

26<sup>th</sup> Annual  
NORTHERN VIRGINIA  
SENIOR OLYMPICS  
September 20-October 2, 2008

**2008**

**EVENT RESULTS**

Sponsored by  
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*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)*

## 2008 EVENT RESULTS

# 26<sup>th</sup> Annual NORTHERN VIRGINIA SENIOR OLYMPICS September 20 – October 2, 2008

### Sponsored by:

Northern Virginia Senior Olympic Committee  
City of Alexandria Department of Recreation, Parks, and Cultural Activities  
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Fairfax County Park Authority  
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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

### 2008 GOLD Patrons

Goodwin House Incorporated  
Sunrise Senior Living  
Greenspring Retirement Community  
BB&T Bank  
Humana  
Verizon Wireless

2008 Silver Patron – Debbie Miller

2008 Bronze Patron – Steve Mandes

### EVENTS

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

Pickleball  
Shuffleboard  
Swimming  
Softball Throw  
Softball Hit  
Table Tennis  
Tennis  
Yo-Yo  
Scrabble  
Racquetball  
Line Dancing (team)

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

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

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1600 Meter Walk	24
3 Mile Walk	25
Record Holders *	26 -44

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**2008 Events Results Book**

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Age	Place	Winners	Locality	Score/Time
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**BACKGAMMON – MIXED**

All	Gold	Mohamed Youssef	Herndon	
	Silver	Sandra Costescu	Falls Church	
	Bronze	Ben Robinson	Alexandria	

**BAITCASTING – MIXED**

50-54	Gold	Steven Johnson	Springfield	10
65-59	Gold	Richard Stohr	Springfield	11
70-74	Gold	Charles Toftoy	Arlington	22*
75-79	Gold	Dante Simbulan	Burke	3
85-+	Gold	J.R. Cassidy	Manassas	5

**BASKETBALL FREE THROW – WOMEN**

50-59	Gold	Linda Sholl	Arlington	
60-69	Gold	Nancy Joyner	Annandale	
	Silver	Margaret Carnes	Annandale	
	Bronze	Mary Lou D'Alessandris	Falls Church	

**BASKETBALL FREE THROW – MEN**

60-69	Gold	Herb Levitan	Arlington	
	Silver	Kai-Peter Koenig	Montclair	
	Bronze	John Kraus	Fairfax	
70-79	Gold	Andrew Dixon	Fairfax	
	Silver	Harold Skeins	Fairfax	
	Bronze	Dante Simbulan	Burke	



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**2008 Events Results Book**

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Age	Place	Winners	Locality	Score/Time
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**BASKETBALL 3x3 – WOMEN**

All	Gold	<u>Super 60's Plus</u>		<u>W-3 , L-0</u>	
		Nancy Joyner	Annandale		
		Sue Flynn	Oakton		
		Carmela Miller	Arlington		
		Patricia McWethy	Oakton		
			Lily Chua	Potomac	
	Silver	<u>High Fives</u>		<u>W-1 , L-2</u>	
		Toni Peters	Washington, D.C.		
		Heather Stevens-Kittner	Arlington		
		Linda Valencia	Alexandria		
		Marie Danco	Alexandria		
			Hannah Phillips	Alexandria	
	Bronze	<u>Classics Plus</u>		<u>W-0 , L-2</u>	
		Mary Lou D'Alessandris	Falls Church		
		Jackie Stephens	Fairfax Station		
Elise Patak		Springfield			
Lucy McSweeney		Centreville			
Jeanni Winston		Washington, D.C.			
Helen White		Arlington			

**BOWLING - TEN PIN – WOMEN**

55-59	Gold	Miriam Fialkovich	Arlington	578
	Silver (tie)	Rachel Frantum	Annandale	538
	Silver (tie)	Audrey Stutchman	Alexandria	538
60-64	Gold	Linda Baumbusch	Fairfax	553
	Silver	Mary Johnson	Woodbridge	547
	Bronze	Marcia Sessions	Dumfries	529
65-69	Gold	Jo Ferry	Alexandria	598
	Silver	Betty Stephens	Alexandria	564
	Bronze	Lucia McSweeney	Centreville	528
70-74	Gold	Blanche McQuade	Falls Church	604
	Silver	Betty Graves	Alexandria	580
	Bronze	Ethel Washington	Arlington	534
75-79	Gold	Betty Roadcap	Vienna	569
	Silver	Winnie Tegge	Alexandria	544
	Bronze	Sue Toma	Falls Church	534
80-84	Gold	Patricia Johnson	Sterling	627
	Silver	Marge McNare	Falls Church	623

	Bronze	Donna Lackey	Woodbridge	545
85-89	Gold	Penny Paddock	Drainesville	569
	Silver	Peggy Hurney	Springfield	526

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**2008 Events Results Book**

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Age	Place	Winners	Locality	Score/Time
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**BOWLING - TEN PIN – MEN**

50-54	Gold	Robert Shepherd	Annandale	569
55-59	Gold	Willis Hume	Reston	421
60-64	Gold	Chris Fialkovich	Arlington	633
	Silver	Ted Crews	Springfield	593
	Bronze	Justis Long	Falls Church	556
65-69	Gold	Michael Coyne	Dumfries	503
	Silver	Alan Gillian	Woodbridge	442
70-74	Gold	Richard Fusco	Alexandria	579
	Silver	John Handley	Woodbridge	575
	Bronze	Robert Alexander	Burke	477
75-79	Gold	Robert McGruder	Purcellville	548
80-84	Gold	Gordon Causey	Falls Church	544
	Silver	Leonard Kalkwar	Springfield	514
85-89	Gold	Jim Willcock	Falls Church	601
	Silver	James New	Arlington	591
	Bronze	Clement Irons	Sterling	570
90-94	Gold	Ray Kaminski	Springfield	584

**BRIDGE, DUPLICATE**

NORTH/ SOUTH	Gold	Pat Burroughs	Arlington
		Bud Burroughs	Arlington
	Silver	Erv Meyer	Annandale
		Karl Van Newkirk	Arlington
Bronze	Josie Cox	Burke	
	Bonnie Morata	Burke	
EAST/ WEST	Gold	Paul Stygar	McLean
		Willis Hume	McLean
	Silver	James Conrad	McLean
		Mary DeCorps	McLean
	Bronze	Mary Hayes	Annandale
Helen Woodland		Annandale	

**BUNCO (Game Winners)**

All	Gold	Judy Duncan	Alexandria
	Silver	Margaret Murdock	Alexandria
	Bronze	Alice Balling	Alexandria

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**2008 Events Results Book**


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Age	Place	Winners	Locality	Score/Time
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**BUNCO**

All	Gold	Anne Donohoe	Alexandria
	Silver	Rosemary Hilsabeck	Springfield
	Bronze	Alba Siurano	Alexandria

**CHESS-Mixed**

All	Gold	William Webbert	Woodbridge	4
	Silver (tie)	John McNerney	McLean	3
		Jose Dalusung	Springfield	3
	Bronze	Willis Hume	Falls Church	2 1/2

**CRIBBAGE**

All	Gold	Bob Bjork	Springfield	9
	Silver	Bill Bohuslaw	Fairfax	8
	Bronze	Richard Fitzgerald	Alexandria	7

**8 BALL POOL – WOMEN**

All	Gold	Elizabeth Roadcap	Arlington
	Silver	OK H. Westray	Arlington
	Bronze	Bernie Kleinschmidt	Annandale

**8 BALL POOL – MEN**

All	Gold	James Westray	Arlington
	Silver	Joseph Griffin	Falls Church
	Bronze	Dick Pelkey	Springfield

**FRISBEE THROW – WOMEN**

65-69	Gold	Mary D'Alessandris	Falls Church	23'0"
85-89	Gold	Carla Convery	Alexandria	23'2"




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### 2008 Events Results Book

