

25<sup>th</sup> Annual  
NORTHERN VIRGINIA  
SENIOR OLYMPICS  
September 15-27, 2007

**2007**

**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—  
Prince William County Park Authority

*Northern Virginia Senior Olympic Committee*  
*P.O. Box 2089*  
*Merrifield, VA 22116-9998*  
*703-228-3600, ext. 9996*  
*[www.novaseniorolympics.com](http://www.novaseniorolympics.com)*

## 2007 EVENT RESULTS

# 25<sup>th</sup> Annual NORTHERN VIRGINIA SENIOR OLYMPICS September 15-27, 2007

### 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 County Area Agency on Aging  
Prince William County Park Authority

### 2007 GOLD Patrons

BB&T  
Goodwin House, Incorporated  
Greenspring Retirement  
Humana  
Sunrise Senior Living

### 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)  
Miniature Golf  
Pickleball  
Shuffleboard  
Swimming  
Table Tennis  
Tennis  
Softball Hit  
Softball Throw  
YoYo

### **Track & Field Events:**

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



The NVSO committee thanks Jackie Mayne, Customer Service Representative, Leesburg Senior Center, Loudoun Co. Dept. of Parks and Recreation, for her work in producing the 2007 results book.

## TABLE OF CONTENTS

<b>Event</b>	
Backgammon	1
Baitcasting	1
Basketball Free Throw	1
Basketball 3 on 3	2
Bowling Women	2
Bowling Men	2
Bridge, Duplicate	3
Bunco	3
Chess	3
Cribbage	3
Eight Ball Pool	4
Frisbee Throw	4
Golf, Gross & Net	4
Horseshoes	5
Line Dancing (team)	6
Miniature Golf	6
Pickleball Doubles Women	7
Pickleball Doubles Men	7
Pickleball Singles	8
Pickleball Mixed Doubles	8
Softball Hit Women	9
Softball Hit Men	9
Softball Throw	9
Shuffleboard	10
Swimming: Backstroke Women	10
Swimming: Backstroke Men	11
Swimming: Breaststroke Women	11
Swimming: Breaststroke Men	12
Swimming: Freestyle Women	12
Swimming: Freestyle Men	13
Swimming: ½ Mile	13
Table Tennis	14
Tennis, Singles	14
Tennis, Doubles	15
Tennis, Doubles, Mixed	16
YoYo	16
Track & Field Events	17
Field Events: Discus	17
Standing Long Jump Women	17
Standing Long Jump Men	18
Running Long Jump	18
Shot Put	19
Track Events: 60 Meter Dash Women	20
60 Meter Dash Men	20
200 Meter Dash Women	21
200 Meter Dash Men	21
400 Meter Run	22
800 Meter Run	22
800 Meter Walk	23
1600 Meter Walk	23
3 Mile Walk	24
Record Holders *	25

Asterick (\*) indicates tied or established new record

**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>BACKGAMMON - MIXED</b>				
All	Gold	Bethea Owen	Falls Church	
	Silver	Frank Creel	Arlington	
	Bronze	Frances Parsons	Falls Church	
<b>BAITCASTING – WOMEN</b>				
All	Gold	Pat Childers	Springfield	3
	Silver	Cesarina Olschner	Alexandria	1
	Bronze	Carla Convery	Alexandria	0
<b>BAITCASTING – MEN</b>				
All	Gold	Dante Simbulan	Burke	13
	Silver	Richard Stohr	Springfield	13
	Bronze	Charles Toftoy	Arlington	4
<b>BASKETBALL FREE THROW – WOMEN</b>				
60-69	Gold	Nancy Joyner	Annandale	19
	Silver	Margaret Carnes	Annandale	18
	Bronze	Mary D'Alessandris	Falls Church	11
70-79	Gold	Patricia Childers	Springfield	15
80-89	Gold	Mary Boska	Alexandria	19*
	Silver	Bernie Kleinschmidt	Annandale	16
	Bronze	Carla Convery	Alexandria	3
<b>BASKETBALL FREE THROW – MEN</b>				
60-69	Gold	Harold Skeins	Fairfax	23*
	Silver	Kai-Peter Koenig	Montclair	22
	Bronze	Gerald Rhodes	Burke	19
70-79	Gold	James Martin	Arlington	20*
	Silver (tie)	Andrew Dixon	Fairfax	17
	Silver (tie)	Paul Halbach	Falls Church	17
	Bronze	Charles Toftoy	Arlington	14
90-94	Gold	J.R. Cassidy	Manassas	7

<b>Age</b>	<b>Place</b>	<b>2007 Events Results Book Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>BOWLING - TEN PIN – WOMEN</b>				
55-59	Gold	Audrey Bragg Sutchman	Alexandria	566
	Silver	Linda Baumbusch	Fairfax	519
60-64	Gold	Mary Johnson	Woodbridge	544
65-69	Gold	Betty Stephens	Alexandria	582
70-74	Gold	Ethel Washington	Arlington	570
	Silver	Millie De Medici	Woodbridge	540
75-79	Gold	Nancy Leary	Alexandria	584
	Silver	Winnie Tegge	Alexandria	581
	Bronze	Marjorie Burts	Alexandria	561
80-84	Gold	Marge McNare	Falls Church	549
	Silver	Corinne Swanson	Alexandria	519
85-89	Gold	Jeri Patt	Fairfax	574
	Silver	Peggy Hurney	Springfield	562
	Bronze	Penelope Paddock	Sterling	535
<b>BOWLING - TEN PIN – MEN</b>				
55-59	Gold	Chris Fialkovich	Arlington	557
	Silver	Willis Hume	Reston	547
70-74	Gold	Dick Pelkey	Springfield	616
	Silver	Pedro Arenales	Fairfax	551
	Bronze	Rick Renninger	Springfield	542
75-79	Gold	Dave Johnson	Potomac Falls	544
	Silver	Bill Benko	Woodbridge	496
80-84	Gold	Jim Willcock	Falls Church	565
85-89	Gold	Joseph Dazzo	Manassas Park	606
	Silver	Bob McNare	Falls Church	600
	Bronze	Clement Irons	Sterling	562
90-94	Gold	Carl Schaad	Sterling	560*

<b>2007 Events Results Book</b>				
<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>BRIDGE, DUPLICATE</b>				
NORTH/ SOUTH	Gold	Erven Myers Vivian Hess	Annandale Alexandria	110.00
	Silver	Bud Burroughs Pat Burroughs	Arlington Arlington	88.50
	Bronze	Gerald Hahn Jeanne Hahn	Falls Church Falls Church	85.50
EAST/ WEST	Gold	Willis Hume Paul Stygar	Reston McLean	96.00
	Silver	Cathie Metzner Barbara Wyman	Centreville Fairfax	83.50
	Bronze	Phyllis Kurle Mary DeCorps	McLean Falls Church	83.00
<b>BUNCO</b>				
All	Gold	Lydia Blake	Alexandria	
	Silver	Beatrice Keen	Alexandria	
	Bronze	Rosemarie LoMonaco	Alexandria	
<b>BUNCO (Games Winners)</b>				
All	Gold	Rosemary Hilsabeck	Springfield	
	Silver	Patricia Brosius	Alexandria	
	Bronze	Jackie Trumbo	Alexandria	
<b>CHESS -Mixed</b>				
All	Gold (3 way)	Sanda Costescu	Falls Church	3
		William Webbert	Woodbridge	3
		John McNerney	McLean	3
	Silver (tie)	Edwardo Arriaga	Arlington	2
		Richard Stableford	Dumfries	2
	Bronze	Jose Dalusung	Springfield	1 1/2
<b>CRIBBAGE</b>				
All	Gold	Bob Bjork	Springfield	
	Silver	John Kraus	Fairfax	
	Bronze	Hal Langford	Springfield	

