

27th Annual
NORTHERN VIRGINIA
SENIOR OLYMPICS
September 12 - September 23, 2009

2009
EVENT RESULTS

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

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

2009 EVENT RESULTS

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Sponsored by:

Northern Virginia Senior Olympic Committee:

City of Alexandria Department of Recreation, Parks, and Cultural Activities
Arlington County Department of Parks, Recreation and Cultural Resources
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City of Falls Church Department of Recreation and Parks
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2009 GOLD Patrons

Goodwin House Incorporated, Sunrise Senior Living,
Greenspring Retirement Community, BB&T Bank,
Senior Advantage Program at GWU Hospital, Verizon Wireless

2009 Silver Patron – Debbie Miller

2009 Bronze Patrons – Steve Mandes, Envoy Health Care of Alexandria, The
McDonald's Family Restaurant of Greater Washington, DC, Bernie Kleinschmidt,
Charlotte Perdue, Maryann Schwab

EVENTS

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
Racquetball
Scrabble
Softball Hit
Softball Throw
Shuffleboard
Swimming - Diving
Table Tennis
Tennis
Wii Bowling
Yo-Yo

Track & Field Events:

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

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3 Mile Walk Women & Men	25-26
Record Holders *	27 -46

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
BACKGAMMON - MIXED				
All	Gold	Ben Robinson	Alexandria	
	Silver	Bethea Owen	Falls Church	
	Bronze	Linda Sholl	Arlington	

BASKETBALL FREE THROW – WOMEN

50-59	Gold	Barbara Chadbourne	Annandale	15/25
	Silver	Linda Sholl	Arlington	10/25
60-69	Gold	Nancy Joyner	Annandale	3/25
70-79	Gold	Mary L D’Alessandris	Falls Church	9/25
	Silver	Elise Patak	Springfield	6/25
	Bronze	Barbara Klementz	Annandale	

BASKETBALL FREE THROW – MEN

50-59	Gold	Ilker Kocahan	Herndon	20/25
	Silver	Ed Binczewski	Arlington	17/25
60-69	Gold	Sam Slowinski	Gainesville	21/25
	Silver	Bill Schipper	Alexandria	18/25
	Bronze	Allan Kellum	McLean	16/25
70-79	Gold	Andrew Dixon	Fairfax	22/25*
	Silver (tie)	Jim Vigianni	Manassas	18/25
		Herb Levitan	Arlington	18/25
	Bronze	Ralph Greenwood	Reston	14/25



2009 Events Results Book

Age	Place	Winners	Locality	Score/Time	
BASKETBALL 3x3 – WOMEN					
50+	Gold	<u>NOVA United Triple Threat</u>			
		Carol Gilchrist (captain)	Leesburg		
		Hannah Phillips	Alexandria		
			Betty Graf	Clifton	
	Silver	<u>NOVA United Triple Double</u>			
		Sue Shepard (captain)	Fairfax		
		Gwen Forkin	Centreville		
			Bonnie Ballentine	Manassas	
	Bronze	<u>NOVA United Golden Girls</u>			
Heath Davenport (captain)		Alexandria			
Joan Clarke		Herndon			
Pam Joseph		Leesburg			
Kathy Collett		Fairfax			
Lori Grimm		Arlington			
55+	Gold	<u>Barbarians</u>			
		Barb Chadbourne (captain)	Annandale		
		Vicki Florian	Arlington		
		Barbara Garber	Alexandria		
		Nancy Joyner	Annandale		
		Carmela Miller	Arlington		
	Silver	<u>Lilyputians</u>			
		Lily Chua	Potomac, MD		
		Pat McWethy	Oakton		
		Janet Meiburger	Arlington		
		Cathy Schoultz	Arlington		
		Hope Singleton	Dumfries		
65+	Gold	<u>NOVA United Classics</u>			
		Jeanni Winston (captain)	Washington, DC		
		Mary Lou D'Alessandris	Falls Church		
		Barbara Klementz	Annandale		
		Lucy McSweeney	Centreville		
		Elise Patak	Springfield		
		Vivian Roberts	Alexandria		
		Jackie Stephens	Fairfax Station		

Age	Place	2009 Events Results Book Winners	Locality	Score/Time
BASKETBALL 3x3 – MEN				
50+	Gold	<u>Everything Basketball</u> Ilker Kochahan Ed Binczewski James Mitchell John Kuntz Stephen LePage	Herndon Arlington Leesburg Burke Herndon	
	Silver	<u>Metro All Stars</u> Charles Harris, Sr. Seth Levinson Clyde Saunders, Jr. Richard Suggs	Alexandria Kingstowne Alexandria Alexandria	
60+	Gold	<u>The Team</u> Allan Kellum John Stavropoulos Andrew Mercer David Scott Brian Dion	McLean Annandale Annandale Arlington Annandale	
	Silver	<u>Virginians</u> William Schipper Del Wilson Doug Hastings	Alexandria Burke Fairfax	
	Bronze	Prince William Jim Viggiani Ralph Greenwood Don Greene, Sr. Tom Lareau	Manassas Reston Manassas Falls Church	



2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
BOWLING - TEN PIN – WOMEN				
50-54	Gold	Rachael Frantum	Annandale	619*
	Silver	Miriam Fialkovich	Arlington	617
60-64	Gold	Carol Fletcher-Fitchko	Falls Church	636
	Silver	Mary Johnson	Woodbridge	610
	Bronze	Vera Graham	Alexandria	608
65-69	Gold	Betty Stephens	Alexandria	599
	Silver	Mary Oehrlein	Fairfax Station	582
	Bronze	Lucia McSweeney	Centreville	544
70-74	Gold	Sandra Ballinger	Vienna	587
	Silver	Blanche McQuade	Falls Church	561
	Bronze	Betty Graves	Alexandria	509
75-79	Gold	Emily Fern	Alexandria	568
	Silver	Sue Toma	Falls Church	556
	Bronze	Ethel Washington	Arlington	551
80-84	Gold	Marjorie Burts	Alexandria	570
	Silver	Marge McNare	Falls Church	566
85-89	Gold	Verna Nichols	Springfield	588
	Silver	Peggy Hurney	Springfield	577
	Bronze	Suzy Wilson	Falls Church	519
BOWLING - TEN PIN – MEN				
55-59	Gold	George Fitchko	Falls Church	585
	Silver	Ronald Boulware	Alexandria	556
60-64	Gold	Richard Markle	Alexandria	591
	Silver	Chris Fialkovich	Arlington	586
65-69	Gold	Robert Foor	Alexandria	724*
	Silver	Wm. McSweeney	Centreville	506
70-74	Gold	Willie Jelks	Alexandria	667
	Silver	Rick Renninger	Springfield	580
	Bronze	John Handley	Woodbridge	578
80-84	Gold	Leonard Kalkwarf	Springfield	588
	Silver	Gordon Causey	Falls Church	477
85-89	Gold	Jim Willcock	Falls Church	609
	Silver	John Verban	Sterling	605
	Bronze	Bob McNare	Falls Church	561
90-94	Gold	Ray Kaminski	Springfield	601*

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
BRIDGE, DUPLICATE				
NORTH/ SOUTH	Gold	Rich Zerilli Mary Wilson	Springfield Springfield	
	Silver	Erv Meyer Karl Van Newkirk	Annandale Arlington	
	Bronze	Jean Verdow Dick Verdow	Potomac Falls Potomac Falls	
EAST/ WEST	Gold	Jeanne Fulford George Tateosian	Springfield Springfield	
	Silver	Mary De Corps Richard De Corps	Falls Church Falls Church	
	Bronze	Mary Hayes Helen Woodland	Alexandria Alexandria	
BUNCO (Game Winners)				
All	Gold	Rosemary Hilsabeck	Springfield	
	Silver	Olga Wisneski	Alexandria	
	Bronze	Bea Keen	Alexandria	
BUNCO				
All	Gold	Anne Donohoe	Alexandria	
	Silver	Lydia Blake	Alexandria	
	Bronze	Alice Balling	Alexandria	
CHESS -Mixed				
All	Gold	Helmut Gramberg	Arlington	2-0
	Silver	Richard Stableford	Dumfries	1-1
	Bronze	Jose Dalusung	Springfield	0-2
CRIBBAGE				
All	Gold	Janet Viandis	Reston	9+70
	Silver	Don Packard	Springfield	9+32
	Bronze	Richard Fitzgerald	Alexandria	8

