹ / ₄ "
	Bronze	Ronald Willard	Springfield	23' 3 ¹ / ₄ "
70-74	Gold	Robert Klaren, Sr.	Springfield	26' 3 ³ / ₄ "
	Silver	Averett Tombes	Vienna	25' 1 ¹ / ₂ "
	Bronze	Charles Toftoy	Arlington	24' 8 ³ / ₄ "
75-79	Gold	Dante Simbulan	Burke	22' 6 ¹ / ₂ "
85-89	Gold	Andy Simko	Springfield	16' 8 ¹ / ₂ "
90-94	Gold	JR Cassidy	Manassas	16' 3"*
50 METER DASH – WOMEN				
50-54	Gold	Saskia Estupinan-Day	McLean	8:55
	Silver	Tamara Estupian	McLean	9:32
	Bronze	Wendy Thomas-Taylor	Woodbridge	11:09
55-59	Gold	Charlotte Perdue	Arlington	10:03
	Silver	Anne Christenson	Falls Church	10:20
	Bronze	Gladys Thomas-Strother	Woodbridge	11:42
60-64	Gold	Mary White	Arlington	8:50
	Silver	Rosemary Jellish	Alexandria	12:10
70-74	Gold	Alese Brooks	Arlington	15:23
75-79	Gold	Velma Grier	Alexandria	12:26
80-84	Gold	Josephine Stewart	Manassas	10:00
	Silver	Mary Boska	Alexandria	11:92
	Bronze	Barbara Gladd	Annandale	12:77
85-89	Gold	Carla Convery	Alexandria	25:84

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
50 METER DASH – MEN				
50-54	Gold	Rick Werner	Arlington	7:57
	Silver	John Knudson	Falls Church	7:81
55-59	Gold	Doug Hastings	Alexandria	7:43
	Silver	Jim Carboni	Oak Hill	9:44
60-64	Gold	John Cruden	Annandale	7:73
	Silver	Jerome Evanosky	Burke	8:09
	Bronze	Paul Van Hoozer	Arlington	8:22
65-69	Gold	John Clasby	McLean	8:71
	Silver	Stephen Mandes	Bristow	9:37
	Bronze	Ronald Willard	Springfield	9:90
70-74	Gold	Averett Tombes	Vienna	9:22
	Silver	Jerry Levine	Clifton	9:54
	Bronze	Ronald Sarson	Oak Hill	9:73
75-79	Gold	Dante Simbulan	Burke	10:43
85-89	Gold	Mike Lowe	Springfield	11:74

100 METER DASH – WOMEN

50-54	Gold	Saskia Estupinan-Day	McLean	16:85
	Silver	Tamara Estupinan	McLean	18:84
	Bronze	Wendy Thomas-Taylor	Woodbridge	23:29
55-59	Gold	Charlotte Perdue	Arlington	20:69
	Silver	Anne Christenson	Falls Church	21:55
60-64	Gold	Mary White	Arlington	16:65
	Silver	Rosemary Jellish	Alexandria	24:89
70-74	Gold	Velma Grier	Alexandria	24:56
	Silver	Aleese Brooks	Arlington	30:80
80-84	Gold	Josephine Stewart	Mannassas	19:14*
	Silver	Mary Boska	Alexandria	24:41
	Bronze	Barbara Gladd		24:85

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
100 METER DASH – MEN				
50-54	Gold	Rick Werner	Arlington	14:24
55-59	Gold	Shabaka Jeusi	Manassas	14:16
	Silver	Doug Hastings	Alexandria	14:33
	Bronze	Jim Carboni	Oak Hill	28:00
60-64	Gold	John Cruden	Annandale	15:23
	Silver	Donald Meli	Annandale	15:60
	Bronze	Charles Sponsler	Fairfax	15:65
65-69	Gold	John Clasby	McLean	17:31
	Silver	Stephen Mandes	Bristow	18:32
	Bronze	Ronald Willard	Springfield	19:93
70-74	Gold	Averett Tombes	Vienna	17:85
	Silver	Jerry Levine	Clifton	19:47
	Bronze	Ronald Sarson	Oak Hill	20:32
75-79	Gold	John Barker	Alexandria	17:73
	Silver	John Martin	Fairfax	18:78
80-84	Gold	Curran Tiffany	Arlington	19:03
85-89	Gold	Mike Lowe	Springfield	23:65