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Age	Place	Winners	Locality	Score/Time
<b>FRISBEE THROW – MEN</b>				
55-59	Gold	Ken Freund	Alexandria	94'0"
60-64	Gold	Kai-Peter Koenig	Montclair	55'1"
	Silver	Richard Stohr	Springfield	45'3"
70-74	Gold	Renold Beck	Fairfax	50'11"
	Silver	Dante Simbulan	Burke	46'10"
	Bronze	Phil Case	Burke	30'7"
80-84	Gold	Ben Robinson	Alexandria	31'2"
90-99	Gold	J.R. Cassidy	Manassas	36'4"
	Silver	Andy Simko	Springfield	31'9"
<b>GOLF - GROSS SCORE – WOMEN</b>				
60-69	Gold	Judie Armington	Arlington	97
70-79	Gold	Myrna Fulton	Arlington	75
<b>GOLF - GROSS SCORE – MEN</b>				
50-59	Gold	William Somers, Jr.	Arlington	75
60-69	Gold	James Menditto	Arlington	79
70-79	Gold	Paul Elmore	Annandale	79
80-89	Gold	Ernest (Sandy) Grady	Reston	88



**GOLF - "CALLAWAY" NET – WOMEN**

55-59	Gold	Audrey Bragg Stutchman	Alexandria	71
60-69	Gold	Judy Landolt-Korns	Clifton	69
	Silver	Helen Crum	Annandale	75
	Bronze	Maureen Doherty	Manassas	76
70-79	Gold	Barbara Klementz	Annandale	69
	Silver	Alease Brooks	Arlington	79




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**2008 Events Results Book**

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

50-59	Gold	Steve Brooks	Woodbridge	72
	Silver	Dushan Cvijanovic	Falls Church	74
	Bronze	Mark Westfield	Annandale	76
60-69	Gold (tie)	Harvey Doerksen	Fairfax	71 Tie
		Richard Wehrheim	Fairfax	71 Tie
	Silver	Ronald Garant	Arlington	72
	Bronze (tie)	Tyrone Harmon	Alexandria	73 Tie
Shaw Zee		Fairfax Station	73 Tie	
70-79	Gold	Walter Parham	Vienna	65
	Silver	George Mazuzan	Springfield	69
	Bronze	Thomas Hale	Fairfax	70
80-89	Gold	Joe Willett	Fairfax	73
	Silver	Cap Oliver	Vienna	75
	Bronze	Royal (Bish) Herring	Fairfax	77

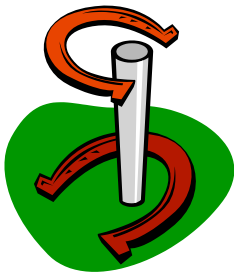
**HORSESHOES – WOMEN**

55-59	Gold	Audrey Bragg Stutchman	Alexandria
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60-64	Gold	Florine Holovacko	Ft. Belvoir
70-74	Gold	Shirley Van Ness	Woodbrige
80-84	Gold	Mary Boska	Alexandria
85-89	Gold	Bernie Kleinschmidt	Annandale

### HORSESHOES – MEN

60-64	Gold	Kai-Peter Koenig	Monclair
65-69	Gold	Richard Stohr	Springfield
	Silver	Ronald Willard	Springfield
70-74	Gold	John O'Donnell	Fairfax
	Silver	Steve Smith	Annandale
	Bronze	Richard Fitzgerald	Alexandria
75-79	Gold	Robert Stotz	McLean
80-84	Gold	Leonard Kalkwarf	Springfield
85-89	Gold	Ben Robinson	Alexandria
90-94	Gold	Ray Kaminski	Springfield




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Age	Place	Winners	Locality	Score/Time
<b>LINE DANCING (TEAM)</b>				
All	Gold	<u>Silver Steppers</u>		
		Capt. Jane McKeel	Falls Church	
		Phyllis Buell	Falls Church	
		Sarah Eastman	Falls Church	
		Betty Allan	Falls Church	
		Betty Walter	Falls Church	
		Alice Schmidt	Alexandria	
		Jane Donaghy	Alexandria	
		Yvonne Kirby	Alexandria	
			Silver	<u>All-Star Dance Troupe</u>
		Dianna Gorin	Fairfax	
		Angela Tseng	Fairfax	
		Nenita Hontiveros	Springfield	

Mei Fen Wicker	Springfield
Shou-Lien Liu	McLean

Bronze (tie) Lorton's Silver Diamonds

Capt. Susie Thomas	Burke
Rita Perrotti	Springfield
Rosa O'Neal	Springfield
Edna Noe	Annandale
Maria Puri	Burke
Mercedes Javier-Wong	Springfield

Fanelli's Dancers

Capt. Kathy Fanelli	Annandale
Marshall Glasser	Woodbridge
Ingeborg Ercolano	Arlington
Alease Brooks	Arlington
May McWilliams	Arlington

#### MINIATURE GOLF – WOMEN

50-59	Gold	Carolyn Law	Falls Church	46
	Silver	Audrey Bragg Stutchman	Alexandria	51
60-69	Gold	Margaret Davenport	Alexandria	42
	Silver	Margaret Carnes	Annandale	47
	Bronze	Manette Lazear	Reston	49
70-79	Gold	Rosemarie Lo Monaco	Alexandria	54

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#### 2008 Events Results Book

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Age	Place	Winners	Locality	Score/Time
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#### MINIATURE GOLF – MEN

60-69	Gold	Kai-Peter Koenig	Montclair	44
	Silver	Richard Carnes	Annandale	45
	Bronze	John Cordyack	Reston	46
70-79	Gold	George Weeks	Fairfax	48
	Silver	Richard Fitzgerald	Alexandria	52
	Bronze	Dante Simbulan	Burke	53
90-94	Gold	William Keller	Lovettsville	53

#### PICKLEBALL - DOUBLES – WOMEN

50-59	Gold	Carolyn Law	Falls Church
		Margie Davenport	Alexandria

60-69	Gold	Jo Ferry	Alexandria
		Susan Zajac	Arlington
70-79	Gold	Toby Urbach	Annandale
		Joyce Capps	Arlington
	Silver	Jocelyn Parker	Vienna
		Louise Harvey	Vienna
	Bronze	Alease Brooks	Arlington
		Catherine deLaubenfels	Arlington
80-89	Gold	Louise Watkins	Bristow
		Josephine Stewart	Manassas
	Silver	Mary Boska	Alexandria
		Betty Paul	Alexandria

#### **PICKLEBALL - DOUBLES – MEN**

50-59	Gold	Marcel Taube	Arlington
		Joe Blackburn	Arlington
	Silver	Robert Keller	Arlington
		George Savastano	Arlington
60-69	Gold	David Sandidge	Vienna
		Bruce Ericksen	Fairfax
	Silver	Robert Hafer	Springfield
		John Price	Arlington
	Bronze	Michael Maroone	Alexandria
		Tom Sims	Annandale
70-79	Gold	Roy O'Connor	Springfield
		Harry Williams	Springfield
	Silver	Macias Wenceskao	Arlington
		Dawit Tesfamichael	Arlington
80-89	Gold	Robert Treadway	Arlington
		Willard Moore	Arlington

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#### **2008 Events Results Book**

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<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
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#### **PICKLEBALL - SINGLES – WOMEN**

50-59	Gold	Carolyn Law	Falls Church
	Silver	Maryann Schwab	Fairfax
70-79	Gold	Alease Brooks	Arlington

### PICKLEBALL - SINGLES – MEN

50-59	Gold	George Savastano	Arlington
60-69	Gold	Robert Hafer	Springfield
	Silver	David Sandidge	Vienna
	Bronze	Joe Blackburn	Arlington
70-79	Gold	Paul Kister	Bristow
	Silver	John Price	Arlington
	Bronze	Del Wilson	Burke
80-89	Gold	Robert Treadway	Arlington

### PICKLEBALL - MIXED DOUBLES

50-59	Gold	Carolyn Law Joe Blackburn	Falls Church Arlington
	Silver	Maryann Schwab David Sandidge	Fairfax Vienna
	Bronze	Steve Napoliello Lauren Tertocha	Manassas Manassas
60-69	Gold	Margaret Davenport Tom Sims	Alexandria Annandale
	Silver	Lynn O'Connor Roy O'Connor	Springfield Springfield
	Bronze	Bruce Ericksen Louise Harvey	Fairfax Vienna
80-89	Gold	Betty Paul Willard Moore	Alexandria Arlington