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
8 BALL POOL – WOMEN				
All	Gold	Shelly Wade	Arlington	
	Silver	Suong Rogers	Springfield	
	Bronze	Bernie Kleinschmidt	Annandale	
8 BALL POOL – MEN				
All	Gold	Gordon Causey	Falls Church	
	Silver	Cornelius Davis, Jr.	Bristow	
	Bronze	Gerald Rhoads	Burke	
FRISBEE THROW – WOMEN				
60-69	Gold	Barbara Swart	Arlington	28'4"
70-79	Gold	Marie Warneck	Springfield	37'8"
80-89	Gold	Carla Convery	Alexandria	23'9"
	Silver	Vivian Nielsen	Springfield	16'4"
FRISBEE THROW – MEN				
50-59	Gold	Scott Triplett	Haymarket	118'4"
60-69	Gold	Gerard Rhoads	Burke	91'3"
	Silver	John Cordyack	Reston	75'9"
	Bronze	Wayne Southard	Alexandria	64'9"
70-79	Gold	Dante Simbulan	Burke	58'6"
80-89	Gold	G. Phil Case	Burke	38'2"
90-99	Gold	J.R. Cassidy	Manassas	41'1"
	Silver	Ray Kaminski	Springfield	34'1"
GOLF - GROSS SCORE – WOMEN				
50-59	Gold	Teresa Hannon	Manassas	91
60-69	Gold	Judie Armington	Arlington	90*
70-79	Gold	Barbara Klementz	Annandale	97
80-89	Gold	Carolyn Caldwell	Alexandria	88*
GOLF - GROSS SCORE – MEN				
50-59	Gold	Dushan Cvrjanovic	Falls Church	80
60-69	Gold	Harvey Doerksen	Fairfax	71*
70-79	Gold	James Fahey	Vienna	80
80-89	Gold	Bill Yary	Alexandria	76*

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
GOLF - "CALLAWAY" NET – WOMEN				
50-59	Gold	Carol Wippich	Falls Church	77
	Silver	Mary Robertson	Arlington	79
60-69	Gold	Maureen Doherty	Manassas	76
	Silver	Judy Landolt-Korns	Clifton	77
	Bronze	Audrey Stutchman	Alexandria	79
70-79	Gold	Barbara Gerber	Burke	77
	Silver	Alease Brooks	Arlington	78
80-89	Gold	Verna Nichols	Springfield	78

GOLF - "CALLAWAY" NET – MEN

50-59	Gold	James Ivery	Alexandria	74
	Silver	David Kim	Fairfax	74
	Bronze	Christopher Wright	Arlington	76
60-69	Gold	Robert Odmark	Arlington	72
	Silver	Karl Van Newkirk	Arlington	73
	Bronze	Gerald Rhoads	Burke	74
70-79	Gold	George Bishop	Vienna	72
	Silver	Willie Mays	Fairfax Station	73
	Bronze	George Mazuzan	Springfield	74
80-89	Gold	Sandy Grady	Reston	71*
	Silver	Charles Bowmaster	Falls Church	77

HORSESHOES – WOMEN

60-64	Gold	Charlotte Perdue	Arlington
70-74	Gold	Shirley Van Ess	Woodbrige
75-79	Gold	Sheila Gildea	McLean
80-84	Gold	Mary Boska	Alexandria
85-89	Gold	Bernie Kleinschmidt	Annandale

HORSESHOES – MEN

60-64	Gold	Richard Markle	Alexandria
65-69	Gold	Gerald Rhoads	Burke
70-74	Gold	Richard Stohr	Springfield
	Silver	Andrew Dixon	Fairfax
	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

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
LINE DANCING (TEAM)				
All	Gold	<u>Silver Diamond</u>		
		Capt. Susie Thomas	Burke	
		Maria Puri	Burke	
		Munja Wollner	Alexandria	
		Young Ki Lee	Alexandria	
		Mercedes Javier-Wona	Springfield	
		Jung Huh	Annandale	
		June Company	Springfield	
		Chung Byun	Annandale	
	Silver	<u>Young at Heart Dancers</u>		
		Capt. Pat Craft	Burke	
		Jean Bell	Fairfax	
		Carolyn Aime	Springfield	
		Jule Ann Cheslock	Springfield	
		Patricia Friesz	Fairfax Station	
		Carol Gregg-Weberg	Burke	
		Kathryn Jones	Fairfax	
		Diane Larrick	Burke	
	Bronze	<u>Krazy Kat and Rock 'n' Rollers</u>		
		Capt. Kathy Fanelli	Annandale	
		May McWilliams	Arlington	
Marshall Glasser		Woodbridge		
Ingeborg Ercolano		Arlington		
Alease Brooks		Arlington		

MINIATURE GOLF – WOMEN

60-69	Gold	Margaret Davenport	Alexandria	46
	Silver	Linda Baumbusch	Fairfax	48
70-79	Gold	Patricia Muschamp	Falls Church	57
80-89	Gold	Verna Nichols	Springfield	55

MINIATURE GOLF – MEN

50-59	Gold	Ronald Boulware	Alexandria	49
60-69	Gold	John Kraus	Fairfax	40
	Silver	Jeff Shipiro	Arlington	46
	Bronze	Michael Marrone	Alexandria	55
70-79	Gold	Richard Stohr	Springfield	41
	Silver	Skip Weeks	Fairfax	49
	Bronze	Richard Fitzgerald	Alexandria	51

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
PICKLEBALL - DOUBLES – WOMEN				
50-59	Gold	Jackie Cubero	Arlington	
		Marian Lapp	Arlington	
	Silver	Suzanne Gesin	Arlington	
		Lynn O’Connor	Springfield	
	Bronze	Debbie Jarrell	Bristow	
		Loretta Beckner	Arlington	
60-69	Gold	Catherine deLaubenfels	Arlington	
		Janis Ferrara	Arlington	
70-79	Gold	Toby Urbach	Annandale	
		Alease Brooks	Arlington	
	Silver	Jo Ferry	Alexandria	
		Sue Zajac	Arlington	
80-89	Gold	Josephine Stewart	Manassas	
		Louise Watkins	Bristow	
	Silver	Ariette Hennessey	Falls Church	
		Trish Parker	Vienna	
PICKLEBALL - DOUBLES – MEN				
60-69	Gold	Jim Hewitt	Arlington	
		Toui Pomsouvan	Arlington	
	Silver	J.T. Price	Arlington	
		Bob Hafer	Springfield	
	Bronze	Luis Aveleyra	Manassas	
		Steve Napoliello	Manassas	
70-79	Gold	Bob Kelly	Arlington	
		Rick Leverone	Arlington	
	Silver	Roy O’Connor	Springfield	
		Harry Williams	Springfield	
	Bronze	Skip Weeks	Fairfax	
		Lawrence Mason	Arlington	
80-89	Gold	Robert Treadway	Arlington	
		Willard Moore	Arlington	
PICKLEBALL - SINGLES – WOMEN				
60-69	Gold	Margie Davenport	Alexandria	
70-79	Gold	Alease Brooks	Arlington	