**2007 Events Results Book  
Winners**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>8 BALL POOL – WOMEN</b>				
All	Gold	Shelly Wade	Arlington	
	Silver	Suong Rogers	Springfield	
	Bronze	Betty Roadcap	Vienna	
<b>8 BALL POOL – MEN</b>				
All	Gold	Maxwell Gainer	Alexandria	
	Silver	Dick Pelkey	Springfield	
	Bronze	Bill Preston	Arlington	
<b>FRISBEE THROW – WOMEN</b>				
60-69	Gold	Mary D'Alessandris	Falls Church	46.1
70-79	Gold	Patricia Childers	Springfield	35.8
	Silver	Sheila Gildea	Fairfax	29.1
80-89	Gold	Carla Convery	Alexandria	34.3
<b>FRISBEE THROW – MEN</b>				
50-59	Gold	Michael Bell	Reston	134.5*
60-69	Gold	John Cordyack	Reston	102.1
	Silver	Kai-Peter Koenig	Montclair	70.4
	Bronze	Richard Stohr	Springfield	47.5
70-79	Gold	Dante Simbulan	Burke	65.9
	Silver	Phil Case	Burke	43.1
	Bronze	William Wieand	McLean	37.10
80-89	Gold	Ben Robinson	Alexandria	52.2
	Silver	David Mullaney	Reston	42.3
90+	Gold	J.R.Cassidy	Manassas	42.1*
<b>GOLF - GROSS SCORE – WOMEN</b>				
50-59	Gold	Audrey Stutchman	Alexandria	113
60-69	Gold	Judi Armington	Arlington	92
70-79	Gold	Barbara Klementz	Annandale	118

**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>GOLF - GROSS SCORE – MEN</b>				
50-59	Gold	William Somers	Arlington	69
60-69	Gold	James Menditto	Arlington	80
70-79	Gold	Jim Thompson	Alexandria	83
80-89	Gold	Cap Oliver	Vienna	90
<b>GOLF - "CALLAWAY" NET – WOMEN</b>				
60-69	Gold	Sun Yang	Arlington	73
	Silver (tie)	Maureen Doherty	Manassas	77
	Silver (tie)	Helen Crum	Manassas	77
	Bronze	Barbara Gerber	Burke	97
70-79	Gold	Alease Brooks	Arlington	87
<b>GOLF - "CALLAWAY" NET – MEN</b>				
50-59	Gold	Donald Drain	Springfield	61*
	Silver	Willy Viladegut	Falls Church	63
	Bronze	Douglas Huff	Arlington	64
60-69	Gold	Frank Creel	Arlington	57
	Silver	Paul Elmore	Annandale	59
	Bronze (tie)	Donald Tomb	Arlington	63
	Bronze (tie)	Paul Van Hoozer	Arlington	63
70-79	Gold	George Mazuzan	Springfield	62
	Silver	Marvin Reed	Oak Hill	65
	Bronze	Roy Korth	Springfield	66
80-89	Gold	Joe Willett	Fairfax	75
	Silver	Royal Herring	Fairfax	77
	Bronze	William Holmes	McLean	88
<b>HORSESHOES – WOMEN</b>				
65-69	Gold	Shirley VanEss	Woodbridge	
	Silver	Elizabeth Robinson	Woodbridge	
70-74	Gold	Blanche McQuade	Falls Church	
80-84	Gold	Mary Boska	Alexandria	
85-89	Gold	Bernie Kleinschmidt	Annandale	
	Silver	Jeri Patt	Fairfax	
	Bronze	Carla Convery	Alexandria	



<b>2007 Events Results Book</b>				
<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>HORSESHOES – MEN</b>				
60-64	Gold	Kai-Peter Koenig	Montclair	
65-69	Gold	Ronald Willard	Springfield	
70-74	Gold	Robert Stotz	McLean	
	Silver	Stephen Smith	Annandale	
75-79	Gold	James Gravette	Arlington	
80-84	Gold	Ed Anderson	Lovettsville	
85-89	Gold	Ben Robinson	Alexandria	
90-94	Gold	Raymond Kaminski	Springfield	
<b>LINE DANCING (TEAM)</b>				
All	Gold	<u>ShaTamPa</u>		
		Co-Capt. Tamera Webb	Alexandria	
		Co-Capt. Shan Farzan	Falls Church	
		JuleAnn Cheslock	Springfield	
		Penelope Wiek	Fairfax	
		Patricia Craft	Burke	
		Pat Friesz	Fairfax Station	
	Silver	<u>Bombshells</u>		
		Captain Amy Lee	Alexandria	
		Mel Hua Chan	Woodbridge	
Bronze		<u>The Jefferson Strutters from Sunrise Senior Living at The Jefferson in Arlington</u>		
		Kuniko Lynn	Arlington	
		Pat Beckford	Arlington	
		Daisy Dobeck	Arlington	
		Elizabeth Etzell	Arlington	
		Robert Pistner	Arlington	
		Dorothy Shields	Arlington	
<b>MINIATURE GOLF – WOMEN</b>				
50-59	Gold	Linda Baumbusch	Fairfax	53
	Silver	Carolyn Law	Falls Church	54
60-69	Gold	Marge Davenport	Alexandria	43
	Silver	Margaret Carnes	Annandale	49
	Bronze	Manette Lazear	Reston	50
70-79	Gold	Rosemarie Lo Monaco	Alexandria	59+1
	Silver	Frankie Holloway	Alexandria	59+2

<b>2007 Events Results Book</b>				
<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>MINIATURE GOLF – MEN</b>				
50-59	Gold	Rodney Smith	Alexandria	55
60-69	Gold	Skip Weeks	Fairfax	40
	Silver	John Cordyack	Reston	41
	Bronze	Richard Carnes	Annandale	42
70-79	Gold	Richard Fitzgerald	Alexandria	40*
	Silver	Dante Simbulan	Burke	44
<b>PICKLEBALL - DOUBLES – WOMEN</b>				
50-59	Gold	Carolyn Law	Falls Church	
		Margie Davenport	Alexandria	
	Silver	Suzanne Gesin	Arlington	
60-69		Jane Filkins	Falls Church	
	Gold	Susan Zajac	Arlington	
		Jo Ferry	Alexandria	
	Silver	Avlette Hennessey	Falls Church	
		Louise Harvey	Vienna	
80-89	Bronze	Catherine deLaubenfels	Arlington	
		Alease Brooks	Arlington	
	Gold	Louise Watkins	Bristow	
		Josephine Stewart	Manassas	
	Silver	Betty Paul	Alexandria	
	Mary Boska	Alexandria		
<b>PICKLEBALL - DOUBLES – MEN</b>				
50-59	Gold	Stephen Napoliello	Manassas	
		Luis Aveleyra	Manassas	
	Silver	George Weeks	Fairfax	
		Bob Hafer	Springfield	
	Bronze	Larry Mason	Arlington	
		Willard Moore	Arlington	
70-79	Gold	Tom Sims	Annandale	
		Richard Risk	Falls Church	
	Silver	Dick Sheil	Annandale	
	Del Wilson	Burke		

**2007 Events Results Book**  
**Winners**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>PICKLEBALL - SINGLES – WOMEN</b>				
60-69	Gold	Margaret Davenport	Alexandria	
70-79	Gold	Alease Brooks	Arlington	
80-89	Gold	Mary Boska	Alexandria	
<b>PICKLEBALL - SINGLES – MEN</b>				
50-59	Gold	David Sandidge	Vienna	
	Silver	George Savastano	Arlington	
60-69	Gold	Richard Carnes	Annandale	
	Silver	Herb Levitan	Arlington	
	Bronze	Steven Napoliello	Manassas	
70-79	Gold	George Hobart	Arlington	
	Silver	Dick Shiel	Annandale	
	Bronze	Luis Aveleyra	Manassas	
<b>PICKLEBALL - MIXED DOUBLES</b>				
50-59	Gold	David Sandidge Mary Ann Schwab	Vienna Fairfax	
	Silver	Michael Marrone Carolyn Law	Alexandria Falls Church	
	Bronze	Barbara Carson Steven Napoliello	Manassas Manassas	
60-69	Gold	Margaret Davenport Tom Sims	Alexandria Annandale	
	Silver	Jo Ferry Lawrence Mason	Alexandria Arlington	
	Bronze	Catherine DeLaubenfels George Weeks	Arlington Arlington	
70-79	Gold	Louise Watkins Paul Kister	Bristow Bristow	
	Silver	Sue Zajac George Hobart	Arlington Arlington	
	Bronze	Arlette Hennessey Dick Shiel	Falls Church Annandale	
80-89	Gold	Betty Paul Willard Moore	Fairfax Arlington	