### RACQUETBALL – WOMEN

60-64	Gold	Helen Crum	Annandale
	Silver	Charlotte Perdue	Arlington

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### 2008 Events Results Book

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Age	Place	Winners	Locality	Score/Time
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### RACQUETBALL – MEN

55-59	Gold	William Bovie	Reston
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	Silver	Bill Feeney	Fairfax
	Bronze	Howard Marcus	Woodbridge
60-64	Gold	Kai-Peter Koenig	Montclair
	Silver	John Cordyack	Reston
75-79	Gold	Nick Fidandis	Alexandria

### SCRABBLE – MIXED

All Ages	Gold	Kevin Quinley	Fairfax	3 wins + 443
	Silver	Irene Awret	Falls Church	3 wins + 365
	Bronze	John Cordyack	Reston	3 wins + 343

### SOFTBALL HIT – WOMEN

65-69	Gold	Mary L. D'Alessandris	Falls Church	47' 3"
70-74	Gold	Jacqueline Stephens	Fairfax Station	80' 7"
	Silver	Betty Graves	Alexandria	80' 0"
	Bronze	Mary Howard	Middleburg	62' 1"
75-79	Gold	Sheila Gildea	McLean	103' 1"
	Silver	Jane Filkins	Falls Church	100' 3"
	Bronze	Alease Brooks	Arlington	72' 5"
85-89	Gold	Bernie Kleinschmidt	Annandale	68' 5"*

### SOFTBALL HIT – MEN

50-54	Gold	Aivars Baumanis	Springfield	273' 0"*
55-59	Gold	William Bouie	Reston	253' 10"
	Silver	Ken Freund	Alexandria	199' 9"
	Bronze	Doug Hastings	Alexandria	173' 6"
60-64	Gold	Kai-Peter Koenig	Montclair	195' 0"
	Silver	Donald Meli	Annandale	173' 6"
	Bronze	John Cordyack	Reston	163' 9"
65-69	Gold	Alan Gillian, Sr.	Woodbridge	215' 2"
	Silver	Herb Levitan	Arlington	185' 6"
	Bronze	Ronald Willard	Springfield	144' 7"
70-74	Gold	Al Kehn	Manassas	187' 0"
	Silver	Charles Toftoy	Arlington	173' 0"
	Bronze	Renold Beck	Fairfax	168' 4"
90-94	Gold	Andy Simko	Springfield	125' 9"
	Silver	Ray Kaminski	Springfield	90' 5"
	Bronze	J.R. Cassidy	Manassas	87' 0"

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Age	Place	Winners	Locality	Score/Time
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**SOFTBALL THROW – WOMEN**

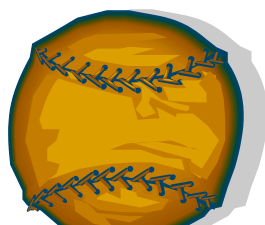
55-59	Gold	Marsha Cooper	Round Hill	83' 3"
65-69	Gold	Mary L. D'Alessandris	Falls Church	49' 1"
70-74	Gold	Jacqueline Stephens	Fairfax Station	82' 8"
	Silver	Betty Graves	Alexandria	63' 9"
	Bronze	Mary Howard	Middleburg	61' 11"
75-79	Gold	Sheila Gildea	McLean	53' 1"
	Silver	Jane Filkins	Falls Church	37' 11"
85+	Gold	Bernie Kleinschmidt	Annandale	41' 9"*

**SOFTBALL THROW – MEN**

50-54	Gold	Aivars Baumanis	Springfield	151' 6"*
55-59	Gold	Doug Hastings	Alexandria	158' 2"
	Silver	Ken Freund	Alexandria	141' 9"
	Bronze	William Bouie	Reston	141' 4"
60-64	Gold	Kai-Peter Koenig	Montclair	167' 8"
	Silver	Jeff Young	McLean	154' 10"
	Bronze	Michael Mele	Arlington	150' 9"
65-69	Gold	Herb Levitan	Arlington	138' 7"
	Silver	Alan Gillian, Sr.	Woodbridge	120' 1"
	Bronze	Ronald Willard	Springfield	85' 3"
70-74	Gold	Al Kehn	Manassas	139' 6"
	Silver	John O'Donnell	Fairfax	120' 2"
	Bronze	Renold Beck	Fairfax	117' 3"
90-94	Gold	Raymond Kaminski	Springfield	85' 7"
	Silver	J.R. Cassidy	Manassas	63' 7"*
	Bronze	Andrew Simko	Springfield	58' 9"
95-99	Gold	Chester Christenson	Falls Church	

**SHUFFLEBOARD – MIXES**

All	Gold	Ben Robinson	Alexandria
	Silver	Bernie Kleinschmidt	Annandale
	Bronze	Jane Filkins	Falls Church



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**2008 Events Results Book**

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<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - BACKSTROKE – WOMEN</b>				
55-59	Gold	Karen Rainey	Arlington	54.53
	Silver	Carol Mackela	Arlington	54.81
	Bronze	Anne Christenson	Falls Church	59.41
60-64	Gold	Mary Schade	Arlington	51.31
65-69	Gold	Helen Crum	Annandale	1.04.50
70-74	Gold	Kathleen Meyer	Fairfax	1.15.69
75-79	Gold	Jane Filkins	Falls Church	1.31.31
80-84	Gold	Ginny Fant	Springfield	1.23.22
90+	Gold	Mary Lathram	Falls Church	1.18.78
<b>SWIMMING - BACKSTROKE – MEN</b>				
50-54	Gold	Dan Meek	Arlington	37.75
	Silver	Roger Nakazawa	Herndon	39.85
55-59	Gold	Dan Elliott	Great Falls	39.19
	Silver	James MacKenzie	Clifton	41.19
	Bronze	John Carten	Arlington	42.87
60-64	Gold	Thomas Kennedy	Springfield	37.81
	Silver	Willis Braswell	Arlington	40.00
	Silver	Kai-Peter Koenig	Montclair	40.00
	Bronze	Don Meli	Annandale	40.47
65-69	Gold	James Sebben	Springfield	1.04.59
70-74	Gold	Gerald Ferguson	Fairfax	52.74
	Silver	E. Robert Premo	Arlington	1.23.85
75-79	Gold	Lou Brown	Annandale	49.25
	Silver	Phil Case	Burke	49.44
80-84	Gold	Curran Tiffany	Arlington	1.01.31
	Silver	Gilbert Robinson	McLean	1.09.09
	Bronze	George Ewing	Fairfax	1.15.40
90-94	Gold	J.R. Cassidy	Manassas	1.17.88
<b>SWIMMING - BREASTSTROKE – WOMEN</b>				
50-54	Gold	Mary McCloy	Manassas	48.78
55-59	Gold	Jill Hill	Springfield	54.20
	Silver	Anne Christenson	Falls Church	58.37
60-64	Gold	Mary Schade	Arlington	59.69
	Silver	Toni Fargo	Arlington	135.21



65-69	Gold	Helen Crum	Annandale	1.05.62
	Silver	Dorothy Taylor	Bristow	1.22.72
75-79	Gold	Jane Filkins	Falls Church	1.51.69