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
PICKLEBALL - SINGLES – MEN				
60-69	Gold	Toui Pomsouvan	Arlington	
	Silver	David Sandidge	Vienna	
	Bronze	Tony Thompson	Arlington	
70-79	Gold	J.T. Price	Arlington	
	Silver	Herb Levitan	Arlington	
	Bronze	Luis Aveleyra	Manassas	
80-89	Gold	Robert Treadway	Arlington	
PICKLEBALL - MIXED DOUBLES				
50-59	Gold	Maryann Schwab	Fairfax	
		David Sandidge	Vienna	
	Silver	Jackie Cubero	Arlington	
		Jim Hewitt	Arlington	
60-69	Bronze	Gordon Lee	Burke	
		Debbie Jarrell	Bristow	
	Gold	Toui Pomsouvan	Arlington	
		Marian Lapp	Arlington	
70-79	Silver	Lynn O'Connor	Springfield	
		Roy O'Connor	Springfield	
	Bronze	Steve Napoliello	Manassas	
		Toby Urbach	Annandale	
80-89	Gold	Alease Brooks	Arlington	
		Lawrence Mason	Arlington	
	Silver	Jo Ferry	Alexandria	
		Skip Weeks	Fairfax	
80-89	Bronze	Luis Aveleyra	Manassas	
		Louise Watkins	Britow	
	Gold	Arlette Hennessey	Falls Church	
	Robert Treadway	Arlington		
RACQUETBALL – WOMEN				
55-59	Gold	Shelley Bond	Fairfax	
60-64	Gold	Charlotte Perdue	Arlington	

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
RACQUETBALL – MEN				
50-54	Gold	John Barlow	Annandale	
55-59	Gold	William (Bill) Feeney	Fairfax	
60-64	Gold	Robert McArthur	Vienna	
	Silver	James Spencer	Alexandria	
65-69	Gold	Patrick Malvaso	Alexandria	
		Peter Andrews	McLean	
		Karl Van Newkirk	Arlington	
70-74	Gold	Daniel Clark	Lorton	
	Silver	Bill Sidenstick	Burke	
	Bronze	Ralph (Larry) Hyer	Annandale	
SCRABBLE – MIXED				
All Ages	Gold	Alan Weinstein	Arlington	3 wins + 185
	Silver	Irene Awret	Falls Church	3 wins + 146
	Bronze	Jennifer Frum	Arlington	2 wins + 151
SOFTBALL HIT – WOMEN				
60-64	Gold	Charlotte Perdue	Arlington	102'
75-79	Gold	Sheila Gildea	McLean	72'
80-84	Gold	Mary Boska	Alexandria	39'
85-89	Gold	Bernie Kleinschmidt	Annandale	66'
SOFTBALL HIT – MEN				
50-54	Gold	Aivars Baumanis	Springfield	228'
55-59	Gold	Scott Triplett	Haymarket	213'
60-64	Gold	Anthony Thompson	Arlington	144'
65-69	Gold	Charles Kleymeyer	Arlington	171'
	Silver	Robert Foor	Alexandria	162'
	Bronze	Norbert Commons, Jr.	Ashburn	159'
70-74	Gold	Dan Wemhoff	Arlington	198'
	Silver	Herb Levitan	Arlington	165'
	Bronze	Jim Joyner	Arlington	144'
80-84	Gold	Bernard Schaefer	Fairfax	84'
90-94	Gold	Andy Simko	Springfield	114'
	Silver	Ray Kaminski	Springfield	78'
	Bronze	J.R. Cassidy	Manassas	54'

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
SOFTBALL THROW – WOMEN				
60-64	Gold	Charlotte Perdue	Arlington	79' 3"
75-79	Gold	Sheila Gildea	McLean	46' 0"
80-84	Gold	Mary Boska	Alexandria	38' 9"
85-89	Gold	Bernie Kleinschmidt	Annandale	31' 0"
100+	Gold	Orpha Christenson	Falls Church	6' 0"*

SOFTBALL THROW – MEN

50-54	Gold	Aivars Baumanis	Springfield	136' 0"
55-59	Gold	Scott Triplet	Haymarket	195' 0"
60-64	Gold	Anthony Thompson	Arlington	85' 6"
65-69	Gold	Donald Meli	Annandale	128' 6"
	Silver	Robert Foor	Alexandria	123' 6"
	Bronze	Norbert Commons, Jr.	Ashburn	109' 8"
70-74	Gold	Herb Levitan	Arlington	124' 10"
	Silver	Jim Joyner	Arlington	118' 0"
80-84	Gold	Bernard Schaefer	Fairfax	108' 8"
90-94	Gold	Andrew Simko	Springfield	62' 0"
	Silver	J.R. Cassidy	Manassas	57' 0"*
	Bronze	Ray Kaminski	Springfield	52' 6"
95-99	Gold	Chester Christenson	Falls Church	23' 0"

SHUFFLEBOARD – MIXED

All	Gold	Gerald Rhoads	Burke
	Silver	Sheila Gildea	McLean
	Bronze	Bernie Kleinschmidt	Annandale

SWIMMING - BACKSTROKE – WOMEN

50-54	Gold	Janet Palfey	Fairfax	50.45
55-59	Gold	Mary McCloy	Manassas	42.4
	Silver	Carol Mackela	Arlington	57.8
	Bronze	Karen Rainey	Arlington	1:00.5
60-64	Gold	Anne Christenson	Falls Church	58.1
	Silver	Ruth Hamilton	McLean	1:24.38
	Bronze	Nancy Macks	Haymarket	1:25.97
70-74	Gold	Joyce Tobias	Haymarket	1:07.78
	Silver	Kay Taylor	Haymarket	1:25.60
80-84	Gold	Ginny Fant	Springfield	1:20.87
	Silver	Dorothy Bologna	Haymarket	1:45.47
85-89	Gold	Minna Hamner	Fairfax Station	1:17.87
90-94	Gold	Mary Lathram	Falls Church	1:30.62

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
SWIMMING - BACKSTROKE – MEN				
50-54	Gold	Bret Bailey	Herndon	35.1
	Silver	Muraji Nakazawa	Herndon	43.38
	Bronze	Leonard Mathey	Fairfax	1:02.78
55-59	Gold	James MacKenzie	Clifton	43.46
60-64	Gold	Thomas Kennedy	Springfield	37.50
65-69	Gold	Charles Kleymeyer	Arlington	43.15
	Silver	Donald Meli	Annandale	46.97
70-74	Gold	Kenton Pattie	Annandale	46.90
	Silver	Niel Sween	Vienna	52.62
	Bronze	Palmer McGrew	Burke	1:04.81
75-79	Gold	Lou Brown	Annandale	51.21
80-84	Gold	Phil Case, Jr.	Burke	52.2
	Silver	George Ewing	Fairfax	1.15.0
85-89	Gold	Chester Myslicki	Fairfax	1.00.50
90-94	Gold	J.R. Cassidy	Manassas	1.17.6
SWIMMING - BREASTSTROKE – WOMEN				
55-59	Gold	Mary McCloy	Manassas	49.7
60-64	Gold	Anne Christenson	Falls Church	56.0
	Silver	Patricia Egan	Haymarket	1:00.5
	Bronze	Ruth Hamilton	McLean	1:15.8
70-74	Gold	Erika Ridgeway	Alexandria	1:09.09
	Silver	Joyce Tobias	Haymarket	1:31.4
85-89	Gold	Minna Hamner	Fairfax Station	1.25.0*
SWIMMING - BREASTSTROKE – MEN				
50-54	Gold	Muraji Nakazawa	Herndon	39.87
55-59	Gold	James Hill	Springfield	37.38
	Silver	Charles Baughman	Falls Church	58.43
60-64	Gold	Thomas Kennedy	Springfield	40.13
	Silver	Doug Hastings	Falls Church	46.44
65-69	Gold	Don Meli	Annandale	47.34
	Silver	Rod Wingate	Haymarket	1:18.62
70-74	Gold	Herb Levitan	Arlington	44.66
	Silver	Kenton Pattie	Annandale	53.80
	Bronze	Wen-Chung Chang	Oakton	55.09
75-79	Gold	Bruce Herbert	McLean	55.97
	Silver	William Wieand	McLean	58.75
	Bronze	Dante Simbulan	Burke	1:10.59
80-84	Gold	Phil Case, Jr.	Burke	1.00.25
85-89	Gold	Chester Myslicki	McLean	1:33.31
90-94	Gold	J.R. Cassidy	Manassas	2:02.02