200 METER DASH – WOMEN

50-54	Gold	Saskia Estupinan-Day	McLean	35:94
	Silver	Tamara Estupinan	McLean	39:70
55-59	Gold	Charlotte Perdue	Arlington	44:23
	Silver	Anne Christenson	Falls Church	45:73
60-64	Gold	Mary White	Arlington	38:92*
	Silver	Rosemary Jellish	Alexandria	53:63
80-84	Gold	Josephine Stewart	Manassas	44:49
	Silver	Barbara Gladd	Annandale	105:00

200 METER DASH – MEN

55-59	Gold	Shabaka Jeusi	Manassas	29:65
	Silver	Doug Hastings	Alexandria	31:43
	Bronze	Jim Carboni	Oak Hill	40:05
60-64	Gold	John Phillips	Arlington	29:67
	Silver	Jerome Evanosky	Burke	32:91
	Bronze	Gil Bernabe	Burke	32:94
65-69	Gold	Stephen Mandes	Bristow	31:43
	Silver	Phillip Freedman	Alexandria	45:18
70-74	Gold	Averett Tombes	Vienna	40:50
	Silver	Jack Nelson	Alexandria	49:72
75-79	Gold	John Martin	Fairfax	41:24
80-84	Gold	Curran Tiffany	Arlington	42:31

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
400 METER RUN – WOMEN				
50-54	Gold	Tamara Estupinan	McLean	134.84
	Silver	Saskia Estupinan-Day	McLean	134.96
55-59	Gold	Anne Christenson	Falls Church	151.86
	Silver	Charlotte Perdue	Arlington	156.20
60-64	Gold	Rosemary Jellish	Alexandria	208.83
400 METER RUN – MEN				
50-54	Gold	Robert Bilko	Fairfax	115.08
55-59	Gold	Shabaka Jeusi	Manassas	108.71
	Silver	Jim Carboni	Oak Hill	133.90
60-64	Gold	Dave Bertagnoli	Alexandria	114.00
	Silver	Donald Meli	Annandale	116.70
	Bronze	John Phillips	Arlington	118.04
65-69	Gold	Stephen Mandes	Bristow	146.96
	Silver	George Mazuzan	Springfield	150.49
80-84	Gold	Curran Tiffany	Arlington	141.26
800 METER RUN - WOMEN				
50-54	Gold	Saskia Estupinan-Day	McLean	31:31
	Silver	Tamara Estupinan	McLean	35:27
55-59	Gold	Anne Christenson	Falls Church	4:06.37
800 METER RUN – MEN				
50-54	Gold	Peter Blank	Annandale	2:50.26
	Silver	Robert Bilko	Fairfax	2:57.00
55-59	Gold	Karl Blake	Vienna	3:32.51
60-64	Gold	Dave Bertagnoli	Alexandria	2:58.69
	Silver	Donald Meli	Annandale	3:24.00
	Bronze	Gil Bernabe	Burke	3:30.27
65-59	Gold	Stephen Forman	McLean	2:59.77
	Silver	George Mazuzan	Springfield	4:01.00
	Bronze	Herb Levitan	Arlington	4:22.09

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
800 METER WALK – WOMEN				
55-59	Gold	Maryann Schwab	Fairfax	5:16.00
	Silver	Cherie Stallman	Alexandria	5:54.00
60-64	Gold	Barbara Karro	Falls Church	5:48.00
	Silver	Rosemary Jellish	Alexandria	6:03.74
65-69	Gold	Lana Schneckendorf	Springfield	6:09.00
	Silver	Nancy Robinson	Potomac Falls	7:06.00
70-74	Gold	Alease Brooks	Arlington	7:05.00
	Silver	Sylvia Mandes	Bristow	7:13.00
80-84	Gold	Mary Boska	Alexandria	6:24.00*
	Silver	Barbara Gladd	Annandale	6:43.00
90-94	Gold	Mary Lathram	Falls Church	7:19.00*
800 METER WALK – MEN				
50-54	Gold	Peter Blank	Annandale	4:13.00*
60-64	Gold	Victor Litwinski	McLean	4:48.00
	Silver	Shaw Zee	Fairfax Station	5:51.00
65-69	Gold	Jerry O'Dell	Fairfax	6:12.00
	Silver	Ronald Willard	Springfield	6:48.00
70-74	Gold	Jack Nelson	Alexandria	5:59.82
	Silver	Richard Stableford	Dumfries	6:06.99
	Bronze	Charles Toftoy	Arlington	6:10.00
75-79	Gold	Dante Simbulan	Burke	6:14.00
1500 METER WALK – WOMEN				
55-59	Gold	Maryann Schwab	Fairfax	10:15.36*
	Silver	Cherie Stallman	Alexandria	11:34.42
65-69	Gold	Lana Shnekendorf	Springfield	12:02.00
	Silver	Nancy Robinson	Potomac Falls	13:50.00
80-84	Gold	Barbara Gladd	Annandale	13:03.00
90-94	Gold	Mary Lathram	Falls Church	14:08.00*
1500 METER WALK – MEN				
50-54	Gold	Peter Blank	Annadale	9:54.86
70-74	Gold	Jack Nelson	Alexandria	11:18.00
	Silver	Richard Stableford	Dumfries	12:14.00
80-84	Gold	Joseph Peters	Great Falls	12:15.00