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<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - BREASTSTROKE – MEN</b>				
50-54	Gold	Dan Meek	Arlington	31.47*
	Silver	Muraji Nakazawa	Herndon	37.15
55-59	Gold	James Hill	Springfield	36.44
	Silver	John Carten	Arlington	48.60
	Bronze	Rafael Penaranda	Arlington	49.38
60-64	Gold	Thomas Kennedy	Springfield	40.12*
	Silver	Donald Meli	Annandale	45.75
	Bronze	Willis Braswell	Arlington	58.56
65-69	Gold	Herb Levitan	Arlington	44.66
70-74	Gold	James Chang	Oakton	56.00
	Silver	E. Robert Premo	Arlington	1.17.07
75-79	Gold	Bruce Herbert	McLean	56.35
	Silver	Phil Case	Burke	57.35
80-84	Gold	Curran Tiffany	Arlington	1.00.28
	Silver	George Ewing	Fairfax	1.26.44
90-94	Gold	JR Cassidy	Manassas	
2.03.09				
<b>SWIMMING - DIVING – WOMEN</b>				
50-54	Gold	Kathy Dougherty	Fairfax Station	176.17
	Silver	Debbie Duncan	Arlington	127.55
55-59	Gold	Carol Mackela	Arlington	164.10
<b>SWIMMING - DIVING – MEN</b>				
50-54	Gold	Maraji Nakazawa	Herndon	128.90
55-59	Gold	Bobby Meeks	Arlington	206.00
70-74	Gold	Nick Fidandis	Alexandria	73.15
<b>SWIMMING - FREESTYLE – WOMEN</b>				
50-54	Gold	Abigail Friedman	Arlington	33.44
	Silver	Mary McCloy	Manassas	37.18
55-59	Gold	Janice Groff	Fairfax Station	41.53
	Silver	Karen Rainey	Arlington	42.88
	Bronze	Carol Mackela	Arlington	49.56
60-64	Gold	Mary Schade	Arlington	45.60

65-69	Gold	Helen Crum	Annandale	47.79
70-74	Gold	Kathleen Meyer	Fairfax	1:19.78
75-79	Gold	Jane Filkins	Falls Church	1:20.44
80-84	Gold	Ginny Fant	Springfield	1:11.87
90-94	Gold	Mary Lathram	Falls Church	1:17.50

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**2008 Events Results Book**

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<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
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**SWIMMING - FREESTYLE – MEN**

50-54	Gold	Muraji Nakazawa	Herndon	30.63
	Silver	Dan Meek	Arlington	30.75
55-59	Gold	Daniel Elliot	Great Falls	31.00
	Silver	James Mackenzie	Clifton	31.44
	Bronze	John Carten	Arlington	36.00
60-64	Gold	Thomas Kennedy	Springfield	30.68
	Silver	Vince Romano	Annandale	32.90
	Bronze	Willis Braswell	Arlington	33.78
65-69	Gold	Barry Brown	Lorton	36.56
	Silver	Herb Levitan	Arlington	36.93
	Bronze	James Sebben	Springfield	47.62
70-74	Gold	Jerry Ferguson	Fairfax	46.91
	Silver	E. Robert Premo	Arlington	1:04.13
75-79	Gold	Lou Brown	Annandale	46.32
	Silver	Phil Case	Burke	51.35
80-84	Gold	Curran Tiffany	Arlington	1:00.25
	Silver	George Ewing	Fairfax	1:00.75
90-94	Gold	JR Cassidy	Manassas	1:09.21

**SWIMMING - 1/2 MILE – WOMEN**

50-54	Gold	Abigail Friedman	Arlington	15:51.00
55-59	Gold	Karen Rainey	Arlington	17:30.28
	Silver	Jill Hill	Springfield	20:53.63
	Bronze	Anne Christenson	Falls Church	21:29.00
60-64	Gold	Mary Schade	Arlington	18:02.32
65-69	Gold	Dorothy Taylor	Bristow	31:32.00
70-74	Gold	Kathleen Meyer	Fairfax	29:47.25
75-79	Gold	Jane Filkins	Falls Church	28:29.13

80-84	Gold	Ginny Fant	Springfield	29:44.75
90-94	Gold	Mary Latham	Falls Church	30:31.00




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### 2008 Events Results Book

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Age	Place	Winners	Locality	Score/Time
<b>SWIMMING - 1/2 MILE – MEN</b>				
50-54	Gold	Dan Meek	Arlington	14:32.06
55-59	Gold	James Hill	Springfield	12:43.40
	Silver	Daniel Elliot	Great Falls	13:58.10
	Bronze	James MacKenzie	Clifton	14:21.84
60-64	Gold	Willis Braswell	Arlington	11:32.07
	Silver	Thomas Kennedy	Springfield	14:56.50
	Bronze	Don Meli	Annandale	16:06.84
65-69	Gold	Herb Levitan	Arlington	16:14.06
	Silver	James Sebben	Springfield	21:34.07
	Bronze	Joseph Blackwell	Alexandria	26:50.91
70-74	Gold	James Chang	Oakton	24:44.29
	Silver	Robert Premo	Arlington	33:29.00
	Bronze	C.R. Brunner	Ashburn	37:38.00
75-79	Gold	Lou Brown	Annandale	18:14.53
	Silver	John Gouldin	Annandale	27:18.85
	Bronze	Ronald Samuelson	Potomac Falls	29:14.34

### TABLE TENNIS – WOMEN

60-69	Gold	So Fun Chiang	Chantilly
	Silver	Marian Lapp	Arlington
	Bronze	Sun Y. Yang	Arlington
70-79	Gold	Anna Ting	Falls Church
	Silver	Annamarie Pittman	Alexandria

80-84	Bronze	Sheila Gildea	McLean
	Gold	Phyllis Coleman	Dale City

**TABLE TENNIS – MEN**

50-59	Gold	Jingchaun Zhang	McLean
	Silver	Ken Freund	Annandale
60-69	Gold	Shaw Zee	Fairfax Station
	Silver	Xuewu Ma	Herndon
70-79	Bronze	Mohamed Youssef	Herndon
	Gold	Dawei Zheng	Dunn Loring
	Silver	Hexrin Zhou	Herndon
80-89	Bronze	Andrew Dixon	Fairfax
	Gold	Maxwell Gainer	Alexandria
	Silver	Gilbert Robinson	McLean

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**2008 Events Results Book**

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Age	Place	Winners	Locality	Score/Time
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**TENNIS - SINGLES – WOMEN**

60-69	Gold	Jean Barsaloux	Leesburg
	Silver	Pearl Hicks	Arlington
70-79	Gold	Margaret Denise	Annandale

**TENNIS - SINGLES – MEN**

50-59	Gold	Greg Rothwell	Great Falls
	Silver	Karl Blake	Vienna
	Bronze	Jose DeJesus	Alexandria
60-69	Gold	Toui Pomsouvan	Arlington
	Silver	Kai-Peter Koenig	Mont Clair
	Bronze	Don Frederick	Burke
70-79	Gold	Norbert Sinnott	Falls Church
	Silver	Bob Shellhouse	Alexandria
	Bronze	Wayne Bell	Annandale
80-89	Gold	Robert Bainum	Fairfax
	Silver	Dana Hodgdon	Fairfax
	Bronze	Lou DeRosa	Springfield

## TENNIS - DOUBLES WOMEN

60-69	Gold	Jean Barsaloux Harriett Middlebrook	Leesburg Leesburg
70-79	Gold	Jan Clement Kelly McCaffery	Springfield Springfield
	Silver	Ingrid Peterson Marcia Collins	Alexandria Alexandria

## TENNIS - DOUBLES – MEN

60-64	Gold	Toui Pomsouvan Don Tomb	Arlington Arlington
	Silver	Pat Mullaney Michael Eber	Reston Reston
	Bronze	Bob Howe Bob Shellhouse	Alexandria Alexandria
70-74	Gold	Jim Scott Norbert Sinnott	Falls Church Falls Church
	Silver	Bob Barnard Wayne Bell	Annandale Annandale
	Bronze	George Hobart Bob Warakomsky	Fairfax Fairfax

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### 2008 Events Results Book

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Age	Place	Winners	Locality	Score/Time
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## TENNIS - MIXED DOUBLES

50-59	Gold	Pat Rheams Jose DeJesus	Alexandria Alexandria
60-69	Gold	Barbara Hoepfer Toui Pomsouvan	Arlington Arlington
	Silver	Sharon Timmons Bob Howe	Alexandria Alexandria
	Bronze	Sun Yang Norbert Sinnott	Arlington Falls Church
70-79	Gold	Carole Vann Wayne Bell	Alexandria Annandale
	Silver	Kelly McCaffery Bob Gibson	Springfield Fairfax
	Bronze	Ingrid Pettersen Robert McLean	Alexandria Alexandria