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
SWIMMING - DIVING – WOMEN				
50-54	Gold	Kathy Dougherty	Fairfax Station	154.20
55-59	Gold	Carol Mackela	Arlington	154.35
SWIMMING - DIVING – MEN				
50-54	Gold	Maraji Nakazawa	Herndon	120.6
55-59	Gold	Bobby Meeks	Arlington	180.6
60-64	Gold	Duane Clayton-Cox	Fairfax	143.95*
65-69	Gold	Kim Alderman	Arlington	145.75*
75-79	Gold	John Gouldin	Annandale	132.50*
SWIMMING - FREESTYLE – WOMEN				
50-54	Gold	Janet Palfey	Fairfax	36.37
55-59	Gold	Mary McCloy	Manassas	39.03
	Silver	Carol Mackela	Arlington	51.75
	60-64	Gold	Anne Christenson	Falls Church
60-64	Silver	Ruth Hamilton	McLean	54.31
	Bronze	Patricia Egan	Haymarket	54.53
	70-74	Gold	Joyce Tobias	Haymarket
70-74	Silver	Kay Taylor	Haymarket	1:29.09
	80-84	Gold	Ginny Fant	Springfield
85-89	Gold	Minna Hamner	Fairfax Station	1.16.09
SWIMMING - FREESTYLE – MEN				
50-54	Gold	Bret Bailey	Herndon	27.05*
	Silver	Muraji Nakazawa	Herndon	33.84
	Bronze	Leonard Mathey	Fairfax	43.50
55-59	Gold	James Mackenzie	Clifton	33.19
	Silver	Scott Triplett	Haymarket	36.28
	Bronze	Charles Baughman	Falls Church	41.16
60-64	Gold	Thomas Kennedy	Springfield	30.50
	Silver	Doug Hastings	Alexandria	33.19
65-69	Gold	Charles Kleymeyer	Arlington	34.29
	Silver	Donald Meli	Annandale	34.44
	Bronze	Rod Wingate	Haymarket	44.97
70-74	Gold	Herb Levitan	Arlington	36.43
	Silver	Palmer McGrew	Burke	43.00
	Bronze	Kenton Pattie	Annandale	43.37
75-79	Gold	Lou Brown	Annandale	47.72
	Silver	William Wieand	McLean	50.60
	Bronze	Dante Simbulan	Burke	1:09.03
80-84	Gold	Phil Case, Jr.	Burke	51.59
	Silver	George Ewing	Fairfax	1:00.50
85-89	Gold	Chester Myslicki	McLean	59.44

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
SWIMMING - 1/2 MILE – WOMEN				
50-54	Gold	Janet Palfey	Fairfax	16:47.25
55-59	Gold	Karen Rainey	Arlington	17:25.51
	Silver	Patty Joyce	Falls Church	19:26.88
60-64	Gold	Ruth Hamilton	McLean	18:56.06
	Silver	Anne Christenson	Falls Church	21:08.55
	Bronze	Patricia Egan	Haymarket	21:24.53
70-74	Gold	Joyce Tobias	Haymarket	22:32.44
	Silver	Erika Ridgway	Alexandria	24:25.90
80-84	Gold	Ginny Fant	Springfield	28:23.90
90-94	Gold	Mary Lathram	Falls Church	34:21.10

SWIMMING - 1/2 MILE – MEN

50-54	Gold	Bret Bailey	Herndon	11:57.31*
	Silver	Leonard Mathey	Fairfax	22:50.63
55-59	Gold	Dennis Hays	Reston	13:09.34
	Silver	James Hill	Springfield	13:19.15
	Bronze	Steven Briesemeister	Centreville	13:23.06
60-64	Gold	Thomas Kennedy	Springfield	14:34.00
	Silver	Leander Aulisio	Arlington	16:45.62
65-69	Gold	Donald Meli	Annandale	16:16.25
70-74	Gold	Herb Levitan	Arlington	15:58.19
	Silver	Kenton Pattie	Annandale	17:11.59
	Bronze	Palmer McGrew	Burke	19:43.37
75-79	Gold	Lou Brown	Annandale	18:23.10
	Silver	John Gouldin	Annandale	25:34.63
80-84	Gold	Richard Briesemeister	McLean	20:33.88*

TABLE TENNIS – WOMEN

50-59	Gold	Jenny Chanlang	Falls Church
	Silver	Debbie Jarrel	Bristow
60-69	Gold	Ann Wester	Arlington
	Silver	Marian Lapp	Arlington
	Bronze	Rose Katz	Annandale
70-79	Gold	Lilas Samirad	Lansdowne
	Silver	Jeom Kim	Fairfax
	Bronze	Sun Yang	Arlington
80-84	Gold	Phyllis Coleman	Dale City

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
TABLE TENNIS – MEN				
50-59	Gold	Walter Weber	Alexandria	
	Silver	Jaime Chica	Aldie	
60-69	Gold	Weishuang Qu	Herndon	
	Silver	Ernest Krapfl	Woodbridge	
	Bronze	Fred Siskind	McLean	
70-79	Gold	Edward Scaccio, Sr.	Dumfries	
	Silver	Gerhard Jung	Woodbridge	
	Bronze	Yining Wang	Fairfax	
80-89	Gold	Maxwell Gainer	Alexandria	
	Silver	Sho Maruvama	Falls Church	
90-99	Gold	Andy Simko	Springfield	

TENNIS - SINGLES – WOMEN

70-79	Gold	Sun Yang	Arlington
	Silver	Margaret Denise	Annandale
	Bronze	Frances Price	Falls Church

TENNIS - SINGLES – MEN

50-59	Gold	Jaime Chica	Aldie
	Silver	Alan Roberson	Fairfax
	Bronze	Jose DeJesus	Alexandria
60-69	Gold	Donald Tomb	Arlington
	Silver	Donald Frederick	Burke
	Bronze	Paul Van Rijn	Alexandria
70-79	Gold	Norb Sinnott	Falls Church
	Silver	Wayne Bell	Annandale
	Bronze	Phillip Doherty	Burke
80-89	Gold	Robert Bainum	Fairfax
	Silver	Phil Case, Jr.	Burke

TENNIS - DOUBLES WOMEN

50-59	Gold	Bernadette Rahmani	Round Hill
	Silver	Pana DeGooyer	Leesburg
		Cynthia Fondriest	Clifton
60-69	Gold	Pat Jordan	Fairfax
		Dana Doo-Soghoian	Arlington
		Karen Howell	Arlington
	Silver	Jean Barsaloux	Leesburg
		Sucha Collins	Leesburg

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
TENNIS - DOUBLES – MEN				
50-59	Gold	Bob Howe Cecil Case	Alexandria Fairfax Station	
	Silver	Jose DeJesus Fernando Alegria, Jr.	Alexandria Alexandria	
	Bronze	Dave Lewis Shah Shahjahan	Fairfax Station Arlington	
60-69	Gold	Frank Thompson Paul Van Rijin	Alexandria Alexandria	
	Silver	Toui Pomsouvan Donald Tomb	Arlington Arlington	
	70-79	Gold	Wayne Bell Robert Bernard	Annandale Annandale
70-79	Silver	Larry Hyer Charles Tompkin	Annandale Fairfax	
	Bronze	Norb Sinnott Jim Scott	Falls Church Springfield	
	80-89	Gold	Trong Trongtonil Angelo Radassao	Alexandria Oakton
Silver		Phil Case, Jr. Owen Jacobs	Burke Manassas	
Bronze		Ray Kaminski Harry Williams	Springfield Springfield	

TENNIS - MIXED DOUBLES

50-59	Gold	Pat Rheams Jose DeJesus	Alexandria Alexandria	
	Silver	Cynthia Fondriest Bruce McCarthy	Clifton Alexandria	
60-69	Gold	Sharon Timmons Bob Howe	Mt. Vernon Mt. Vernon	
	Silver	Om P. Kathuria Sucha Collins	Ashburn Leesburg	
70-79	Gold	Carole Vann Wayne Bell	Alexandria Annandale	
	Silver	Rosemary Stewart Jim Scott	Annandale Springfield	
	Bronze	Kelly McCaffery Larry Hyer	Springfield Annandale	