**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SOFTBALL HIT – WOMEN</b>				
70-74	Gold	Patricia Childers	Springfield	72' 6"
75-79	Gold	Sheila Gildea	McLean	107' 8"
	Silver	Jane Filkins	Falls Church	72' 11"
80-84	Gold	Cesarina Olschner	Alexandria	24' 2"
85-89	Gold	Carla Convery	Alexandria	42' 1"
90-94	Gold	Mary Lathram	Falls Church	58' 10"
<b>SOFTBALL HIT – MEN</b>				
50-54	Gold	Ken Freund	Alexandria	187' 5"
55-59	Gold	Doug Hastings	Alexandria	122' 10"
60-64	Gold	Kai-Peter Koenig	Montclair	198' 10"
	Silver	Donald Meli	Annandale	176' 6"
	Bronze	Frank Creel	Arlington	170' 4"
65-69	Gold	Herb Levitan	Arlington	171' 5"
	Silver	Richard Stohr	Springfield	151' 5"
	Bronze	Ron Willard	Springfield	150' 1"
70-74	Gold	Charles Toftoy	Arlington	177' 9"
	Silver	William Nehrke	Arlington	120' 6"
90-94	Gold	Ray Kaminski	Springfield	95' 1"*
<b>SOFTBALL THROW – WOMEN</b>				
50-54	Gold	Nancy Fletcher	Ashburn	4' 10"
70-74	Gold	Patricia Childers	Springfield	59' 0"
75-79	Gold	Sheila Gildea	McLean	47' 4"
	Silver	Jane Filkins	Falls Church	33' 5"
80-84	Gold	Cesarina Olschner	Alexandria	21' 6"
85-89	Gold	Carla Convery	Alexandria	24' 6"
90-94	Gold	Mary Lathram	Falls Church	32' 2"*

**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SOFTBALL THROW – MEN</b>				
50-54	Gold	Ken Freund	Alexandria	131' 7"
55-59	Gold	Doug Hastings	Alexandria	176' 4"
	Silver	Paul Ball	Ashburn	6' 11"
60-64	Gold	Kai-Peter Koenig	Mont Clair	177' 2"
	Silver	Donald Meli	Annandale	113' 11"
65-69	Gold	Herb Levitan	Arlington	131' 10"
	Silver	Frank Creel	Arlington	97' 11"
	Bronze	Richard Stohr	Springfield	82' 10"
70-74	Gold	Paul Hession	Falls Church	94' 8"
	Silver	Charles Toftoy	Arlington	91' 8"
	Bronze	William Nehrke	Arlington	81' 5"
75-79	Gold	William Wieand	McLean	80' 9"
90-94	Gold	J.R. Cassidy	Manassas	62' 11"*
	Silver	Ray Kaminski	Springfield	57' 3"
<b>SHUFFLEBOARD – MIXED</b>				
All	Gold	Bob Howe	Alexandria	
	Silver	Carla Convery	Alexandria	
	Bronze	Jane Filkins	Falls Church	
<b>SWIMMING - BACKSTROKE – WOMEN</b>				
50-54	Gold	Mary McCloy	Manassas	40.94
55-59	Gold	Carol Mackela	Arlington	52.65
	Silver	Anne Christenson	Falls Church	59.78
60-64	Gold	Mary Schade	Arlington	51.76
	Silver	Ruth Hamilton	McLean	1.18.81
	Bronze	Jennifer Johnston	Annandale	1.30.78
65-69	Gold	Helen Crum	Annandale	1.03.88
75-79	Gold	Jane Filkins	Falls Church	1.30.62
80-84	Gold	Ginny Fant	Springfield	1.17.38
90-94	Gold	Mary Lathram	Falls Church	1.16.84

**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - BACKSTROKE – MEN</b>				
50-54	Gold	James Mackenzie	Clifton	40.10
	Silver	Daniel Elliott	Freat Falls	41.53
55-59	Gold	Tom Southard	Arlington	39.22
60-64	Gold	Donald Meli	Annandale	43.40
65-69	Gold	Kenton Pattie	Annandale	49.40
	Silver	Jerry O'Dell	Fairfax	1.13.38
70-74	Gold	Paul Gesswein	Great Falls	51.90
	Silver	Roger Webb	Alexandria	1.03.22
	Bronze	Palmer McGrew	Burke	1.06.19
75-79	Gold	Phil Case	Burke	49.97
	Silver	George Ewing	Fairfax	1.14.03
80-84	Gold	James Glassco	McLean	48.12
	Silver	Curran Tiffany	Arlington	58.09
85-89	Gold	Chester Myslicki	Fairfax	59.90
90-94	Gold	J.R. Cassidy	Manassas	1.19.43
<b>SWIMMING - BREASTSTROKE – WOMEN</b>				
50-54	Gold	Mary McCloy	Manassas	47.70
55-59	Gold	Anne Christenson	Falls Church	57.78
60-64	Gold	Mary Shade	Arlington	1.02.81
	Silver	Ruth Hamilton	McLean	1.12.25
	Bronze	Jennifer Johnston	Annandale	1.34.12
65-69	Gold	Helen Crum	Annandale	1.05.53
75-79	Gold	Jane Filkins	Falls Church	1.56.71

**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - BREASTSTROKE – MEN</b>				
50-54	Gold	James MacKenzie	Clifton	51.28
55-59	Gold	James Hill	Springfield	34.35*
	Silver	Thomas Southard	Arlington	42.38
60-64	Gold	Donald Meli	Annandale	45.41
65-69	Gold	Herb Levitan	Arlington	44.22
	Silver	Kenton Pattie	Annandale	52.40
	Bronze	Gerald (Jerry) O'dell	Fairfax	1.22.45
70-74	Gold	Paul Gesswein	Great Falls	58.06
	Silver	Palmer McGrew	Burke	1.02.53
	Bronze	Roger Webb	Alexandria	1.13.44
75-79	Gold	Bruce Herbert	McLean	53.15
	Silver	William Wieand	McLean	54.38
	Bronze	Phil Case	Burke	55.50
85-89	Gold	Chester Myslicki	Fairfax	1.29.06
90-94	Gold	JR Cassidy	Manassas	1.54.69
<b>SWIMMING - FREESTYLE – WOMEN</b>				
50-54	Gold	Mary McCloy	Manassas	37.50
55-59	Gold	Carol Mackela	Arlington	49.40
	Silver	Anne Christenson	Falls Church	50.72
60-64	Gold	Mary Schade	Arlington	45.44
	Silver	Ruth Hamilton	McLean	51.56
	Bronze	Rosemary Jellish	Alexandria	1.00.91
65-69	Gold	Helen Crum	Annandale	47.75
75-79	Gold	Jane Filkins	Falls Church	1.15.09
80-84	Gold	Ginny Fant	Springfield	1.07.29
90-94	Gold	Mary Lathram	Falls Church	1.14.78

**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - FREESTYLE – MEN</b>				
50-54	Gold	James MacKenzie	Clifton	31.18
	Silver	David Elliott	Great Falls	32.28
	Bronze	Charles James	Herndon	38.60
55-59	Gold	Tom Southard	Arlington	32.91
	Silver	Jim Carboni	Oak Hill	40.63
60-64	Gold	Donald Meli	Annandale	33.50
	Silver	Richard Carnes	Annandale	41.47
65-69	Gold	Herb Levitan	Arlington	37.32
	Silver	Kenton Pattie	Annandale	41.62
	Bronze	Jerry O'Dell	Fairfax	59.75
70-74	Gold	Palmer McGrew	Burke	41.85
	Silver	Roger Webb	Alexandria	51.16
	Bronze	Steve Mandes	Bristow	53.78
75-79	Gold	William Wieand	McLean	47.16
	Silver	Phil Case	Burke	53.09
	Bronze	George Ewing	Fairfax	57.56
80-84	Gold	James Glassco	McLean	39.81
	Silver	Curran Tiffany	Arlington	51.22
	Bronze	David Mullaney	Reston	1.03.94
85-89	Gold	Chester Myslicki	McLean	55.34
90-94	Gold	JR Cassidy	Manassas	1.02.33
<b>SWIMMING - 1/2 MILE – WOMEN</b>				
55-59	Gold	Karen Rainey	Arlington	17.35.50
	Silver	Carol Mackela	Arlington	20.37.97
	Bronze	Anne Christenson	Falls Church	21.19.27
60-64	Gold	Mary Schade	Arlington	18.01.09
	Silver	Ruth Hamilton	McLean	20.06.75
	Bronze	Rosemary Jellish	Alexandria	25.28.84
70-74	Gold	Kathleen Meyer	Fairfax	29.53.63
75-79	Gold	Jane Filkins	Falls Church	27.36.75
	Silver	Lucy Brown	Falls Church	30.30.00
80-84	Gold	Ginny Fant	Springfield	28.15.59
90-94	Gold	Mary Lathram	Falls Church	28.25.00*