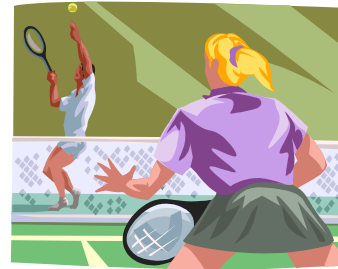
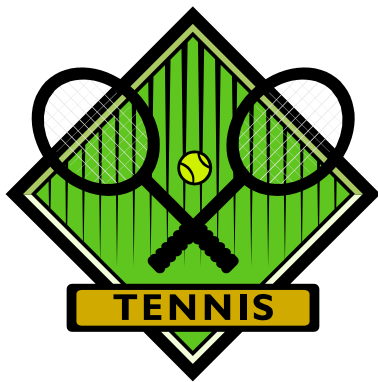
80-89	Gold	Gordon Shingleton Fern Walmer	Sterling Potomac Falls
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**YO YO- WOMEN**

Beginner	Gold	Carla Convery	Alexandria	3
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**YO YO- MEN**

Beginner	Gold	Won Yoon	Burke	23
Novice	Gold	Dante Simbulan	Burke	15
Advance	Gold	Roger Webb	Alexandria	29




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**2008 Events Results Book**

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Age	Place	Winners	Locality	Score/Time
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**TRACK & FIELD**

**DISCUS – WOMEN**

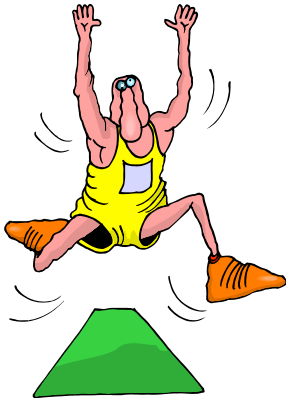
65-69	Gold	Le Pei Hu	Fairfax	30' 0"
75-79	Gold	Sheila Gildea	McLean	42' 5"
	Silver	Jane Filkins	Falls Church	26' 5"
80-84	Gold	Josephine Stewart	Manassas	32' 6"
	Silver	Mary Boska	Alexandria	30' 0"
85-89	Gold	Bernie Kleinschmidt	Annandale	27' 2"
90-94	Gold	Mary Lathram	Falls Church	20' 4"

## DISCUS – MEN

50-54	Gold	Charles James	Herndon	112' 1/2"
	Silver	Aivars Baumanis	Springfield	109' 6"
55-59	Gold	Doug Hastings	Alexandria	62' 4"
60-64	Gold	Steven Dorosewicz	Arlington	100' 3"
	Silver	Robert Vasura	Herndon	93' 2"
	Bronze	Kai-Peter Koenig	Montclair	87' 4"
65-69	Gold	Alan Gillian, Sr.	Woodbridge	66' 4"
	Silver	Richard Stohr	Springfield	53' 9"
	Bronze	Ronald Willard	Springfield	43' 11"
70-74	Gold	Heling Luo	Fairfax	67' 3"
	Silver	Roger Webb	Alexandria	48' 8"
75-79	Gold	Peter Schwartz, Jr.	Dumfries	65' 9"
	Silver	Vaithilingam Thuraiamy	Sterling	44' 7"
	Bronze	Dante Simbulan	Burke	43' 3"
90-94	Gold	JR Cassidy	Manassas	41' 0"

## LONG JUMP, Standing- WOMEN

55-59	Gold	Hannah Phillips	Alexandria	5' 0"
65-69	Gold	Le Pei Hu	Fairfax	4' 5"
75-79	Gold	Alease Brooks	Arlington	2' 8"
90-94	Gold	Mary Lathram	Falls Church	1' 6"




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### 2008 Events Results Book

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Age	Place	Winners
	Locality	Score/Time

## LONG JUMP, Standing- MEN

55-59	Gold	Doug Hastings	Alexandria	7' 1"
60-64	Gold (tie)	John Cordyack	Reston	6' 8"
	Gold (tie)	Robert Eaheart, Jr.	Springfield	6' 8"
	Silver	Kai-Peter Koenig	Montclair	6' 5"
	Bronze	Karol Remenec	Arlington	5' 9"

65-69	Gold	Rod Zumbro	Springfield	6' 2"
	Silver	Ronald Willard	Springfield	5' 2 1/2"
70-74	Gold	Heling Luo	Fairfax	6' 6"
	Silver	James Landoll.	Springfield	5'10"
	Bronze	Frank Green	Annandale	5' 4"
75-79	Gold	Richard Enrico	Ashburn	6' 6 1/2"
	Silver	Kent Halstead	Arlington	6' 2"
90-94	Gold	Andy Simko	Springfield	3' 3"

### LONG JUMP, Running – WOMEN

55-59	Gold	Hannah Phillips	Alexandria	9' 7"
65-69	Gold	Le Pei Hu	Fairfax	4' 9"
80-84	Gold	Vivian Nielsen	Springfield	3' 11"

### LONG JUMP, Running – MEN

55-59	Gold	Doug Hastings	Alexandria	11' 11"
60-64	Gold	Jeff Young	McLean	11' 11"
	Silver	Kai-Peter Koenig	Montclair	11' 3"
	Bronze	Robert Eaheart, Jr.	Springfield	10' 6"
65-69	Gold	Rod Zumbro	Springfield	8' 1"
	Silver	Ronald Willard	Springfield	6' 11"
70-74	Gold	Heling Luo	Fairfax	8' 8"
	Silver	Charles Toftoy	Arlington	8' 4"
	Bronze	Steve Mandes	Bristow	7' 6"
75-79	Gold	V. Thuraisamy	Sterling	9' 6"
	Silver	Richard Enrico	Ashburn	8' 9"
	Bronze	Kent Halstead	Arlington	8' 1"

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### 2008 Events Results Book

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Age	Place	Winners	Locality	Score/Time
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### SHOT PUT – WOMEN

55-59	Gold	Vera Ziherman	Alexandria	19' 11"
65-69	Gold	Le Pei Hu	Fairfax	16' 10"
75-79	Gold	Sheila Gildea	McLean	17' 3"
	Silver	Alease Brooks	Arlington	13' 4"
	Bronze	Jane Filkins	Falls Church	10' 9"
80-84	Gold	Josephine Stewart	Manassas	17' 8"
	Silver	Mary Boska	Alexandria	14' 2"



85-89	Gold	Bernie Kleinschmidt	Annandale	11' 6"
90-94	Gold	Mary Lathram	Falls Church	9' 9"

### SHOT PUT – MEN

50-54	Gold	Charles James	Herndon	35' 7"
	Silver	Aivars Baumanis	Springfield	34' 4"
55-59	Gold	Doug Hastings	Alexandria	25' 0"
60-64	Gold	Jeff Young	McLean	32' 6"
	Silver	Stephen Dorosewicz	Arlington	29' 8"
	Bronze	Kai-Peter Koenig	Montclair	28' 8"
65-69	Gold	Alan Gillian, Sr.	Woodbridge	28' 2"
	Silver	Rod Zumbro	Springfield	24' 1"
	Bronze	Ronald Willard	Springfield	20' 10"
70-74	Gold	Heling Luo	Fairfax	30' 9"
	Silver	Frank Green	Annandale	29' 2"
	Bronze	John McNerney	McLean	25' 7"
75-79	Gold	V. Thuraisamy	Sterling	24' 1"
	Silver	Dante Simbulan	Burke	20' 2"
90-94	Gold	JR Cassidy	Manassas	18' 2"
	Silver	Andy Simko	Springfield	16' 10"