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
WII BOWLING – WOMEN				
60-69	Gold	Ann Daniels	Springfield	732*
	Silver	Vicki Lambert	Springfield	576
70-79	Gold	Susan Barrick	Springfield	671*
	Silver	Helen Moot	Springfield	642
	Bronze	Barbara Ashton	Springfield	591
80-89	Gold	Shelly Sonnemann	Springfield	573*
	Silver	Verna Nichols	Springfield	560
	Bronze	Yvonne Ryall	Springfield	532
90-99	Gold	Betty Rice	Falls Church	511*
	Silver	Penny Krug	Falls Church	472
	Bronze	Gertrude Reynolds	Falls Church	441

WII BOWLING – MEN

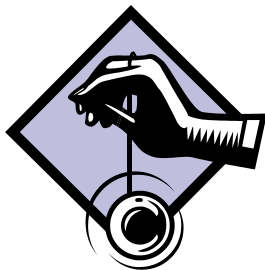
50-59	Gold	Ronald Boulware	Alexandria	502*
60-69	Gold	Clinton Lambert	Springfield	582*
70-79	Gold	Ed Ladd	Potomac Falls	591*
	Silver	Dick Pelky	Springfield	540
	Bronze	Richard Stohr	Springfield	531
80-89	Gold	Harry Sonnemann	Springfield	651*
	Silver	Ted Campbell	Springfield	599
	Bronze (tie)	Stuart Hopkins	Springfield	545
90-99		Jack Keenan	Springfield	545
	Gold	Andrew Simko	Springfield	508
	Silver	Willard Griffing	Springfield	484*

YO YO- WOMEN

Beginner	Gold	Carla Convery	Alexandria	11
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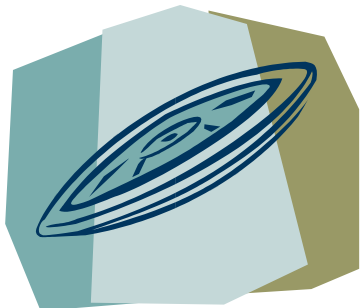
YO YO- MEN

Beginner	Gold	James Morris	Arlington	25
Novice	Gold	Wayne Southard	Alexandria	28
Advance	Gold	Dante Simbulan	Burke	28



2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
TRACK & FIELD				
DISCUS – WOMEN				
60-64	Gold	Charlotte Perdue	Arlington	46' 9"
70-74	Gold	Le Pei Hu	Fairfax	28' 4"
75-79	Gold	Sheila Gildea	McLean	40' 0"
80-84	Gold	Mary Boska	Alexandria	31' 0"
85-89	Gold	Bernie Kleinschmidt	Annandale	23' 8"
	Silver	Carla Convery	Alexandria	14' 8"
DISCUS – MEN				
50-54	Gold	Aivars Baumanis	Springfield	93' 0"
	Silver	Charles James	Herndon	92' 3"
	Bronze	Leo McArdle, Jr.	Fort Belvoir	86' 0"
60-64	Gold	Robert Vasura	Herndon	92' 9"
	Silver	Anthony Thompson	Arlington	68' 10"
	Bronze	Robert Eaheart	Springfield	60' 5"
65-69	Gold	Victor Litwinski	McLean	86' 8"
	Silver	Donald Meli	Annandale	84' 0"
	Bronze	Norbert Commons, Jr.	Ashburn	74' 10"
70-74	Gold	Heling Luo	Fairfax	78' 7"
	Silver	Robert Premo	Arlington	36' 0"
75-79	Gold	Dante Simbulan	Burke	55' 0"
90-94	Gold	J.R. Cassidy	Manassas	38' 3"
LONG JUMP, Standing- WOMEN				
60-64	Gold	Charlotte Perdue	Arlington	5' 5"
70-74	Gold	Le Pei Hu	Fairfax	4' 3 ¹ / ₂ "
80-84	Gold	Mary Boska	Alexandria	2' 10"
	Silver	Vivian Nielsen	Springfield	2' 5 ¹ / ₂ "



2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
LONG JUMP, Standing- MEN				
50-54	Gold	Robert Bilko	Fairfax	6' 2 ¹ / ₂ "
60-64	Gold	Doug Hastings	Alexandria	6' 10"
	Silver	Paul Decot	Fairfax	6' 10"
	Bronze	John Cordyack	Reston	6' 1 ¹ / ₂ "
65-69	Gold	Victor Litwinski	McLean	6'11 ¹ / ₂ "
	Silver	Charles Kleymeyer	Arlington	6' 4 ¹ / ₂ "
	Bronze	Donald Meli	Annandale	6' 1 ¹ / ₂ "
70-74	Gold	Heling Luo	Fairfax	6' 6"
	Silver	Jim Joyner	Arlington	5'10"
	Bronze	Herb Levitan	Arlington	4' 8"
75-79	Gold	Kent Halstead	Arlington	5' 9"
	Silver	Dante Simbulan	Burke	5' 4"
90-94	Gold	Andy Simko	Springfield	2' 11 ¹ / ₂ "
	Silver	Mike Lowe	Springfield	2' 7 ¹ / ₂ "

LONG JUMP, Running – WOMEN

60-64	Gold	Charlotte Perdue	Arlington	8' 5 ¹ / ₂ "
70-74	Gold	Le Pei Hu	Fairfax	6' 8"
80-84	Gold	Vivian Nielsen	Springfield	3' 1 ¹ / ₂ "

LONG JUMP, Running – MEN

50-54	Gold	Matthew O'Brien	Alexandria	11' 8 ¹ / ₂ "
	Silver	Robert Bilko	Fairfax	9' 5 ¹ / ₂ "
60-64	Gold	Doug Hasting	Alexandria	11' 11 ¹ / ₂ "
	Silver	Robert Eaheart	Springfield	9' 11 ¹ / ₂ "
	Bronze	John Cordyack	Reston	7' 1 ¹ / ₂ "
65-69	Gold	Charles Kleymeyer	Arlington	10' 1"
	Silver	Donald Meli	Annandale	9' 10"
70-74	Gold	Herb Levitan	Arlington	5' 1"
75-79	Gold	Kent Halstead	Arlington	8' 4 ¹ / ₂ "
	Silver	Dante Simbulan	Burke	6'10 ¹ / ₂ "
90-94	Gold	Mike Lowe	Springfield	4' 2"*

MINI JAVELIN THROW – WOMEN

60-64	Gold	Charlotte Perdue	Arlington	44' 10"*
75-79	Gold	Sheila Gildea	McLean	32' 11"*
	Silver	Diane Hill	Springfield	24' 6"
80-84	Gold	Mary Boska	Alexandria	24' 9"*
85-89	Gold	Bernie Kleinschmidt	Annandale	24' 3"*
	Silver	Carla Convery	Alexandria	14' 4"

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
MINI JAVELIN THROW – MEN				
50-54	Gold	Leo McArdle	Fort Belvoir	68' 8"*
	Silver	Robert Bilko	Fairfax	46' 8"
60-64	Gold	Paul Decot	Fairfax	106' 2"*
	Silver	Doug Hastings	Alexandria	76' 10"
	Bronze	Robert Vasura	Herndon	62' 11"
65-69	Gold	Norbert Commons, Jr.	Ashburn	73' 5"*
	Silver	Donald Meli	Annandale	57' 8"
	Bronze	Victor Litwinski	McLean	56' 5"
70-74	Gold	Jim Joyner	Arlington	57' 8"*
	Silver	Heling Luo	Fairfax	57' 2"
	Bronze	E. Robert Premo	Arlington	47' 9"
75-79	Gold	Dante Simbulan	Burke	54' 8"*
	Silver	Nicholas Fidandis	Alexandria	53' 6"
	Bronze	William Wieand	McLean	51' 8"
90-94	Gold	Andy Simko	Springfield	33' 7"*
	Silver	Ray Kaminski	Springfield	25' 4"