**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - 1/2 MILE – MEN</b>				
50-54	Gold	James MacKenzie	Clifton	14.27.84
	Silver	Ken Freund	Alexandria	15.27.69
	Bronze	Daniel Elliott	Great Falls	15.47.19
55-59	Gold	James Hill	Springfield	12.43.91
	Silver	Jim Carboni	Oak Hill	20.28.13
60-64	Gold	Donald Meli	Annandale	15.40.00
65-69	Gold	Herb Levitan	Arlington	16.24.66
	Silver	Kenton Pattie	Annandale	16.46.59
	Bronze	Gerald (Jerry) O'dell	Fairfax	30.15.00
70-74	Gold	Paul Gesswein	Great Falls	20.52.47
	Silver	Palmer McGrew	Burke	21.05.37
	Bronze	Stephen Smith	Annandale	28.13.81
75-79	Gold	George Ewing	Fairfax	32.40.00

**TABLE TENNIS – WOMEN**

50-59	Gold	Elaine Marshall	Leesburg
60-69	Gold	So Fun Chiang	Chantilly
	Silver	Mary Schade	Arlington
	Bronze	Jayne Hart	Fairfax
70-79	Gold	Anna Ting	Falls Church
	Silver	Thongying Chen	Reston
	Bronze	Frankie Holloway	Alexandria

**TABLE TENNIS – MEN**

60-69	Gold	Shaw Zee	Fairfax Station
	Silver	Xuewu Ma	Herndon
	Bronze	Nelson Chang	Oakton
70-79	Gold	Paul Halbach	Falls Church
	Silver (tie)	Hexin Zhou	Herndon
	Silver (tie)	Andrew Dixon	Fairfax
	Silver (tie)	Dawei Zheng	Dunn Loring
	Bronze	Yining Wang	Fairfax
80-89	Gold	Maxwell Gainer	Alexandria

**TENNIS - SINGLES – WOMEN**

50-59	Gold	Lorraine McQuade	Annandale
60-69	Gold	Jungok Park	Ashburn
	Silver	Ellen Fendley	Dumfries'
	Bronze	Sharon Trimmer	Springfield
70-79	Gold	Margaret Denise	Annandale

**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>TENNIS - SINGLES – MEN</b>				
50-59	Gold	Jose De Jesus	Alexandria	
	Silver	Karl Blake	Vienna	
60-69	Gold	Rany Simms	Fairfax Station	
	Silver	Paul Van Hoozer	Arlington	
70-79	Gold	George Hobart	Arlington	
	Silver	Phillip Doherty	Burke	
	Bronze	Robert Shellhouse	Alexandria	
80-89	Gold	William Lyons	Falls Church	
	Silver	David Mullaney	Reston	
	Bronze	Carlton Coffey	Fairfax Station	

**TENNIS - DOUBLES WOMEN**

60-69	Gold	Sharon Trimmer	Springfield
		Sun Yang	Arlington
	Silver	Ellen Fendley Francesca Weber	Dumfries Dumfries
70-79	Gold	Janet Clement	Springfield
		Marianne McCaffery	Springfield
	Silver	Marcia Collins Ingrid Pettersen	Alexandria Alexandria

**TENNIS - DOUBLES – MEN**

50-59	Gold	Jose De Jesus	Alexandria
		Fernando Algeria	Alexandria
	Silver	Donald Drain Joseph Pincus	Springfield Springfield
60-69	Gold	Rany Simms	Fairfax Station
		Reuel Launey	Arlington
	Silver	Donald Tomb	Arlington
		Toui Pomsovaui	Arlington
70-79	Bronze	James Scott	Springfield
		Doug Roderick	Leesburg
		Robert Barnard	Annandale
	Gold	Phil Dougherty	Burke
		Ralph Hyer	Annandale
	Silver	Joseph Clement	Springfield
Tony Beale		Springfield	
Jerry Snyder		Springfield	
80-89	Gold	Trong Trongtonil	Alexandria
		Angelo Radassao	Oakton
	Silver	John Sullivan	Potomac Falls
		Gordon Shingleton	Sterling
	Bronze	Cap Oliver Carlton Coffey	Vienna Fairfax Station

**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>TENNIS - MIXED DOUBLES</b>				
50-59	Gold	Lin Kolb Don Tomb	Arlington Arlington	
	Silver	Rany Simms Cynthia Lavoie	Fairfax Station Fairfax Station	
	Bronze	Jose DeJesus Pat Rheams	Alexandria Alexandria	
60-69	Gold	Ellen Fendley Lowry Hundley	Dumfries Dumfries	
	Silver	Norb Sinnott Sun Yang	Falls Church Arlington	
	Bronze	Robert Howe Sharon Timmons	Alexandria Alexandria	
70-79	Gold	Bob Shellhouse Anita Murchie	Alexandria Alexandria	
	Silver	Larry Heyer Marianne McCaffery	Annandale Springfield	
	Bronze	Joseph Clement Janet Clement	Springfield Springfield	
80-89	Gold	Marguerite Church Robert Cromwell	Springfield Springfield	

**YO YO- BEGINNER WOMEN**

70+	Gold	Patricia Childers	Alexandria	21
	Silver	Sheila Gildea	McLean	11
	Bronze	Carla Convery	Alexandria	8

**YO YO- NOVICE MEN**

70+	Gold	Dante Simbulan	Burke	26
-----	------	----------------	-------	----

**YO YO- ADVANCED MEN**

70+	Gold	Roger Webb	Alexandria	29
-----	------	------------	------------	----

**2006 Events Results Book**  
**Winners**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>TRACK &amp; FIELD</b>				
<b>DISCUS – WOMEN</b>				
55-59	Gold	CindyLea Arbelbide	Bristow	72' 3"*
65-69	Gold	LePei Hu	Arlington	26' 11"
75-79	Gold	Sheila Gildea	McLean	37' 4"
	Silver	Jane Filkins	Falls Church	24' 0"
	Bronze	Shirley Haugrose	Falls Church	22' 4"
80-84	Gold	Mary Boska	Alexandria	33' 9"
	Silver	Josephine Stewart	Manassas	33' 6"
	Bronze	Cesarina Olschner	Alexandria	13' 2"
85-89	Gold	Bernie Kleinschmidt	Annandale	28' 1"
	Silver	Carla Convery	Alexandria	8' 5"
90-94	Gold	Mary Lathram	Falls Church	18' 10"*
<b>DISCUS – MEN</b>				
50-54	Gold	Aivars Baumanis	Springfield	106' 3"
	Silver	Charles James	Herndon	97' 7"
60-64	Gold	Kai-Peter Koenig	Mont Clair	85' 9"
	Silver	Victor Litwinski	McLean	82' 3"
	Bronze	Donald Meli	Annandale	75' 2"
65-69	Gold	Richard Stohr	Springfield	67' 4"
70-74	Gold	John Libert	Great Falls	79' 1"
	Silver	Heiling Luo	Arlington	77' 3"
	Bronze	William Nehrke	Arlington	47' 5"
75-79	Gold	William Wieand	McLean	56' 6"
	Silver	Dante Simbulan	Burke	54' 8"
	Bronze	Gerald Shannon	Falls Church	48' 3"
90-94	Gold	JR Cassidy	Manassas	44' 10"
<b>LONG JUMP, Standing- WOMEN</b>				
55-59	Gold	Cindy Lea Arbelbide	Bristow	4' 4 <sup>1</sup> / <sub>2</sub> "
65-69	Gold	Lepei Hu	Arlington	3' 8 <sup>1</sup> / <sub>2</sub> "
80-84	Gold	Mary Boska	Alexandria	3' 0"
85-89	Gold	Carla Convery	Alexandria	1' 0"
90-94	Gold	Mary Lathram	Falls Church	1' 11 <sup>1</sup> / <sub>2</sub> "