### 60 METER DASH – WOMEN

50-54	Gold	Sandy Austin	Dale City	10.1
	Silver	Connie McKeon	Annandale	11.5
	Bronze	Wendy Thomas-Taylor	Woodbridge	13.5
55-59	Gold	Anne Christenson	Falls Church	12.2
60-64	Gold	Mary White	Arlington	11.0
	Silver	Charlotte Perdue	Arlington	11.8
65-69	Gold	Helen Crum	Annandale	12.0
75-79	Gold	Alease Brooks	Arlington	17.9
80-84	Gold	Josephine Stewart	Manassas	14.65
	Silver	Mary Bosca	Alexandria	16.28

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### 2008 Events Results Book

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Age	Place	Winners	Locality	Score/Time
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### 60 METER DASH – MEN

50-54	Gold	Arnie Figueroa	Fairfax	8.6
	Silver	Ed Binczewski	Arlington	11.0

55-59	Gold	Sola Cole	Arlington	8.6
	Silver	Doug Hastings	Alexandria	8.8
	Bronze	Shabaka Jeusi	Manassas	8.9
60-64	Gold	Jeff Young	McLean	8.4
	Silver	John Cordyack	Reston	9.7
	Bronze	Donald Meli	Annandale	9.9
65-69	Gold	Thomas Redmond	Centreville	9.6
	Silver	Charles Sponsler	Fairfax	9.7
	Bronze	Krupakar Revanna	Falls Church	10.1
70-74	Gold	Frank Green	Annandale	10.63
	Silver	James Landoll	Springfield	10.8
	Bronze	Steve Mandes	Bristow	10.9
75-79	Gold	Richard Enrico	Ashburn	9.7
	Silver	Robert Stotz	McLean	10.8
	Bronze	Vaithilingam Thuraisamy	Sterling	10.87
80-84	Gold	Tiffany Curran	Arlington	13.0
85-89	Gold	Dana Hodgdon	McLean	12.3
90-94	Gold	Andy Simko	Springfield	15.19

#### **200 METER DASH – WOMEN**

50-54	Gold	Faith Cooper	Purcellville	44.4
	Silver	Connie McKeon	Annandale	46.7
	Bronze	Wendy Thomas-Taylor	Woodbridge	52.4
55-59	Gold	Hannah Phillips	Alexandria	36.1
	Silver	Anne Christianson	Falls Church	46.8
60-64	Gold	Mary White	Arlington	38.5
	Silver	Claire Knight	Alexandria	39.7
	Bronze	Charlotte Perdue	Arlington	39.8
75-79	Gold	Alease Brooks	Arlington	1:16.7
80-84	Gold	Josephine Stewart	Manassas	46.4

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#### **2008 Events Results Book**

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<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>200 METER DASH – MEN</b>				
50-54	Gold	Arnie Figueroa	Fairfax	31:0
55-59	Gold	Sola Cole	Arlington	28.9
	Silver	Shabaka Jeusi	Manassas	30.1
	Bronze	Doug Hasting	Alexandria	31.3

60-64	Gold	Jeff Young	McLean	32.0
	Silver	Robert Eaheart, Jr.	Springfield	33.2
	Bronze	Doyle Talkington	Haymarket	33.6
65-69	Gold	Charles Sponsler	Fairfax	34.4
	Silver	Krupakar Revanna	Falls Church	34.7
	Bronze	Raeford McKinney	Ashburn	39.7
70-74	Gold	Steve Mandes	Bristow	38.5
	Silver	James Landoll	Springfield	39.5
	Bronze	John McNerny	McLean	51.5
75-79	Gold	Richard Enrico	Ashburn	36.4
	Silver	Robert Stotz	McLean	38.8
	Bronze	Vaithilingam Thurasamy	Springfield	40.2
80-84	Gold	Curran Tiffany	Arlington	48.4

#### **400 METER RUN – WOMEN**

55-59	Gold	Hannah Phillips	Alexandria	1:24.7
	Silver	Anne Christenson	Falls Church	1:49.5
60-64	Gold	Charlotte Perdue	Arlington	1:36.0
	Silver	Mary White	Arlington	1:40.0
	Bronze	Judy Snellgrove	Manassas	1:47.1

#### **400 METER RUN – MEN**

50-54	Gold	Gary Presuhn	Burke	1:06.8
	Silver	Arnie Figueroa	Fairfax	1:24.5
55-59	Gold	Sola Cole	Arlington	1:06.9
	Silver	Shabaka Jeusi	Manassas	1:11.4
	Bronze	Doug Hastings	Alexandria	1:19.8
60-64	Gold	Robert Eaheart, Jr.	Springfield	1:16.2
	Silver	Doyle Talkington	Haymarket	1:19.0
	Bronze (tie)	Kai-Peter Koenig	Montclair	1:21.0
	Bronze (tie)	Don Meli	Annandale	1:21.0
65-69	Gold	Charles Sponsler	Fairfax	1:32.1
	Silver	Addison Smith	Springfield	1:40.5
	Bronze	Raeford McKinney	Ashburn	1:48.2
70-74	Gold	Frank Green	Annandale	1:29.0
	Silver	Steve Mandes	Bristow	1:36.2
	Bronze	Robert Hannah	Oakton	1:45.8
80-84	Gold	Curran Tiffany	Arlington	1:52.4

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**2008 Events Results Book**

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Age	Place	Winners	Locality	Score/Time
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**800 METER RUN - WOMEN**

55-59	Gold	Hannah Phillips	Alexandria	3:27.9
	Silver	Vera Ziherman	Alexandria	3:33.0
	Bronze	Anne Christenson	Falls Church	4:16.3
60-64	Gold	Judy Snellgrove	Manassas	4:10.9
	Silver	Charlotte Perdue	Arlington	4:23.3
	Bronze	Claire Knight	Alexandria	4:28.8

**800 METER RUN – MEN**

50-54	Gold	Gary Presuhn	Burke	2:39.5
55-59	Gold	Karl Blake	Vienna	3:40.0
	Silver	Rob Aaront	Centreville	3:48.6
60-64	Gold	Don Meli	Annandale	3:12.8
	Silver	Doyle Talkington	Haymarket	3:25.7
65-59	Gold	Krupakar Revanna	Falls Church	2:56.4
	Silver	Raeford McKinney	Ashburn	4:50.0
70-74	Gold	Steve Mandes	Bristow	4:10.9
	Silver	Roger Webb	Alexandria	4:49.5

**800 METER WALK – WOMEN**

50-54	Gold	Donna Wells-Taylor	Lorton	6:24.01
55-59	Gold	Maryann Schwab	Fairfax	5:31.9
65-69	Gold	Rosemary Hallenbeck	Burke	6:12.5
	Silver	Carrie Griffith	Waterford	6:50.7
	Bronze	Susan Weidner	Springfield	7:29.0
70-74	Gold	Barbara Curran	Purcellville	6:59.2
75-79	Gold	Jean Dawson	Purcellville	6:58.9
	Silver	Alease Brooks	Arlington	8:19.9
	Bronze	Kathryn Nikkel	Lovettsville	9:05.2
80-84	Gold	Mary Boska	Alexandria	6:50.4
	Silver	Vivian Nielsen	Springfield	8:34.9
	Bronze	Julia Gavelak	Purcellville	14:10.0
85-89	Gold	Nancy Cocroft	Purcellville	10:09.3
	Bronze	Bernie Kleinschmidt	Annandale	10:36.4
90-94	Gold	Mary Lathram	Falls Church	7:29.0
	Silver	Ruth Huber	Lincoln	14:09.8

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**2008 Events Results Book**