2006 Events Results Book

Age	Place	Winners	Locality	Score/Time
3 MILE WALK – WOMEN				
50-54	Gold	Mary Ann Schwab	Fairfax	34:07*
	Silver	Gladys Thomas-Strother	Woodbridge	42:40
	Bronze	Grace Starbird	Falls Church	48:10
65-69	Gold	Lana Shnekendorf	Springfield	40:36
	Silver	Nancy Robinson	Potomac Falls	45:20
70-74	Gold	Dorothy Skinner	Alexandria	38:16
	Silver	Patricia Muschamp	Falls Church	49:24
75-79	Gold	Betty Vertiz	Arlington	49:24
80-84	Gold	Barbara Gladd	Annandale	42:45
85+	Gold	Mary Lathram	Falls Church	45:18

3 MILE WALK – MEN

50-54	Gold	Peter Blank	Annandale	33:48
60-64	Gold	Victor Litwinski	McLean	30:30
	Silver	David Prouty	Alexandria	35:54.67
	Bronze	Alex Shnekendorf	Springfield	41:58
65-69	Gold	Herb Levitan	Arlington	36:38
	Silver	Jerry O'Dell	Fairfax	40:41
70-74	Gold	Jack Nelson	Alexandria	36:02
	Silver	Richard Stableford	Dumfries	40:34
75-79	Gold	Dante Simbulan	Burke	42:24
80-84	Gold	Joseph Peters	Great Falls	41:36
85+	Gold	Edward Seeger	Falls Church	45:16



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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
BAITCASTING - MEN				
All	Thomas Redman	Centreville	20	2002
55 - 59	Joe McEvoy	Woodbridge	10	1993
60 - 64	Bob Kozan	McLean	16	1990
65 - 69	John Jackson	Annandale	20	1990
70 - 74	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	21/25	2005
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

BICYCLING - WOMEN

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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
BICYCLING - MEN				
55 - 59	Shannon Ferguson	Alexandria	2:55:63	1984
60 - 64	John Jackson	Annandale	2:52:46	1984
65 - 69	William Patten	Annandale	3:03:76	1985
70 - 74	Lucius Kingman	McLean	3:07:43	1985
75 - 79	Joseph Brown	Arlington	4:52:04	1984
80 +	Joseph Brown	Arlington	5:25:46	1985
BOWLING - DUCK PIN - WOMEN				
All Ages	Carla Convery	Alexandria	72	1983
BOWLING - DUCK PIN - MEN				
All Ages	Garland Suggs	Alexandria	92	1985
BOWLING - TEN PIN - WOMEN				
50 - 54	Lynda Hellman	Burke	594	2004
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
80 - 84	Herbert Koehne	Arlington	655	1998
85 +	Michael Curcio	Manassas	679	1998

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
CANASTA - WOMEN				
All Ages	Mary Hamm	Manassas	22,815	1986
CANASTA - MEN				
All Ages	Francis Bordeaux	Sterling	23,430	1985
DOMINOS - WOMEN				
All Ages	Maria Tuazon	Falls Church	783	1995
DOMINOS - MEN				
All Ages	Jesus Santi	Springfield	362	1994
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 - 84	Carla Convery	Alexandria	40'9"	2002
85 +	Carla Convery	Alexandria	56'10"	2005
FRISBEE THROW - MEN				
55 - 59	Ken Freund	Alexandria	124' 6"	2005
60 - 69	Jon Fantin	Burke	122' 4"	2002
70 - 74	Ben Robinson	Alexandria	120' 0"	1995
75 - 79	Herlindo Delgado	Burke	95' 5"	1997
	Ben Robinson	Alexandria	95' 5"	1998
80 - 84	Herlindo Delgado	Burke	98'	2000
85 +	J.R. Cassidy	Manassas	99'	2000
GOLF - GROSS SCORE - WOMEN				
50-59	Annette Langley	Herndon	74	2006*
60 - 69	Maureen Doherty	Manassas	77	2006*
70 - 79	Barbara Klementz	Annandale	79	2006*
80+	Boyce Price	Alexandria	99	2003
GOLF - GROSS SCORE - MEN				