SHOT PUT – WOMEN

70-74	Gold	Le Pei Hu	Fairfax	16' 1/2"
75-79	Gold	Sheila Gildea	McLean	17' 1/2"
80-84	Gold	Mary Boska	Alexandria	13' 1/2"
85-89	Gold	Bernie Kleinschmidt	Annandale	11' 5"

SHOT PUT – MEN

50-54	Gold	Charles James	Herndon	37' 3/4"
	Silver	Aivars Baumanis	Springfield	34' 6 1/4"
	Bronze	Leo McArdle, Jr.	Fort Belvoir	27' 8"
60-64	Gold	Doug Hastings	Alexandria	28' 4 3/4"
	Silver	Robert Vasura	Herndon	26' 7 1/2"
	Bronze	Anthony Thompson	Arlington	26' 0"
65-69	Gold	Donald Meli	Annandale	28' 0"
	Silver	Norbert Commons, Jr.	Ashburn	25' 3/4"
	Bronze	Victor Litwinski	McLean	25' 1/2"
70-74	Gold	Heling Luo	Fairfax	29' 1 1/2"
	Silver	Frank Green	Annandale	25' 2 1/2"
	Bronze	Robert Premo	Arlington	19' 3/4"
75-79	Gold	Dante Simbulan	Burke	23' 7"
	Silver	William Wieand	McLean	23' 1"
90-94	Gold	J.R. Cassidy	Manassas	17' 8 3/4"

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
60 METER DASH – WOMEN				
50-54	Gold	Saskia Estupian-Day	McLean	9.85*
	Silver	Sandy Austin	Dale City	9.90
	Bronze	Tamara Estupian-Viteri	McLean	11.34
55-59	Gold	Tsipi Mercurio	Reston	10.03 *
60-64	Gold	Mary White	Arlington	10.09
	Silver	Charlotte Perdue	Arlington	11.31
	Bronze	Anne Christenson	Falls Church	12.94
75-79	Gold	Alease Brooks	Arlington	18.91
80-84	Gold	Mary Boska	Alexandria	15.50
60 METER DASH – MEN				
50-54	Gold	Muraji Nakazawa	Herndon	8.91
	Silver	Eugene Gladys	Fairfax Station	9.63
	Bronze	Leonard Mathey	Fairfax	14.12
55-59	Gold	John Carten	Arlington	9.07
60-64	Gold	James Loeb	Alexandria	8.34*
	Silver	Doug Hastings	Alexandria	8.47
	Bronze	Eiji Yasuhara	Sterling	8.87
65-69	Gold	Terrance Kuruppu	McLean	8.31*
	Silver	Daniel Durante	Gainsville	9.06
	Bronze	Don Meli	Annandale	9.47
70-74	Gold	Wayne Wilson	Haymarket	9.91*
	Silver	John Carroll	Arlington	10.10
	Bronze	Jim Joyner	Arlington	10.82
75-79	Gold	Kent Halstead	Arlington	11.09
	Silver	Averett Tombes	Vienna	11.15
80-84	Gold	John Martin	Fairfax	12.62
90-94	Gold	Mike Lowe	Springfield	16.35
200 METER RUN – WOMEN				
50-54	Gold	Saskia Estupian-Day	McLean	34.3*
	Silver	Tamara Estupian-Viteri	McLean	41.6
	Bronze	Sandy Austin	Dale City	49.4
60-64	Gold	Mary White	Arlington	37.2*
	Silver	Charlotte Perdue	Arlington	39.4
	Bronze	Anne Christenson	Falls Church	46.5
75-79	Gold	Alease Brooks	Arlington	1:12.3*
80-84	Gold	Mary Boska	Alexandria	1:07.4

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
200 METER RUN – MEN				
50-54	Gold	Muraji Nakazawa	Herndon	30.3
	Silver	Ed Binczewski	Arlington	30.4
	Bronze	Ramon Torres	Leesburg	34.8
55-59	Gold	John Carten	Arlington	33.9
60-64	Gold	James Loeb	Alexandria	29.2*
	Silver	Doug Hastings	Alexandria	31.9
	Bronze	Robert Eaheart	Springfield	34.0
65-69	Gold	Terrance Kuruppu	McLean	33.4*
	Silver	Don Meli	Annandale	34.1
	Bronze	Krupakar Revanna	Falls Church	36.1
70-74	Gold	Wayne Wilson	Haymarket	40.8
75-79	Gold	Averett Tombes	Vienna	41.4
	Silver	Robert Hannah	Oakton	41.9
	Bronze	Kent Halstead	Arlington	42.8

400 METER RUN – WOMEN

50-54	Gold	Saska Estupian-Day	McLean	1:22.3*
	Silver	Tamara Estupian-Vieteri	McLean	1:48.1
60-64	Gold	Charlotte Perdue	Arlington	1:37.4
	Silver	Anne Christenson	Falls Church	1:53.1

400 METER RUN – MEN

50-54	Gold	Ed Binczewski	Arlington	1:15.5
	Silver	Muraji Nakazawa	Herndon	1:21.2
55-59	Gold	John Carten	Arlington	1:24.9
60-64	Gold	Doug Hastings	Alexandria	1:15.5
	Silver	Stephen Banks	Springfield	1:20.6
	Bronze	Robert Eaheart	Springfield	1:23.1
65-69	Gold	Krupakar Revanna	Falls Church	1:16.5*
	Silver	Don Meli	Annandale	1:23.5
	Bronze	Brian Forst	Reston	1:29.5
70-74	Gold	Ronald Steele	Fairfax	1:30.7
	Silver	Kenton Pattie	Annandale	1:37.0
	Bronze	Paul Hession	Falls Church	1:40.9
75-79	Gold	Kent Halstead	Arlington	1:55.6

800 METER RUN - WOMEN

60-64	Gold	Charlotte Perdue	Arlington	4:13.0
	Silver	Anne Christenson	Falls Church	4:19.0

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
800 METER RUN – MEN				
50-54	Gold	Muraji Nakazawa	Herndon	2:55.3
	Silver	Ed Binczewski	Arlington	2:55.5
55-59	Gold	Jacob Wind	Arlington	3:00.7*
	Silver	Karl Blake	Vienna	3:37.8
	Bronze	Rob Aaront	Centreville	3:45.2
60-64	Gold	Stephen Banks	Springfield	2:57.8*
	Silver	Robert Eaheart	Springfield	3:17.5
	Bronze	John Phillips	Arlington	3:20.5
65-69	Gold	Krupakar Revanna	Falls Church	2:54.0*
	Silver	Don Meli	Annandale	3:22.4
	Bronze	Brian Forst	Reston	3:22.8
70-74	Gold	Ronald Steele	Fairfax	3:38.5*
	Silver	Kenton Pattie	Annandale	3:43.1
	Bronze	Roger Webb	Alexandria	5:01.0
800 METER WALK – WOMEN				
55-59	Gold	Maryann Schwab	Fairfax	5:42
60-64	Gold	Josefina Smith	Centreville	5:49*
65-69	Gold	Carrie Griffith	Waterford	6:14
70-74	Gold	Barbara Curran	Purcellville	6:52*
75-79	Gold	Dorothy Skinner	Alexandria	5:59*
	Silver	Alease Brooks	Arlington	7:41
	Bronze	Jeanie LaBudie	Vienna	8:28
80-84	Gold	Mary Boska	Alexandria	7:38
	Silver	Vivian Nielsen	Springfield	8:28
90-94	Gold	Mary Lathram	Falls Church	8:45
800 METER WALK – MEN				
55-59	Gold	Peter Blank	Annandale	4:13*
	Silver	Rob Aaront	Centreville	5:37
60-64	Gold	Doug Hastings	Alexandria	5:18*
	Silver	John Cordyack	Reston	6:67
	Bronze	Gerald Cantor	Springfield	8:15
65-69	Gold	Victor Litwinski	McLean	4:46*
	Silver	Charles Kleymeyer	Arlington	5:55
70-74	Gold	Richard Deringer	Alexandria	5:28
	Silver	Roger Webb	Alexandria	7:28
	Bronze	E. Robert Premo	Arlington	7:46
75-79	Gold	Kent Halstead	Arlington	6:15
	Silver	Richard Stableford	Dumfries	6:25
	Bronze	Frank Kelly	Fairfax	6:30
80-84	Gold	Joseph Peters	Great Falls	8:57*
95-99	Gold	Chester Christenson	Falls Church	13:07*