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<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>800 METER WALK – MEN</b>				
55-59	Gold	Doug Hastings	Alexandria	5:19.06
	Silver	Rob Aaront	Centreville	5:33.59
60-64	Gold	John Cordyack	Reston	5:35.07
65-69	Gold	Herb Levitan	Arlington	5:34.59
	Silver	Ronald Willard	Springfield	6:41.02
70-74	Gold	Richard Deringer	Annandale	5:10.91
	Silver	Roger Webb	Alexandria	5:50.25
	Bronze	Charles Toftoy	Arlington	6:22.00
75-79	Gold	Dante Simbulan	Burke	6:38.00
<b>1600 METER WALK – WOMEN</b>				
55-59	Gold	Maryann Schwab	Fairfax	11:14.8
65-69	Gold	Phyllis Mentzer	Purcellville	15:58.3
75-79	Gold	Kathryn Nikkel	Lovettsville	14:34.1
<b>1600 METER WALK – MEN</b>				
55-59	Gold	Jim Carboni	Oak Hill	12:11.5
60-64	Gold	Kai-Peter Koenig	Montclair	11:24.1
65-69	Gold	Herb Levitan	Arlington	11:26.6
70-74	Gold	Richard Deringer	Annandale	10:57.4
	Silver	James WC Chang	Oakton	11:07.0
	Bronze	Roger Webb	Alexandria	11:47.0
80-84	Gold	Curran Tiffany	Arlington	12:49.8*
<b>3 MILE WALK – WOMEN</b>				
50-54	Gold	Connie McKeon	Annandale	39:03
	Silver	Wendy Thomas-Taylor	Woodbridge	42:09
	Bronze	Faith Cooper	Purcellville	43:30
55-59	Gold	Maryann Schwab	Fairfax	34:59
	Silver	Marsha Cooper	Round Hill	38:20
60-64	Gold	Toni Fargo	Arlington	48:57
65-69	Gold	Rosemary Hallenbeck	Burke	39:16
	Silver	Carrie Griffith	Waterford	40:28
	Bronze	Mary Wardlow	Alexandria	43:09
70-74	Gold	Dorothy Skinner	Alexandria	41:41
	Silver	Barbara Curran	Purcellville	43:11
	Bronze	Jackie Stephens	Fairfax Station	44:53
75-79	Gold	Suzanne Sepilian	Burke	42:14
	Silver	Jean Dawson	Purcellville	43:24

80-84	Gold	Betty Vertiz	Arlington	44:51
90-94	Gold	Mary Latham	Falls Church	52:25

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**2008 Events Results Book**

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Age	Place	Winners	Locality	Score/Time
<b>3 MILE WALK – MEN</b>				
60-64	Gold	Kai-Peter Koenig	Montclair	37:12
65-69	Gold	Herb Levitan	Arlington	36:53
	Silver	Charles Phillips	Arlington	37:30
70-74	Gold	Richard Deringer	Annandale	35:56
	Silver	James W.C. Chang	Oakton	36:27
	Bronze	Roger Webb	Alexandria	36:31
75-79	Gold	Jack Nance	Springfield	41:17
	Silver	Frank Kelly	Fairfax	44:50



**THE END OF 2008 Results Book**

NOW ...  
VIEW RECORDS  
1982-2008

# NVSO Record Holders

## NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS

1982 - 2008

Age	Winners	Locality	Score	Year
ARCHERY - COMPOUND - WOMEN				
50 - 59	Donna Turgeon	Fairfax Station	421	2002
60 - 64	Pat Carlson	Springfield	203	1992
ARCHERY - COMPOUND - MEN				
55 - 59	Layton Allen	Springfield	290	1990
60 - 64	Wayne Bell	Annandale	263	1999
65 - 69	Bill Ayers	Springfield	269	1991
70 - 79	Victor Linden	Fairfax	457	2002
80 +	Steve Hajek	Woodbridge	337	2002
ARCHERY - RECURVE - WOMEN				
50 - 54	Sue Phillips	Centreville	256	1999
55 - 59	Toni Letaw	Vienna	268	1998
60 - 64	Donna Packard	Vienna	278	1998
65 - 69	Bernie Kleinschmidt	Annandale	167	1991
70 - 74	Bernie Kleinschmidt	Annandale	139	1993
75 - 79	Bernie Kleinschmidt	Annandale	250	1999
ARCHERY - RECURVE - MEN				
55 - 59	Robert Keaton	Manassas	230	1991
60 - 64	Thomas Cox	Dale City	221	1990
65 - 69	Bill Ayers	Springfield	167	1991
70 - 74	Fernand Achee	Alexandria	118	1991
75 - 79	Steve Hajek	Woodbridge	46	1995
80 - 84	Steve Hajek	Woodbridge	150	1998
85 +	Paul Strickler	Falls Church	97	1998
BAITCASTING - WOMEN				
All	Archye Mackey Bryant	Alexandria	6	2002
	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 1982 - 2008**

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	Charles Toftoy	Arlington	22	2008*
75 - 79	John Schlogl	Springfield	9	1994
80 - 84	Paul Strickler	Falls Church	5	1991
85 - 89	Paul Strickler	Falls Church	1	1995
90 - 94	JR Cassidy	Manassas	5	2008*
BASKETBALL FREE THROW - WOMEN				
50 - 59	Pat Blackman	Arlington	24/25	1995
60 - 64	Cesarina Olschner	Alexandria	20/25	1986
65 - 69	Carla Convery	Alexandria	22/25	1985
70 - 74	Carla Convery	Alexandria	21/25	1993
75 - 79	Bernie Kleinschmidt	Annandale	19/25	1999
80 - 89	Mary Boska	Alexandria	19/25	2007
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 & 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

**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 1982 - 2008**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<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

**BOWLING - DUCK PIN - WOMEN**

All Ages	Carla Convery	Alexandria	72	1983
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**BOWLING - DUCK PIN - MEN**

All Ages	Garland Suggs	Alexandria	92	1985
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**BOWLING - TEN PIN - WOMEN**

50 - 54	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 - 90	Michael Curcio	Manassas	679	1998
90 - 94	Ray Kaminski	Springfield	584	2008*

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2008**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>CANASTA - WOMEN</b>				
All Ages	Mary Hamm	Manassas	22,815	1986
<b>CANASTA - MEN</b>				
All Ages	Francis Bordeaux	Sterling	23,430	1985
<b>DOMINOS - WOMEN</b>				
All Ages	Maria Tuazon	Falls Church	783	1995
<b>DOMINOS - MEN</b>				
All Ages	Jesus Santi	Springfield	362	1994
<b>FRISBEE THROW - WOMEN</b>				
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	Lucy Sale	Herndon	83	2008
60 - 69	Judy Armington	Arlington	92	2007
70 - 79	Myrna Fulton	Arlington	75	2008
80+	Boyce Price	Alexandria	99	2003

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2008**

Age	Winners	Locality	Score	Year
GOLF - GROSS SCORE - MEN				
50 - 59	William Somers	Arlington	69	2007
60 - 69	James Menditto	Arlington	79	2008
70 - 79	Orland Van Bavel	Woodbridge	77	2002
80+	Guido Cavallo	Arlington	83	2003
GOLF - "PEORIA" NET SCORE – WOMEN (1982-1999)				
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 (1982-1999)				
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 (Began 2000-Present)

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 (Began 2000-Present)

50 - 59	Steve Brooks	Dale City	57	2006
60 - 69	Don Borcharding	McLean	49	2000
70 - 79	Jim Lemons	Vienna	51	2000
80 + (tie)	Guido Cavallo	Arlington	73	2005
	Joe Willett	Fairfax	73	2008

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**

**1982 - 2008**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>MINIATURE GOLF - WOMEN</b>				
50 - 59	Audrey Bragg	Alexandria	40	2002
60 - 69	Polly Harrington	Falls Church	39	1992
70 - 79	Patricia Muschamp	Falls Church	44	2006
80 - 89	Birdie Hughes	Falls Church	40	1995
	Dorothy Segal	Fairfax	40	1995
<b>MINIATURE GOLF - MEN</b>				
50 - 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 - 89	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 - 89	Bernie Kleinschmidt	Annandale	68' 5"	2008*
90 +	Mary Lathram	Falls Church	66' 7"	2006

### SOFTBALL HIT - MEN

50 - 54	Aivars Baumanis	Springfield	273' 0"	2008*
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	Andy Simko	Springfield	125'9"	2008*

### NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS

**1982 - 2008**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
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 - 89	Bernie Kleinschmidt	Annandale	41'9"	2008*
90 - 94	Mary Lathram	Falls Church	32' 2"	2007