50 - 59	Steve Brooks	Dale City	57	2006*
60 - 69	George Mazuzan	Springfield	59	2006*
70 - 79	Roy Korth	Springfield	65	2006*
80+ (tie)	Guido Cavallo	Arlington	83	2003
	William Holm	McLean	83	2006*

GOLF - "PEORIA" NET SCORE - WOMEN

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

GOLF - "PEORIA" NET SCORE - MEN

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

GOLF - "CALLAWAY " - NET SCORE - WOMEN

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

GOLF - "CALLAWAY" - NET SCORE - MEN

50 - 59	Ron Scanlon	Centreville	64	2000
60 - 69	Don Borchering	McLean	49	2000
70 - 79	Jim Lemons	Vienna	51	2000
80 +	Guido Cavallo	Arlington	73	2005

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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	Patricia Muschamp	Falls Church	44	2006*
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 (tie)	George Weeks	Fairfax	39	2002
	John Kraus	Fairfax	39	2006*
70 - 79	Lester Morgan	Arlington	42	2002
80 - 85	A. Edward DeSomma	McLean	44	1998
	Steve Hajek	Woodbridge	44	2002
90+	William Keller	Lovettsville	48	2006*

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 - 90	Mary Lathram	Falls Church	61' 6"	2005
90 +	Mary Lathram	Falls Church	66' 7"	2006*

SOFTBALL HIT - MEN

50 - 54	Bill Byrne	Oak Hill	247' 0"	2006*
55 - 59	Ray Holt	Arlington	261'	1994
60 - 64	Mike Coleman	Alexandria	245' 4"	2006*
65 - 69	Leon Braxton	Alexandria	218' 2"	1988
70 - 74	Al Smith	Fairfax	231' 7"	1999
75 - 79	Raymond Kaminski	Annandale	186'	1995
80 - 84	Raymond Kaminski	Annandale	166' 9"	1997
85 +	Andy Simko	Springfield	139' 7"	2006*

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
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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 - 90	J.R. Cassidy	Manassas	99'6"	2002
90 +	J.R. Cassidy	Manassas	57' 8"	2006*

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 - 90	Carol Galbraith	Alexandria	1:00.75	2001
95 +	Mary Lathram	Falls Church	1:10.31	2006*

SWIMMING - BACKSTROKE - MEN

50 - 54	James Clark	Purcellville	:37.37	2006*
55 - 59	Tom Scott	Woodbridge	:36.53	1995
60 - 64	Niel Sween	Vienna	:35.89	1995
65 - 69	Niel Sween	Vienna	:37.22	2002
70 - 74	Niel Sween	Vienna	:36.96	2005
75 - 79	James Glassco	McLean	:43.33	2003
80 - 84	James Glassco	McLean	:46.74	2006*
85 - 89	Chester Myslicki	McLean	:56.49	2006*
90 +	J.R. Cassidy	Manassas	1:12.86	2006*

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
SWIMMING - BREAST STROKE - WOMEN				
50 - 54	Andrea Haines	Alexandria	:46.06	1998
55 - 59	Joanne Leilich	Springfield	:41.54	1997
60 - 64	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	Leesburg	1:52.40	2001
SWIMMING - BREAST STROKE - MEN				
50 - 54	James Hill	Springfield	:35.65	2002
55 - 59	James Hill	Springfield	:35.91	2006*
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 - 89	Chester Myslicki	McLean	1:18.86	2006*
90 +	J.R. Cassidy	Manassas	1:48.59	2006*
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
70 - 74	Anne Walker	Arlington	:41.96	1987
75 - 79	Anne Walker	Arlington	:43.99	1993
80 - 84	Anne Walker	Arlington	:45.72	1997
85 - 89	Carol Galbraith	Alexandria	:51.97	2001
90 +	Mary Lathram	Falls Church	1:09.54	2006*
SWIMMING - FREESTYLE - MEN				
50 - 54	James McKenzie	Clifton	:29.66	2005
55 - 59	Tom Scott	Woodbridge	:28.34	1995
60 - 64	Lawrence Cohen	Sterling	:30.09	1998
65 - 69	Reverdy Wright	Mt. Vernon	:34.08	2002
70 - 74	Bert Kassell	Arlington	:32.47	1984
75 - 79	Bert Kassell	Arlington	:33.21	1988
80 - 84	James Glassco	Arlington	:36.47	2006*
85 - 89	J.R. Cassidy	Manassas	:45.61	2001
90 +	J.R. Cassidy	Manassas	:57.46	2006*