**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>LONG JUMP, Standing- MEN</b>				
50-54	Gold	Victor Painter	Arlington	7' 4 <sup>1</sup> / <sub>2</sub> "
	Silver	Robert Bilko	Fairfax	5' 7 <sup>1</sup> / <sub>2</sub> "
55-59	Gold	Doug Hastings	Alexandria	6' 10"
	Gold (tie)	James Hill	Springfield	6' 10"
60-64	Gold	Kai-Peter Koenig	Mont Clair	6' 4"
	Silver	John Cordyack	Reston	6' 0 <sup>1</sup> / <sub>2</sub> "
	Bronze	Donald Meli	Annandale	5' 9 <sup>1</sup> / <sub>2</sub> "
65-69	Gold	Robert Taylor	Arlington	6' 4"
	Silver	Ronald Willard	Springfield	4' 9 <sup>1</sup> / <sub>2</sub> "
	Bronze	Jerry O'Dell	Fairfax	4' 0"
70-74	Gold	Heling Luo	Arlington	6' 3 <sup>1</sup> / <sub>2</sub> "
	Silver	Frank Green	Annandale	5' 2"
	Bronze	Charles Toftoy	Arlington	4' 9 <sup>1</sup> / <sub>4</sub> "
75-79	Gold	Kent Halstead	Arlington	5' 7 <sup>1</sup> / <sub>4</sub> "
	Silver	Dante Simbulan	Burke	4' 10"
	Bronze	William Wieand	McLean	4' 9"

**LONG JUMP, Running – WOMEN**

55-59	Gold	Cindy Lea Arbelbide	Bristow	6' 7"
-------	------	---------------------	---------	-------

**LONG JUMP, Running – MEN**

50-54	Gold	Victor Painter	Arlington	11' 11 <sup>1</sup> / <sub>2</sub> "
	Silver	Robert Bilko	Fairfax	9' 2 <sup>1</sup> / <sub>2</sub> "
55-59	Gold	Jeff Young	McLean	11' 9 <sup>1</sup> / <sub>2</sub> "
	Silver	Doug Hastings	Alexandria	10' 11 <sup>1</sup> / <sub>2</sub> "
	Bronze	James Hill	Springfield	9' 6"
60-64	Gold	Kai-Peter Koenig	Mont Clair	10' 11"
	Silver	Paul Van Hoozer	Arlington	10' 2"
	Bronze	Donald Meli	Annandale	9' 2"
65-69	Gold	Robert Taylor	Arlington	11' 2 <sup>1</sup> / <sub>2</sub> "
	Silver	Gerald O'Dell	Fairfax	5' 11"
70-74	Gold	Frank Green	Annandale	7' 4 <sup>1</sup> / <sub>2</sub> "
	Silver	Charles Toftoy	Arlington	7' 4"
	Bronze	William Nehrke	Arlington	5' 1 <sup>1</sup> / <sub>2</sub> "
75-79	Gold	Vaithilingam Thuraisamy	Sterling	9' 10"
	Silver	William Wieand	McLean	8' 1"
	Bronze	Dante Simbulan	Burke	6' 11"
80-84	Gold	John Martin	Fairfax	6' 7"

**2006 Events Results Book  
Winners**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SHOT PUT – WOMEN</b>				
55-59	Gold	Cindy Lea Arbelbide	Bristow	25' 9 <sup>1</sup> / <sub>2</sub> "
65-69	Gold	Le Pei Hu	Arlington	16' 9"
75-79	Gold	Sheila Gildea	McLean	16' 5"
	Silver	Jane Filkins	Falls Church	11' 7"
80-84	Gold	Mary Boska	Alexandria	10' 2"
85-89	Gold	Bernie Kleinschmidt	Annandale	11' 11"
	Silver	Jeri Patt	Fairfax	11' 0"
90-94	Gold	Mary Lathram	Falls Church	7' 7"
<b>SHOT PUT – MEN</b>				
50-54	Gold	Aivars Baumanis	Springfield	34' 6"
	Silver	Charles James	Herndon	33' 3"
	Bronze	Peter Blank	Annandale	21' 11"
55-59	Gold	Jeff Young	McLean	29' 7"
	Silver	Doug Hastings	Alexandria	25' 5"
60-64	Gold	Kai-Peter Koenig	Montclair	28' 2"
	Silver	Victor Litwinski	McLean	27' 0"
	Bronze	Karol Remenec	Arlington	25' <sup>1</sup> / <sub>4</sub> "
65-69	Gold	Richard Stohr	Springfield	21' 9 <sup>1</sup> / <sub>4</sub> "
	Silver	Ronald Willard	Springfield	21' 1 <sup>1</sup> / <sub>2</sub> "
70-74	Gold	Heling Luo	Arlington	29' 5 <sup>1</sup> / <sub>2</sub> "
	Silver	Frank Green	Annandale	23' 3"
	Bronze	William Nehrke	Arlington	21' 11 <sup>1</sup> / <sub>4</sub> "
75-79	Gold	James Gravette	Arlington	24' 10 <sup>1</sup> / <sub>2</sub> "
	Silver	Dante Simbulan	Burke	22' 1 <sup>1</sup> / <sub>2</sub> "
	Bronze	William Wieand	McLean	21' 0"
90-94	Gold	JR Cassidy	Manassas	17' 10 <sup>1</sup> / <sub>2</sub> "*

**2007 Events Results Book**

Age	Place	Winners	Locality	Score/Time
-----	-------	---------	----------	------------

**INDOOR TRACK**

**60 METER DASH – WOMEN**

50-54	Gold	Wendy Thomas-Taylor	Wood Bridge	13:20*
55-59	Gold	Anne Christenson	Falls Church	12:33*
60-64	Gold	Mary White	Arlington	9:89*
70-74	Gold	Alease Brooks	Arlington	15:00*
75-79	Gold	Lee Glassco	McLean	14:41*
	Silver	Velma Grier	Alexandria	15:56
80-84	Gold	Josephine Stewart	Manassas	12:09*
	Silver	Mary Boska	Alexandria	14:33
85-89	Gold	Carla Convery	Alexandria	33:42*

**60 METER DASH – MEN**

50-54	Gold	Victor Painter	Arlington	8:22*
	Silver	Robert Bilko	Fairfax	10:47
	Bronze	Ken Hawkins	Arlington	14:03
55-59	Gold	Doug Hastings	Alexandria	8:96*
	Silver	David Shultz	Ashburn	8:97
	Bronze	Sola Cole	Arlington	9:10
60-64	Gold	John Cordyack	Reston	8:78*
	Silver	Doyle Talkington	Haymarket	9:11
	Bronze	John Cruden	Annandale	9:13
65-69	Gold	Robert Taylor	Arlington	9:01*
	Silver	Thomas Redmond	Centreville	9:69
	Bronze	Virgil Bodeen	Falls Church	9:73
70-74	Gold	Frank Green	Annandale	10:67*
	Silver	Pedro Arenales	Fairfax	10:99
	Bronze	Joseph Clement	Springfield	11:11
75-79	Gold	Hal Goolsby	McLean	10:88*
	Silver	Kent Halstead	Arlington	11:01
	Bronze	Dante Simbulan	Burke	13:12
80-84	Gold	John Martin	Fairfax	11:44*
	Silver	Curran Tiffany	Arlington	11:96

**2007 Events Results Book**

Age	Place	Winners	Locality	Score/Time
-----	-------	---------	----------	------------