SOFTBALL THROW - MEN

50 - 54	Aivars Baumanis	Springfield	151'6"	2008*
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	Ray Kaminski	Springfield	85'7"	2008*
95 - 99	Chester Christenson	Falls Church	24'	2008*

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
90 - 94	Mary Lathram	Falls Church	1:10.31	2006

SWIMMING - BACKSTROKE - MEN

50 - 54	Dan Meek	Arlington	:27.75	2008*
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**

**1982 - 2008**

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	Dan Meek	Arlington	:31.47	2008*
55 - 59	James Hill	Springfield	:34.35	2007
60 - 64	Thomas Kennedy	Springfield	:40.12	2008*
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****1982 - 2008**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<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	Willis Braswell	Arlington	11:32.07	2008*
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	20' 4"	2008*
<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 1982 - 2008**

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

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 - 89	Herlindo Delgado	Burke	5' 5 <sup>1</sup> / <sub>2</sub> "	2005
90 - 94	Andy Simko	Springfield	3' 3"	2008*

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**

**1982 - 2008**

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' 1/2"	1995
70 - 74	Josephine Stewart	Manassas	23' 8 1/2"	1996
75 - 79	Josephine Stewart	Manassas	21' 6"	2000
80 - 84	Josephine Stewart	Manassas	18' 8 1/2"	2006
85 - 89	Peg Bell	Manassas	14' 1 1/2"	1997
90 - 94	Mary Lathram	Falls Church	9' 9"	2008*
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 1/2"	1994
75 - 79	John Schlogl	Springfield	38' 3 1/2"	1994
80 - 84	J.R. Cassidy	Manassas	35' 11 1/2"	1995
85 - 89	J.R. Cassidy	Manassas	28' 8"	2000
90 - 94	J.R. Cassidy	Manassas	18' 2"	2008*
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 1982 - 2008**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>60 METER DASH - INDOOR TRACK - WOMEN</b>				
50 - 54	Sandy Austin	Dale City	10:1	2008*
55 - 59	Anne Christenson	Falls Church	12:2	2008*
60 - 64	Mary White	Arlington	9:89	2007
65 - 69	Helen Crum	Annandale	12:0	2008*
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	Sola Cole	Arlington	8:6	2008*
60 - 64	Jeff Young	McLean	8:4	2008*
65 - 69	Robert Taylor	Arlington	9:01	2007
70 - 74	Frank Green	Annandale	10:67	2007 & 2008*
75 - 79	Richard Enrico	Ashburn	9:7	2008*
80 - 84	John Martin	Fairfax	11:44	2007

85 – 89	Dana Hodgdon	McLean	12:3	2008*
90 – 94	Andy Simko	Springfield	15:19	2008*

#### 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

### **NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2008**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>200 METER DASH - INDOOR TRACK - WOMEN</b>				
50 – 54	Faith Cooper	Purcellville	44:4	2008*
55 - 59	Hannah Phillips	Alexandria	36:10	2008*
60 - 64	Mary White	Arlington	37:81	2007
70 - 74	Lee Glassco	McLean	56:75	2007
75 – 79	Alease Brooks	Arlington	1: 16.70	2008*
80 - 84	Josephine Stewart	Manassas	46:4	2008*
<b>200 METER DASH - INDOOR TRACK - MEN</b>				
50 - 54	Victor Painter	Arlington	28.46	2007
55 - 59	Sola Cole	Arlington	28.90	2008*

60 - 64	Jeff Young	McLean	32.00	2008*
65 - 69	Charles Sponsler	Fairfax	34.40	2008*
70 - 74	Frank Green	Annandale	36.47	2007
75 - 79	Hal Goolsby	McLean	35.69	2007
80 - 84	John Martin	Fairfax	43.91	2007

#### 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 1982 - 2008**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<b>400 METER RUN - INDOOR TRACK – WOMEN</b>				
55 - 59	Hannah Phillips	Alexandria	1:24.70	2008*
60 – 64	Charlotte Perdue	Arlington	1:36.00	2008*
75 - 79	Lee Glassco	McLean	2:35.82	2007
<b>400 METER RUN - INDOOR TRACK - MEN</b>				
50 - 54	Gary Presuhn	Burke	1:06.80	2008*
55 - 59	Sola Cole	Arlington	1:06.90	2008*
60 - 64	Gene McClellan	Arlington	1:15.16	2007

65 - 69	Virgil Bodeen	Falls Church	1:28.89	2007
70 - 74	Frank Green	Annandale	1:29.00	2008*
75 - 79	Hal Goolsby	McLean	1:30.17	2007
80 - 84	Curran Tiffany	Arlington	1:52.40	2008*

#### 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 - INDOOR TRACK - WOMEN

55 - 59	Hannah Phillips	Alexandria	3:22.98	2007
60 - 64	Judy Snellgrove	Manassas	4:10.90	2008*

#### 800 METER RUN - INDOOR TRACK - MEN

50 - 54	Gary Presuhn	Burke	2:39.50	2008*
50 - 59	Karl Blake	Vienna	3:28.09	2007
60 - 64	Donald Meli	Annandale	3:12.80	2008*
65 - 69	Krupakar Revanna	Falls Church	2:56.40	2008*
70 - 74	Tom Quinn	Arlington	4:02.59	2007

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS****1982 - 2008**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<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>				
50 - 54	Donna Wells-Taylor	Lorton	6:24.01	2008*
55 - 59	Maryann Schwab	Fairfax	5:26	2007
65 - 69	Rosemary Hallenbeck	Burke	6:12.50	2008*
70 - 74	Barbara Curran	Purcellville	6:59.20	2008*
75 - 79	Jean Dawson	Purcellville	6:58.90	2008*
80 - 84	Mary Boska	Alexandria	6:32	2007
85 - 89	Bernie Kleinschmidt	Annandale	9:29	2007
90 - 94	Mary Lathram	Falls Church	7:29.00	2008*
<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	5:34.59	2008*
70 - 74	Richard Deringer	Annandale	5:10.91	2008*

75 - 79	James Gravette	Arlington	5:57	2007
90 - 94	Edward Seeger	Falls Church	9:43	2007

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2008**

<b>Age</b>	<b>Winners</b>	<b>Locality</b>	<b>Score</b>	<b>Year</b>
<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 Allele	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



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 1982 - 2008**

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 - INDOOR TRACK - WOMEN				
55 - 59	Maryann Schwab	Fairfax	11:01	2007
65 - 69	Phyllis Mentzer	Purcellville	15:58.3	2008*
70 - 74	Dorothy Skinner	Alexandria	12:02	2007
75 - 79	Kathryn Nikkel	Lovettsville	14:34.1	2008*
80 - 84	Mary Boska	Alexandria	13:50	2007

1600 METER WALK - INDOOR TRACK - MEN

50 - 54	Peter Blank	Annandale	9:47	2007
55 - 59	Jim Carboni	Oak Hill	12:11.5	2008*
60 - 64	Kai-Peter Koenig	Montclair	11:24.1	2008*
65 - 69	Herb Levitan	Arlington	11:26.6	2008*
70 - 74	James WC Chang	Oakton	11:07.0	2008*
75 - 79	Tom Quinn	Arlington	12:03	2007
80 - 84	Joseph Peters	Great Falls	13:16	2007

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

**NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS 1982 - 2008**

Age	Winners	Locality	Score	Year
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 +	Curran Tiffany	Arlington	12:49.80	2008*

3 MILE WALK - INDOOR TRACK - WOMEN

50 - 54	Connie McKeon	Annandale	39:03	2008*
55 - 59	Maryann Schwab	Fairfax	34:04	2007
60 - 64	Toni Fargo	Arlington	48:57	2008*
65 - 69	Rosemary Hallenbeck	Burke	39:16	2008*
70 - 74	Dorothy Skinner	Alexandria	37:35	2007
75 - 79	Suzanne Sepilian	Burke	42:14	2008*
80 - 84	Betty Vertiz	Arlington	44:51	2008*
90 - 94	Mary Lathram	Falls Church	50:09	2007

### 3 MILE WALK - INDOOR TRACK - MEN

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

### 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 1982 - 2008

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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