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
SWIMMING - HALF MILE - WOMEN				
50 - 54	Maria-Angelica Cortes	Sterling	11:44.27	2005
55 - 59	Andrea Haines	Alexandria	12:34:72	2003
60 - 64	Matilda Huber	Fairfax	16:46.85	
65 - 69	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	12:38.00	2004
55 - 59	James Hill	Springfield	12:29.61	2006*
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 +	Pat Russell	McLean	22:54.00	2004

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	Sheila Gildea	McLean	48' 0"	2005
80 - 84	Josephine Stewart	Manassas	38' 0"	2006*
85 +	Mary Lathram	Falls Church	28' 6"	2000

DISCUS - MEN

50 - 54	Aivars Baumanis	Springfield	124' 2"	2006*
55 - 59	Leonard Olsen	Centreville	145' 7"	1990
60 - 64	Leonard Olsen	Centreville	152' 0"	1991
65 - 69	William Smith	Alexandria	113' 0"	2000
70 - 74	Charles Pistorino	McLean	102' ½"	1996
75 - 79	Robert Laurents	Fairfax	92' 7 1/4"	1996
80 - 84	J.R. Cassidy	Manassas	81' 3/4"	1995
85 - 89	J.R. Cassidy	Manassas	66'	2000
90 +	J.R. Cassidy	Manassas	45' 5"	2006*

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
LONG JUMP - RUNNING - WOMEN				
50 - 54	Diane Lasichak	Alexandria	12'	2001
55 - 59	Maria Miller	Arlington	10' 11"	1999
60 - 64	Toni Letaw	Vienna	9' 7"	1999
65 - 69	Phyllis Kozan	McLean	7' 10"	1997
70 - 74	Rusty Dowling	Fairfax	8' 2"	1998
75 - 79	Bess Larson	Annandale	6' 4 ½"	1994
80 - 84	Carla Convery	Alexandria	6' 4"	2002
85 +	Carla Convery	Alexandria	4' 3"	2005
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 ¼"	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 ½"	1986
70 - 74	Rusty Dowling	Fairfax	6'2"	1998
75 - 79	Elizabeth Deem	Woodbridge	4'8"	1994
80 - 84	Mary Lathram	Falls Church	3'11"	1995
85 - 89	Mary Lathram	Falls Church	3'9"	2001
90 +	Mary Lathram	Falls Church	2'8"	2006*
LONG JUMP - STANDING - MEN				
50 - 54	Rick Werner	Arlington	8' 9"	2006*
55 - 59	Wayne Wilson	Fairfax	8' 6"	1994
60 - 64	Richard Enrico	Fairfax	8' 4"	1992
65 - 69	Neel Price	McLean	7' 11"	1984
70 - 74	Richard Enrico	Ashburn	7' 7"	2005
75 - 79	John Baker	Alexandria	6' 9"	2004
80 - 84	Herlindo Delgado	Burke	6' 6"	2001
85 +	Herlindo Delgado	Burke	5' 5 ½"	2005