2009 Events Results Book

Age	Place	Winners	Locality	Score/Time
1600 METER WALK – WOMEN				
55-59	Gold	Maryann Schwab	Fairfax	12:00.5
60-64	Gold	Josefina Smith	Centreville	12:04.8*
65-69	Gold	Carrie Griffith	Waterford	13:13.3*
70-74	Gold	Barbara Curran	Purcellville	14:06.9
75-79	Gold	Dorothy Skinner	Alexandria	12:47.9*
	Silver	June Starks	Lorton	15:38.4
90-94	Gold	Mary Lathram	Falls Church	17:57.7*
1600 METER WALK – MEN				
55-59	Gold	Peter Blank	Annandale	9:07.8*
	Silver	Rob Aaront	Centreville	11:38.9
	Gold	Gerald Cantor	Springfield	11:49.8
60-64	Gold	Ron Hoffman	Sterling	10:18.7*
70-74	Gold	Richard Deringer	Annandale	11:04.8*
	Silver	Wen-Chung Chang	Oakton	11:07.1
	Bronze	Roger Webb	Alexandria	12:14.9
75-79	Gold	Richard Stableford	Dumfries	13:08.1
	Silver	Kent Halstead	Arlington	13:09.1
	Bronze	John Gouldin	Annandale	14:33.7
80-84	Gold	Joseph Peters	Great Falls	13:35.7
3 MILE WALK – WOMEN				
55-59	Gold	Maryann Schwab	Fairfax	36:20
	Silver	Debbie Jarrell	Bristow	39.16
60-64	Gold	Josefina Smith	Centreville	38.14*
	Silver	Trudy Bell	Burke	43.46
	Bronze	Barbara Garber	Alexandria	60.30
65-69	Gold	Carrie Griffith	Waterford	40.55
	Silver	Kristin Krombein	Falls Church	43.50
	Bronze	Lucia McSweeney	Centreville	44.68
70-74	Gold	Mary D’Alessandris	Falls Church	39:54
	Silver	Cecilia Chu	Springfield	39:55
	Bronze	Barbara Klementz	Annandale	45:40
80-84	Gold	Mary Boska	Alexandria	48.33
85-89	Gold	Naomi Hesser	Fairfax	60.90*

2009 Events Results Book				
Age	Place	Winners	Locality	Score/Time
3 MILE WALK – MEN				
50-54	Gold	Leonard Mathey	Fairfax	40:46
55-59	Gold	Peter Blank	Annandale	29:15*
	Silver	Elmer Crippen	Alexandria	51:21
	Bronze	Rob Aaront	Centreville	51:22
60-64	Gold	Anthony Thompson	Arlington	36:15
	Silver	Leander Aulisio	Arlington	36:59
	Bronze	Sam Slowinski	Gainesville	38:41
65-69	Gold	Ron Hoffman	Sterling	32:08*
	Silver	Victor Litwinski	McLean	33:45
	Bronze	William Oehrlein	Fairfax Station	36:55
70-74	Gold	Wen-Chung Chang	Oakton	34:42
	Silver	Roger Webb	Alexandria	38:41
	Bronze	Richard Deringer	Annandale	40:07
75-79	Gold	Richard Stableford	Dumfries	42:05
	Silver	Frank Kelly	Fairfax	51:22
80-84	Gold	Leonard Kalkwarf	Springfield	49:30

THE END OF 2009 Results Book

**NOW ...
VIEW RECORDS
1982-2009**

NVSO Record Holders

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS

1982 - 2009

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 - 2009**

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				
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 - 79	Andrew Dixon	Fairfax	22/25	2009*
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 - 2009**

Age	Winners	Locality	Score	Year
BICYCLING - MEN				
55 - 59	Shannon Ferguson	Alexandria	2:55:63	1984
60 - 64	John Jackson	Annandale	2:52:46	1984
65 - 69	William Patten	Annandale	3:03:76	1985
70 - 74	Lucius Kingman	McLean	3:07:43	1985
75 - 79	Joseph Brown	Arlington	4:52:04	1984
80 +	Joseph Brown	Arlington	5:25:46	1985
BOWLING - DUCK PIN - WOMEN				
All Ages	Carla Convery	Alexandria	72	1983
BOWLING - DUCK PIN - MEN				
All Ages	Garland Suggs	Alexandria	92	1985
BOWLING - TEN PIN - WOMEN				
50 - 54	Rachael Frantum	Annandale	619	2009*
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	Robert Foor	Alexandria	724	2009*
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	601	2009*

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

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 - 89	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	Judie Armington	Arlington	90	2009*
70 - 79	Myrna Fulton	Arlington	75	2008
80 - 89	Carolyn Caldwell	Alexandria	88	2009*

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
GOLF - GROSS SCORE - MEN				
50 - 59	William Somers	Arlington	69	2007
60 - 69	Harvey Doerksen	Fairfax	71	2009*
70 - 79	Orland Van Bavel	Woodbridge	77	2002
80 - 89	Bill Yary	Alexandria	76	2009*
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 - 89	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 - 89	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 - 89	Sandy Grady	Reston	71	2009*

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
MINIATURE GOLF - WOMEN				
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
MINIATURE GOLF - MEN				
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
SCRABBLE - MIXED				
All Ages	Alan Weinstern	Arlington	3 wins + 185	2009*
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 - 2009**

Age	Winners	Locality	Score	Year
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
100+	Orpha Christenson	Falls Church	6' 0"	2009*
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 - 2009**

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 - 89	Minna Hammer	Fairfax Station	1:25.00	2009*
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 - DIVING - WOMEN				
50 - 54	Kathy Dougherty	Fairfax Station	176.17	2008
55 - 59	Carol Mackela	Arlington	164.10	2008
SWIMMING - DIVING - MEN				
50 - 54	Maraji Nakazawa	Herndon	128.90	2008
55 - 59	Bobby Meeks	Arlington	206.00	2008
60 - 64	Duane Clayton-Cox	Fairfax	143.95	2009*
65 - 69	Kim Alderman	Arlington	145.75	2009*
70 - 74	Nick Fidandis	Alexandria	73.15	2008
75 - 79	John Gouldin	Annandale	132.50	2009*
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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
SWIMMING - FREESTYLE - MEN				
50 - 54	Bret Barber	Herndon	:27.05	2009*
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

SWIMMING - HALF MILE - WOMEN

50 - 54	Maria-Angelica Cortes	Sterling	11:44.27	2005
55 - 59	Andrea Haines	Alexandria	12:34:72	2003
60 - 64	Matilda Huber	Fairfax	16:46.85	
65 - 69	Marcelle Meli	Vienna	18:45.39	1988
70 - 74	Anne Walker	Arlington	17:39.39	
75 - 79	Anne Walker	Arlington	17:24.41	1994
80 - 84	Carol Galbraith	Alexandria	18:00.61	1996
85 - 89	Carol Galbraith	Alexandria	19:08.57	2001
90 - 94	Mary Lathram	Falls Church	28:25.00	2007

SWIMMING - HALF MILE - MEN

50 - 54	Bret Bailey	Herndon	11:57.31	2009*
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	Richard Briesemeister	McLean	20:33.88	2009*
85 +	Pat Russell	McLean	22:54.00	2004

WII BOWLING – WOMEN**NEW 2009**

60-69	Ann Daniels	Springfield	732	2009*
70-79	Susan Barrick	Springfield	671	2009*
80-89	Shelly Sonnemann	Springfield	573	2009*
90-99	Betty Rice	Falls Church	511	2009*