**INDOOR TRACK**

**200 METER DASH – WOMEN**

55-59	Gold	Hannah Phillips	Alexandria	36.9*
	Silver	Anne Christenson	Falls Church	45.24
60-64	Gold	Mary White	Arlington	37.81*
70-74	Gold	Lee Glassco	McLean	56.75*
	Silver	Velma Grier	Alexandria	1:01.49
80-84	Gold	Josephine Stewart	Manassas	48.29*

**INDOOR TRACK**

**200 METER DASH – MEN**

50-54	Gold	Victor Painter	Arlington	28.46*
	Silver	Robert Bilko	Fairfax	36.10
	Bronze	Robert Aaront	Centreville	38.24
55-59	Gold	Solz Cole	Arlington	29.75*
	Silver	Shabaka Jeusi	Manassas	31.25
	Bronze	Doug Hastings	Alexandria	31.29
60-64	Gold	Doyle Talkington	Haymarket	33.67*
	Silver	Donald Meli	Annandale	34.00
	Bronze	Kai-Peter Koenig	Montclair	34.81
65-69	Gold	Virgil Bodeen	Falls Church	36.09*
	Silver	Raeford McKinney	Ashburn	42.04
70-74	Gold	Frank Green	Annandale	36.47*
	Silver	Stephen Mandes	Bristow	42.29
	Bronze	William Nehrke	Arlington	55.75
75-79	Gold	Hal Goolsby	McLean	35.69*
	Silver	Vathilingam Thuraisamy	Sterling	37.61
80-84	Gold	John Martin	Fairfax	43.91*
	Silver	Curran Tiffany	Arlington	1:10.61



**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
------------	--------------	----------------	-----------------	-------------------

**INDOOR TRACK**

**400 METER RUN – WOMEN**

55-59	Gold	Hannah Phillips	Alexandria	1:25.59*
	Silver	Anne Christenson	Falls Church	1:48.23
75-79	Gold	Lee Glassco	McLean	2:35.82*

**400 METER RUN – MEN**

50-54	Gold	Victor Painter	Arlington	1:10.00*
	Silver	Robert Bilko	Fairfax	1:21.85
	Bronze	Rob Aaront	Centreville	1:28.59
55-59	Gold	Shabaka Jeusi	Manassas	1:10.87*
	Silver	Doug Hastings	Alexandria	1:15.97
60-64	Gold	Gene McClellan	Arlington	1:15.16*
	Silver	Donald Meli	Annandale	1:18.66
	Bronze	Gil Bernabe	Burke	1:21.45
65-69	Gold	Virgil Bodeen	Falls Church	1:28.89*
	Silver	Raeford McKinney	Ashburn	1:46.45
	Bronze	Herb Levitan	Arlington	1:55.37
70-74	Gold	Robert Hannah	Oakton	1:40.43*
	Silver	Paul Hession	Falls Church	1:47.56
	Bronze	Steve Mandes	Bristow	1:49.53
75-79	Gold	Hal Goolsby	McLean	1:30.17*

**800 METER RUN – WOMEN**

55-59	Gold	Hannah Phillips	Alexandria	3:22.98*
	Silver	Anne Christenson	Falls Church	4:11.00

**800 METER RUN – MEN**

50-54	Gold	Robert Bilko	Fairfax	3:06.47*
	Silver	Rob Aaront	Centreville	3:40.51
55-59	Gold	Karl Blake	Vienna	3:28.09*
	Silver	George Savastano	Arlington	3:46.09
60-64	Gold	Donald Meli	Annandale	3:12.96*
	Silver	Gene McClellan	Arlington	3:19.94
	Bronze	Gil Bernabe	Burke	3:20.76
65-69	Gold	Herb Levitan	Arlington	4:23.00*
	Silver	Raeford McKinney	Ashburn	4:31.00
70-74	Gold	Tom Quinn	Arlington	4:02.59*
	Silver	Steve Mandes	Bristow	4:14.00

**2007 Events Results Book**

Age	Place	Winners	Locality	Score/Time
-----	-------	---------	----------	------------

**INDOOR TRACK**

**800 METER WALK - WOMEN**

55-59	Gold	Maryann Schwab	Fairfax	5:26*
65-69	Gold	Irene McDonnell	Falls Church	7:17*
	Silver	Betsy Younkins	McLean	7:39
70-74	Gold	Alease Brooks	Arlington	7:42*
80-84	Gold	Mary Boska	Alexandria	6:32*
85-89	Gold	Bernie Kleinschmidt	Annandale	9:29*
90-94	Gold	Mary Lathram	Falls Church	7.54*

**800 METER WALK – MEN**

50-54	Gold	Rob Aaront	Centreville	6.03*
55-59	Gold	Doug Hastings	Alexandria	5.18*
60-64	Gold	John Cordyack	Reston	5.30*
65-59	Gold	Herb Levitan	Arlington	5.37*
	Silver	Gerald O'Dell	Fairfax	6.36
70-74	Gold	Roger Webb	Alexandria	5.32*
	Silver	Jack Nelson	Alexandria	6.02
	Bronze	Richard Stableford	Dumfries	6.14
75-79	Gold	James Gravette	Arlington	5.57*
90-94	Gold	Edward Seeger	Falls Church	9.43*

**1600 METER WALK – MEN**

50-54	Gold	Peter Blank	Annandale	9:47*
	Silver	Rob Aaront	Centreville	13:08
65-69	Gold	Herb Levitan	Arlington	11:34*
70-74	Gold	Roger Webb	Alexandria	11:08*
	Silver	Jack Nelson	Alexandria	12:06
	Bronze	Richard Stableford	Dumfries	13:09
75-79	Gold	Tom Quinn	Arlington	12:03*
	Silver	James Gravette	Arlington	12:15
	Bronze	Dante Simbulan	Burke	13:42
80-84	Gold	Joseph Peters	Great Falls	13:16*

**1600 METER WALK – WOMEN**

55-59	Gold	Maryann Schwab	Fairfax	11:01*
70-74	Gold	Dorothy Skinner	Alexandria	12:02*
	Silver	Alease Brooks	Arlington	15:56
80-84	Gold	Mary Boska	Alexandria	13:50*
	Silver	Betty Vertiz	Arlington	16:30

**2007 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b><u>IDOOR TRACK</u></b>				
<b>3 MILE WALK – WOMEN</b>				
50-54	Gold	Wendy Thomas-Taylor	Woodbridge	39:31*
55-59	Gold	Maryann Schwab	Fairfax	34:04*
	Silver	Grace Starbird	Falls Church	40:41
65-69	Gold	Mary Wardlow	Alexandria	41:20*
	Silver	Mary L. D'Alessandris	Falls Church	47:00
	Bronze	Pat Thomas	Herndon	51:23
70-74	Gold	Dorothy Skinner	Alexandria	37:35*
	Silver	Ryoko Fisher	Springfield	43:10
90-94	Gold	Mary Lathram	Falls Church	50:09*
<b>3 MILE WALK – MEN</b>				
50-54	Gold	Peter Blank	Annandale	31:55*
	Silver	Myron Dunn	Nokesville	39:47
55-59	Gold	George Savastano, Jr.	Arlington	42:18*
60-64	Gold	Victor Litwinski	McLean	32:37*
	Silver	Kai-Peter Koenig	Montclair	36:05
	Bronze	David Prouty	Alexandria	36:07
65-69	Gold	Herb Levitan	Arlington	34:35*
	Silver	Jerry O'Dell	Fairfax	42:07
70-74	Gold	Richard Deringer	Annandale	34:37*
	Silver	Roger Webb	Alexandria	34:41
	Bronze	Jack Nelson	Alexandria	37:27
75-79	Gold	Edward Arriaga	Arlington	34:39*
	Silver	Dante Simbulan	Burke	43:06
	Bronze	Tom Quinn	Arlington	43:15
80-84	Gold	Joseph Peters	Great Falls	38:35*
	Silver	Jorge Soler	Falls Church	40:37