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
SHOT PUT - WOMEN				
50 - 54	Maria Miller	Arlington	29' 2"	1998
55 - 59	Maria Miller	Arlington	29' 1"	1999
60 - 64	Ellen Tharpe	Nokesville	23' 11"	1991
65 - 69	Maxine Bartlett	Woodbridge	26' ½"	1995
70 - 74	Josephine Stewart	Manassas	23' 8 ½"	1996
75 - 79	Josephine Stewart	Manassas	21' 6"	2000
80 - 84	Josephine Stewart	Manassas	18' 8 ½"	2006*
85 - 89	Peg Bell	Manassas	14' 1 ½"	1997
90 +	Mary Lathram	Falls Church	9' 1 ¾"	2006*
SHOT PUT - MEN				
50 - 54	Don Meli	Annandale	41' 5"	1998
55 - 59	Richard West	Springfield	54' 10"	1984
60 - 64	Leonard Olson	Centreville	52' 8"	1991
65 - 69	Charles Pistorino	McLean	43' 9"	1992
70 - 74	Charles Pistorino	McLean	40' 11 ½"	1994
75 - 79	John Schlogl	Springfield	38' 3 ½"	1994
80 - 84	J.R. Cassidy	Manassas	35' 11 ½"	1995
85 - 89	J.R. Cassidy	Manassas	28' 8"	2000
90 +	J.R. Cassidy	Manassas	16' 3"	2006*
50 METER DASH - WOMEN				
50 - 54	Diane Lasichak	Alexandria	7:94	2002
55 - 59	Jean Williams	Alexandria	7:92	1983
60 - 64	Carla Convery	Alexandria	7:67	1983
65 - 69	Josephine Stewart	Manassas	9:10	1992
70 - 74	Josephine Stewart	Manassas	9:23	1996
75 - 79	Josephine Stewart	Manassas	9:09	2002
80 - 84	Josephine Stewart	Manassas	9:72	2004
85+	Carla Convery	Alexandria	13:68	2005
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

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
100 METER DASH - WOMEN				
50 - 54	Diane Lasichak	Alexandria	15:56	2002
55 - 59	Sharon Helton	Vienna	15:54	1998
60 - 64	Jean Campbell	Alexandria	16:09	1987
65 - 69	Josephine Stewart	Manassas	17:91	1992
70 - 74	Josephine Stewart	Manassas	17:68	1996
75 - 79	Josephine Stewart	Manassas	18:56	2001
80 - 84	Josephine Stewart	Manassas	19:14	2006*
85 +	Carla Convery	Alexandria	30:26	2005

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	Mary White	Arlington	38:92	2006*
65 - 69	Josephine Stewart	Manassas	39:15	1993
70 - 74	Josephine Stewart	Manassas	42:48	1995
75 - 79	Josephine Stewart	Manassas	42:38	2000
80 - 84	Josephine Stewart	Manassas	43:37	2005

200 METER DASH - MEN

50 - 54	Willie Adams	Alexandria	27:86	2005
55 - 59	Richard Enrico	Fairfax	27:95	1991
60 - 64	Hal Goolsby	McLean	28:27	1992
65 - 69	Curran Tiffany	Arlington	30:15	1991
70 - 74	Hal Goolsby	McLean	31:16	2000
75 - 79	Josiah Smith	Ashburn	35:38	1992
80 - 84	Josiah Smith	Ashburn	35:25	1997
85 +	Mike Lowe	Springfield	1:01.02	2004

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
400 METER RUN - WOMEN				
50 - 54	Hannah Phillips	Alexandria	1:20.09	2005
55 - 59	Rachel Brown	Fairfax	1:24.36	1987
60 - 64	Helen Crum	Annandale	1:27.53	2001
65 - 69	Doralie Segal	Arlington	1:35.53	1998
70 - 74	Lee Glassco	McLean	1:51.00	2004
75 - 79	Josephine Stewart	Manassas	2:35.00	2002
80 - 84	Josephine Stewart	Manassas	1:48.06	2004
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	Karen Marchant	Springfield	3:08.37	2005
55 - 59	Betty Dameron	Arlington	3:14.75	1990
60 - 64	Henrietta Witt	Arlington	4:23.58	1984
65 - 69	Doralie Segal	Arlington	3:37.40	1997
70 - 74	Marilyn Carney	Arlington	6:35.22	1999
75 - 79	Eloise Over	Alexandria	5:12.00	1996
80 - 84	Hedy Marque	Alexandria	3:58.20	1998
800 METER RUN - MEN				
50 - 54	Rich Hower	Reston	2:28.00	2003
55 - 59	Ronald Gerughty	Annandale	2:41.00	1990
60 - 64	Herb Chisholm	Alexandria	2:48.00	1988
65 - 69	John P. McIntyre	Springfield	2:52.21	1987
70 - 74	Curran Tiffany	Arlington	3:04.20	1996
75 - 79	Paul Lackey	Arlington	3:26.85	1999
80 - 84	John Allums	Falls Church	4:20.07	1992