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
ARCHERY - COMPOUND - WOMEN				
50 - 59	Donna Turgeon	Fairfax Station	421	2002
60 - 64	Pat Carlson	Springfield	203	1992
ARCHERY - COMPOUND - MEN				
55 - 59	Layton Allen	Springfield	290	1990
60 - 64	Wayne Bell	Annandale	263	1999
65 - 69	Bill Ayers	Springfield	269	1991
70 - 79	Victor Linden	Fairfax	457	2002
80 +	Steve Hajek	Woodbridge	337	2002
ARCHERY - RECURVE - WOMEN				
50 - 54	Sue Phillips	Centreville	256	1999
55 - 59	Toni Letaw	Vienna	268	1998
60 - 64	Donna Packard	Vienna	278	1998
65 - 69	Bernie Kleinschmidt	Annandale	167	1991
70 - 74	Bernie Kleinschmidt	Annandale	139	1993
75 - 79	Bernie Kleinschmidt	Annandale	250	1999
ARCHERY - RECURVE - MEN				
55 - 59	Robert Keaton	Manassas	230	1991
60 - 64	Thomas Cox	Dale City	221	1990
65 - 69	Bill Ayers	Springfield	167	1991
70 - 74	Fernand Achee	Alexandria	118	1991
75 - 79	Steve Hajek	Woodbridge	46	1995
80 - 84	Steve Hajek	Woodbridge	150	1998
85 +	Paul Strickler	Falls Church	97	1998
BAITCASTING - WOMEN				
All	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
<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 - 89	Mary Boska	Alexandria	19/25	2007*
<b>BASKETBALL FREE THROW - MEN</b>				
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 & 2007*
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
70 - 79	James Martin	Arlington	20/25	2007*
80 - 84	George Ryffel	Arlington	20/25	2000
85 - 90	JR Cassidy	Manassas	14/25	2005
90 - 94	JR Cassidy	Manassas	16/25	2006
<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
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
<b>BICYCLING - MEN</b>				
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
<b>BOWLING - DUCK PIN - WOMEN</b>				
All Ages	Carla Convery	Alexandria	72	1983
<b>BOWLING - DUCK PIN - MEN</b>				
All Ages	Garland Suggs	Alexandria	92	1985
<b>BOWLING - TEN PIN - WOMEN</b>				
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
<b>BOWLING - TEN PIN - MEN</b>				
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 - 90	Michael Curcio	Manassas	679	1998
90 - 94	Carl Schaad	Sterling	560	2007*

### 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 - 90	Carla Convery	Alexandria	56'10"	2005
FRISBEE THROW - MEN				
50 - 59	Michael Bell	Reston	134' 5"	2007*
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 - 90	J.R. Cassidy	Manassas	99'	2000
90 - 94	J.R. Cassidy	Manassas	42' 1"	2007*
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

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>GOLF - GROSS SCORE - MEN</b>				
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	Donald Drain	Springfield	61	2007*
60 - 69	Don Borcharding	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	Richard Fitzgerald	Alexandria	40	2007*
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 - 89	Andy Simko	Springfield	139' 7"	2006
90 - 94	Ray Kaminski	Springfield	95' 1"	2007*

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>SOFTBALL THROW - WOMEN</b>				
50 - 54	Lucy Sale	Herndon	140'	2002
55 - 59	Gloria Bortell	Arlington	122' 5"	1990
60 - 64	Toni Letaw	Vienna	92' 3"	1999
65 - 69	Jacqueline Stephens	Fairfax Station	90'3"	2002
70 - 74	Josephine Stewart	Manassas	87'	1995
	Mary Williams	Woodbridge	87'	1996
75 - 79	Josephine Stewart	Manassas	82' 5"	2000
80 - 84	Birdie Hughes	Falls Church	52' 6"	1996
85 - 89	Mary Lathram	Falls Church	38'	2000
90 - 94	Mary Lathram	Falls Church	32' 2"	2007*
<b>SOFTBALL THROW - MEN</b>				
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 - 94	J.R. Cassidy	Manassas	62' 11"	2007*
<b>SWIMMING - BACKSTROKE - WOMEN</b>				
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
90 - 94	Mary Lathram	Falls Church	1:10.31	2006
<b>SWIMMING - BACKSTROKE - MEN</b>				
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
<b>SWIMMING - BREAST STROKE - WOMEN</b>				
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
<b>SWIMMING - BREAST STROKE - MEN</b>				
50 - 54	James Hill	Springfield	:35.65	2002
55 - 59	James Hill	Springfield	:34.35	2007*
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
<b>SWIMMING - FREESTYLE - WOMEN</b>				
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
<b>SWIMMING - FREESTYLE - MEN</b>				
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
<b>SWIMMING - HALF MILE - WOMEN</b>				
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 - 89	Carol Galbraith	Alexandria	19:08.57	2001
90 - 94	Mary Lathram	Falls Church	28:25.00	2007*
<b>SWIMMING - HALF MILE - MEN</b>				
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
<b>TRACK AND FIELD EVENTS</b>				
<b>DISCUS - WOMEN</b>				
50 - 54	Maria Miller	Arlington	58' 8 ½"	1998
55 - 59	Cindylee Arbelbide	Bristow	72' 3"	2007*
60 - 64	Ellen Tharpe	Nokesville	55' 6"	1990
65 - 69	Bernie Kleinschmidt	Annandale	51' 0"	1991
70 - 74	Bernie Kleinschmidt	Annandale	54' 8 1/4"	1992
75 - 79	Sheila Gildea	McLean	48' 0"	2005
80 - 84	Josephine Stewart	Manassas	38' 0"	2006
85 - 89	Mary Lathram	Falls Church	28' 6"	2000
90 - 94	Mary Lathram	Falls Church	18' 10"	2007*
<b>DISCUS - MEN</b>				
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	81'1 3/4"	1995
85 - 89	J.R. Cassidy	Manassas	66'	2000
90 - 94	J.R. Cassidy	Manassas	45' 5"	2006

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>LONG JUMP - RUNNING - WOMEN</b>				
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
<b>LONG JUMP - RUNNING - MEN</b>				
50 - 54	Victor Painter	Arlington	11' 11 ½"	2007*
55 - 59	Robert Taylor	Arlington	15' 9"	1998
60 - 64	Richard Enrico	Fairfax	13' 8 ½"	1993
65 - 69	John Baker	Arlington	13' 5"	1994
70 - 74	John Baker	Arlington	12' 1"	2000
75 - 79	Josiah Smith	Ashburn	10' 10 1/4"	1994
80 - 84	Josiah Smith	Ashburn	9'11"	1998
85 +	Mike Grayson	Falls Church	8' 7"	2002
<b>LONG JUMP - STANDING - WOMEN</b>				
50 - 54	Diane Lasichak	Alexandria	6'8"	2002
55 - 59	Antonia Letaw	Vienna	6'3"	1998
60 - 64	Toni Letaw	Vienna	6'4"	1999
65 - 69	Elizabeth Deem	Woodbridge	5'6 ½"	1986
70 - 74	Rusty Dowling	Fairfax	6'2"	1998
75 - 79	Elizabeth Deem	Woodbridge	4'8"	1994
80 - 84	Mary Lathram	Falls Church	3'11"	1995
85 - 89	Mary Lathram	Falls Church	3'9"	2001
90 - 94	Mary Lathram	Falls Church	2'8"	2006
<b>LONG JUMP - STANDING - MEN</b>				
50 - 54	Rick Werner	Arlington	8' 9"	2006
55 - 59	Wayne Wilson	Fairfax	8' 6"	1994
60 - 64	Richard Enrico	Fairfax	8' 4"	1992
65 - 69	Neel Price	McLean	7' 11"	1984
70 - 74	Richard Enrico	Ashburn	7' 7"	2005
75 - 79	John Baker	Alexandria	6' 9"	2004
80 - 84	Herlindo Delgado	Burke	6' 6"	2001
85 - 89	Herlindo Delgado	Burke	5' 5 ½"	2005

### Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>SHOT PUT - WOMEN</b>				
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 - 94	Mary Latham	Falls Church	9' 1 ¾"	2006
<b>SHOT PUT - MEN</b>				
50 - 54	Don Meli	Annandale	41' 5"	1998
55 - 59	Richard West	Springfield	54' 10"	1984
60 - 64	Leonard Olson	Centreville	52' 8"	1991
65 - 69	Charles Pistorino	McLean	43' 9"	1992
70 - 74	Charles Pistorino	McLean	40' 11 ½"	1994
75 - 79	John Schlogl	Springfield	38' 3 ½"	1994
80 - 84	J.R. Cassidy	Manassas	35' 11 ½"	1995
85 - 89	J.R. Cassidy	Manassas	28' 8"	2000
90 - 94	J.R. Cassidy	Manassas	17' 10 ½"	2007*
<b>50 METER DASH - WOMEN</b>				
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
<b>50 METER DASH - MEN</b>				
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
<b>60 METER DASH - INDOOR TRACK - WOMEN</b>				
50 - 54	Wendy Thomas-Taylor	Wood Bridge	13:20	2007*
55 - 59	Anne Christenson	Falls Church	12:33	2007*
60 - 64	Mary White	Arlington	9:89	2007*
70 - 74	Alease Brooks	Arlington	15:00	2007*
75 - 79	Lee Glassco	McLean	14:41	2007*
80 - 84	Josephine Stewart	Manassas	12:09	2007*
85 - 89	Carla Convery	Alexandria	33:42	2007*
<b>60 METER DASH - INDOOR TRACK - MEN</b>				
50 - 54	Victor Painter	Arlington	8:22	2007*
55 - 59	Doug Hastings	Alexandria	8:96	2007*
60 - 64	John Cordyack	Reston	8:78	2007*
65 - 69	Robert Taylor	Arlington	9:01	2007*
70 - 74	Frank Green	Annandale	10:67	2007*
75 - 79	Hal Goolsby	McLean	10:88	2007*
80 - 84	John Martin	Fairfax	11:44	2007*
<b>100 METER DASH - WOMEN</b>				
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
<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

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>200 METER DASH - INDOOR TRACK - WOMEN</b>				
55 - 59	Hannah Phillips	Alexandria	36: 9	2007*
60 - 64	Mary White	Arlington	37:81	2007*
70 - 74	Lee Glassco	McLean	56:75	2007*
80 - 84	Josephine Stewart	Manassas	48:29	2007*
<b>200 METER DASH - INDOOR TRACK - MEN</b>				
50 - 54	Victor Painter	Arlington	28.46	2007*
55 - 59	Solz Cole	Arlington	29.75	2007*
60 - 64	Doyle Talkington	Haymarket	33.67	2007*
65 - 69	Virgil Bodeen	Falls Church	36.09	2007*
70 - 74	Frank Green	Annandale	36.47	2007*
75 - 79	Hal Goolsby	McLean	35.69	2007*
80 - 84	John Martin	Fairfax	43.91	2007*
<b>200 METER DASH - WOMEN</b>				
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
<b>200 METER DASH - MEN</b>				
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
<b>400 METER RUN - INDOOR TRACK - WOMEN</b>				
55 - 59	Hannah Phillips	Alexandria	1:25.59	2007*
75 - 79	Lee Glassco	McLean	2:35.82	2007*
<b>400 METER RUN - INDOOR TRACK - MEN</b>				
50 - 54	Victor Painter	Arlington	1:10.00	2007*
55 - 59	Shabaka Jeusi	Manassas	1:10.87	2007*
60 - 64	Gene McClellan	Arlington	1:15.16	2007*
65 - 69	Virgil Bodeen	Falls Church	1:28.89	2007*
70 - 74	Robert Hannah	Oakton	1:40.43	2007*
75 - 79	Hal Goolsby	McLean	1:30.17	2007*
<b>400 METER RUN - WOMEN</b>				
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
<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 - INDOOR TRACK - WOMEN</b>				
55 - 59	Hannah Phillips	Alexandria	3:22.98	2007*
<b>800 METER RUN - INDOOR TRACK - MEN</b>				
50 - 54	Robert Bilko	Fairfax	3:06.47	2007*
50 - 59	Karl Blake	Vienna	3:28.09	2007*
60 - 64	Donald Meli	Annandale	3:12.96	2007*
65 - 69	Herb Levitan	Arlington	4:23.00	2007*
70 - 74	Tom Quinn	Arlington	4:02.59	2007*

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>800 METER RUN - WOMEN</b>				
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
<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 - INDOOR TRACK - WOMEN</b>				
55 - 59	Maryann Schwab	Fairfax	5:26	2007*
65 - 69	Irene McDonnell	Falls Church	7:17	2007*
70 - 74	Alease Brooks	Arlington	7:42	2007*
80 - 84	Mary Boska	Alexandria	6:32	2007*
85 - 89	Bernie Kleinschmidt	Annandale	9:29	2007*
90 - 94	Mary Lathram	Falls Church	7:54	2007*
<b>800 METER WALK - INDOOR TRACK - MEN</b>				
50 - 54	Rob Aaront	Centreville	6:03	2007*
55 - 59	Doug Hastings	Alexandria	5:18	2007*
60 - 64	John Cordyack	Reston	5:30	2007*
65 - 69	Herb Levitan	Arlington	5:37	2007*
70 - 74	Roger Webb	Alexandria	5:32	2007*
75 - 79	James Gravette	Arlington	5:57	2007*
90 - 94	Edward Seeger	Falls Church	9:43	2007*

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<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 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
<b>800 METER WALK - MEN</b>				
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
<b>1500 METER WALK - WOMEN</b>				
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
<b>1500 METER WALK - MEN</b>				
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
<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
80 +	Eva Belle Mimms	Arlington	15:51.34	1991
<b>1600 METER RUN - MEN</b>				
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
<b>1600 METER WALK - INDOOR TRACK - WOMEN</b>				
55 - 59	Maryann Schwab	Fairfax	11:01	2007*
70 - 74	Dorothy Skinner	Alexandria	12:02	2007*
80 - 84	Mary Boska	Alexandria	13:50	2007*
<b>1600 METER WALK - INDOOR TRACK - MEN</b>				
50 - 54	Peter Blank	Annandale	9:47	2007*
65 - 69	Herb Levitan	Arlington	11:34	2007*
70 - 74	Roger Webb	Alexandria	11:08	2007*
75 - 79	Tom Quinn	Arlington	12:03	2007*
80 -84	Joseph Peters	Great Falls	13:16	2007*
<b>1600 METER WALK - WOMEN</b>				
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

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>1600 METER WALK - MEN</b>				
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
<b>3 MILE WALK - INDOOR TRACK - WOMEN</b>				
50 - 54	Wendy Thomas-Taylor	Woodbridge	39:31	2007*
55 - 59	Maryann Schwab	Fairfax	34:04	2007*
65 - 69	Mary Wardlow	Alexandria	41:20	2007*
70 - 74	Dorothy Skinner	Alexandria	37:35	2007*
90 - 94	Mary Lathram	Falls Church	50:09	2007*
<b>3 MILE WALK - INDOOR TRACK - MEN</b>				
50 - 54	Peter Blank	Annandale	31: 55	2007*
55 - 59	George Savastano, Jr.	Arlington	42:18	2007*
60 - 64	Victor Litwinski	McLean	32:37	2007*
65 - 69	Herb Levitan	Arlington	34:35	2007*
70 - 74	Richard Deringer	Annandale	34:37	2007*
75 - 79	Edward Arriaga	Arlington	34:39	2007*
80 - 84	Joseph Peters	Great Falls	38:35	2007*
<b>3 MILE WALK - WOMEN</b>				
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
<b>3 MILE WALK - MEN</b>				
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.**

## NORTHERN VIRGINIA SENIOR OLYMPICS COMMITTEE MEMBERS

Steve Mandes, Chairman  
 Betsy Bailey, Vice Chairman  
 Del Wilson, Secretary  
 Bill Stephens, Treasurer  
 Brian Johnson, Co-Coordinator  
 Judy Massabny, Co-Coordinator

Karen Bixler	Ray Kaminski
Tracy Browand	Carol Mackela
Anne Slee Chase	Cesarina Olschner
Carla Convery	Brenda Ryan
Margie Davenport	Virginia Shields
Jane England	Jackie Stephens
Paula Giammarco	Agnes Tarbett
Robert Gordon	Curran Tiffany
Dona Hobbs	Chuck Toftoy
Jack Hobbs	Jim Viggiani
	Cheryl Wheeler