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
800 METER WALK - WOMEN				
50 - 54	Kim Fess	Annandale	5:25.76	1998
55 - 59	Dot Michaels	Arlington	4:51.00	1983
60 - 64	Jean Wood	Springfield	5:05.00	1986
65 - 69	Jean Wood	Springfield	5:22.49	1990
70 - 74	Mary Boska	Alexandria	5:38.00	2000
75 - 79	Mary Lathram	Falls Church	5:57.75	1990
80 - 84	Mary Boska	Alexandria	6:24.00	2006*
85 - 89	Mary Lathram	Falls Church	6:37.00	2000
90 +	Mary Lathram	Falls Church	7:19.00	2006*
800 METER WALK - MEN				
50 - 54	Peter Blank	Annandale	4:13.00	2006*
55 - 59	Jack Ozment	Philomont	4:10.00	1987
60 - 64	Victor Litwinski	McLean	4:30.00	2004
65 - 69	Louis Aelle	Leesburg	4:28.18	1986
70 - 74	Edward Seeger	Falls Church	4:37.00	1985
75 - 79	John Allums	Falls Church	5:01.62	1991
80 - 84	Ed Seeger	Falls Church	5:30.02	1997
85 +	Ed Seeger	Falls Church	6:11.86	2001
1500 METER WALK - WOMEN				
50 - 54	Joy Chambers	Alexandria		1998
55 - 59	Maryann Schwab	Fairfax	10:15.36	2006*
60 - 64	Rita Windish	Alexandria	10:44.00	1996
65 - 69	Rita Windish	Alexandria	10:51.00	2000
70 - 74	Terry Hamilton	Reston	10:54.83	1999
75 - 79	Mary Boska	Alexandria	11:32.00	2002
80 - 84	Mary Lathram	Falls Church	12:32.12	1999
85 - 89	Mary Lathram	Falls Church	12:32.00	2000
90 +	Mary Lathram	Falls Church	14:08.00	2006*
1500 METER WALK - MEN				
50 - 54	Peter Blank	Annandale	9:11.12	2004
55 - 59	Victor Litwinski	McLean	8:56.52	2001
60 - 64	Victor Litwinski	McLean	8:47.97	2004
65 - 69	Roger Webb	Alexandria	9:49.00	2004
70 - 74	John Dunaway	Arlington	10:11.22	1992
75 - 79	Shannon Ferguson	Alexandria	10:38.40	1998
80 - 84	Ed Seegar	Falls Church	10:35.90	1997
85 +	Ed Seegar	Falls Church	11:08.00	2000

Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
1600 METER RUN - WOMEN				
55 - 59	Betty Dameron	Arlington	6:55.42	1990
60 - 64	Helen Simpson	Arlington	8:17.00	1988
65 - 69	Irene Sutherland	Manassas	8:34.62	1988
70 - 74	Kay Bachman	Falls Church	12:44.00	1984
75 - 79	Virginia Pierce	Falls Church	14:03.60	1991
80 +	Eva Belle Mimms	Arlington	15:51.34	1991
1600 METER RUN - MEN				
55 - 59	Herb Chisholm	Alexandria	5:30.00	1983
60 - 64	Herb Chisholm	Alexandria	5:38.07	1986
65 - 69	John McIntyre	Springfield	6:25.98	1986
70 - 74	Jules Averitt	Alexandria	8:22.14	1990
75 - 79	Alwym Woods	Springfield	9:32.23	1986
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	34:07.00	2006*
55 - 59	Dot Michaels	Arlington	32:30.00	1983
60 - 64	Jean Wood	Springfield	34:25.00	1986
65 - 69	Rita Windish	Alexandria	36:20.07	2000
70 - 74	Mary Boska	Alexandria	35:45.70	1999
75 - 79	Eloise Over	Alexandria	37:37.80	1997
80 - 84	Mary Lathram	Falls Church	40:25.98	1995
85 +	Mary Lathram	Falls Church	43:17.89	2000

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	Victor Litwinski	McLean	28:14.00	2005
65 - 69	Ralph Driscoll	Alexandria	29:53.47	1991
70 - 74	Edward Seegar	Falls Church	31:00.00	1985
75 - 79	John Allums	Falls Church	33:02.00	1990
80 - 84	Edward Seegar	Falls Church	34:57.90	1997
85 +	Edward Seegar	Falls Church	38:39.47	2000

Asterisk (*) Indicates tied or established new Olympic record

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

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