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
WII BOWLING – MEN		NEW 2009		
50 – 59	Ronald Boulware	Alexandria	502	2009*
60 - 69	Clinton Lambert	Springfield	582	2009*
70 - 79	Ed Ladd	Potomac Falls	591	2009*
80 - 89	Harry Sonnemann	Springfield	651	2009*
90 - 99	Andrew Simko	Springfield	508	2009*
TRACK AND FIELD EVENTS				
DISCUS - WOMEN				
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
DISCUS - MEN				
50 - 54	Aivars Baumanis	Springfield	124' 2"	2006
55 - 59	Leonard Olsen	Centreville	145' 7"	1990
60 - 64	Leonard Olsen	Centreville	152' 0"	1991
65 - 69	William Smith	Alexandria	113' 0"	2000
70 - 74	Charles Pistorino	McLean	102' ½"	1996
75 - 79	Robert Laurents	Fairfax	92' 7 1/4"	1996
80 - 84	J.R. Cassidy	Manassas	81' 3/4"	1995
85 - 89	J.R. Cassidy	Manassas	66'	2000
90 - 94	J.R. Cassidy	Manassas	45' 5"	2006
LONG JUMP - RUNNING - WOMEN				
50 - 54	Diane Lasichak	Alexandria	12'	2001
55 - 59	Maria Miller	Arlington	10' 11"	1999
60 - 64	Toni Letaw	Vienna	9' 7"	1999
65 - 69	Phyllis Kozan	McLean	7' 10"	1997
70 - 74	Rusty Dowling	Fairfax	8' 2"	1998
75 - 79	Bess Larson	Annandale	6' 4 ½"	1994
80 - 84	Carla Convery	Alexandria	6' 4"	2002
85 +	Carla Convery	Alexandria	4' 3"	2005

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
LONG JUMP - RUNNING - MEN				
50 - 54	Victor Painter	Arlington	11' 11 1/2"	2007
55 - 59	Robert Taylor	Arlington	15' 9"	1998
60 - 64	Richard Enrico	Fairfax	13' 8 1/2"	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 - 89	Mike Grayson	Falls Church	8' 7"	2002
90 - 94	Mike Lowe	Springfield	4' 2"	2009*

LONG JUMP - STANDING - WOMEN

50 - 54	Diane Lasichak	Alexandria	6'8"	2002
55 - 59	Antonia Letaw	Vienna	6'3"	1998
60 - 64	Toni Letaw	Vienna	6'4"	1999
65 - 69	Elizabeth Deem	Woodbridge	5'6 1/2"	1986
70 - 74	Rusty Dowling	Fairfax	6'2"	1998
75 - 79	Elizabeth Deem	Woodbridge	4'8"	1994
80 - 84	Mary Lathram	Falls Church	3'11"	1995
85 - 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 1/2"	2005
90 - 94	Andy Simko	Springfield	3' 3"	2008

MINI JAVELIN THROW - WOMEN**NEW 2009**

60 - 64	Charlotte Perdue	Arlington	44' 10"	2009*
75 - 79	Sheila Gildea	McLean	32' 11"	2009*
80 - 84	Mary Boska	Alexandria	24' 9"	2009*
85 - 89	Bernie Kleinschmidt	Annandale	24' 3"	2009*

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
MINI JAVELIN THROW – MEN		NEW 2009		
50 – 54	Leo McArdle	Fort Belvoir	68' 8"	2009*
60 - 64	Paul Decot	Fairfax	106' 2"	2009*
65 – 69	Norbert Commons, Jr.	Ashburn	73' 5"	2009*
70 – 74	Jim Joyner	Arlington	57' 8"	2009*
75 - 79	Dante Simbulan	Burke	54' 8"	2009*
90 - 94	Andy Simko	Springfield	33' 7"	2009*

SHOT PUT - WOMEN

50 - 54	Maria Miller	Arlington	29' 2"	1998
55 - 59	Maria Miller	Arlington	29' 1"	1999
60 - 64	Ellen Tharpe	Nokesville	23' 11"	1991
65 - 69	Maxine Bartlett	Woodbridge	26' ½"	1995
70 - 74	Josephine Stewart	Manassas	23' 8 ½"	1996
75 - 79	Josephine Stewart	Manassas	21' 6"	2000
80 - 84	Josephine Stewart	Manassas	18' 8 ½"	2006
85 - 89	Peg Bell	Manassas	14' 1 ½"	1997
90 - 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 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	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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
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
60 METER DASH - INDOOR TRACK - WOMEN				
50 - 54	Saskia Estupian-Day	McLean	9:85	2009*
55 - 59	Tsipi Mercurjo	Reston	10:03	2009*
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
60 METER DASH - INDOOR TRACK - MEN				
50 - 54	Victor Painter	Arlington	8:22	2007
55 - 59	Sola Cole	Arlington	8:6	2008
60 - 64	James Loeb	Alexandria	8:34	2009*
65 - 69	Terrance Kuruppu	McLean	8.31	2009*
70 - 74	Wayne Wilson	Haymarket	9:91	2009*
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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
100 METER DASH – MEN				
50 - 54	Willie Adams	Alexandria	12:86	2003
55 - 59	Richard West	Springfield	11:41	1985
60 - 64	Donald Easton	Annandale	11:95	1985
65 - 69	Aubrey Williams	Fairfax	13:47	1982
70 - 74	Neel Price	McLean	13:09	1985
75 - 79	Glen Drummond	Fairfax	16:07	1996
80 - 84	Josiah Smith	Ashburn	16:17	1997
85 +	Andrew Simko	Springfield	22:44	2003
200 METER RUN - INDOOR TRACK - WOMEN				
50 – 54	Saskia Estupian-Day	McLean	34:3	2009*
55 - 59	Hannah Phillips	Alexandria	36:10	2008
60 - 64	Mary White	Arlington	37:2	2009*
70 - 74	Lee Glassco	McLean	56:75	2007
75 – 79	Alease Brooks	Arlington	1: 12.3	2009*
80 - 84	Josephine Stewart	Manassas	46:4	2008
200 METER RUN - INDOOR TRACK - MEN				
50 - 54	Victor Painter	Arlington	28.46	2007
55 - 59	Sola Cole	Arlington	28.90	2008
60 - 64	James Loeb	Alexandria	29.20	2009*
65 - 69	Terrance Kuruppu	McLean	33.40	2009*
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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
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
400 METER RUN - INDOOR TRACK - WOMEN				
50 - 54	Saska Estupian-Day	McLean	1:22.3	2009*
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
400 METER RUN - INDOOR TRACK - MEN				
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	Krupakar Revanna	Falls Church	1:16.5	2009*
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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
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
55 - 59	Jacob Wind	Arlington	3:00.7	2009*
60 - 64	Stephen Banks	Springfield	2:57.8	2009*
65 - 69	Krupakar Revanna	Falls Church	2:54.00	2009*
70 - 74	Ronald Steele	Fairfax	3:38.5	2009*
800 METER RUN - WOMEN				
50 - 54	Karen Marchant	Springfield	3:08.37	2005
55 - 59	Betty Dameron	Arlington	3:14.75	1990
60 - 64	Henrietta Witt	Arlington	4:23.58	1984
65 - 69	Doralie Segal	Arlington	3:37.40	1997
70 - 74	Marilyn Carney	Arlington	6:35.22	1999
75 - 79	Eloise Over	Alexandria	5:12.00	1996
80 - 84	Hedy Marque	Alexandria	3:58.20	1998
800 METER RUN - MEN				
50 - 54	Rich Hower	Reston	2:28:00	2003
55 - 59	Ronald Gerughty	Annandale	2:41.00	1990
60 - 64	Herb Chisholm	Alexandria	2:48.00	1988
65 - 69	John P. McIntyre	Springfield	2:52.21	1987
70 - 74	Curran Tiffany	Arlington	3:04.20	1996
75 - 79	Paul Lackey	Arlington	3:26.85	1999
80 - 84	John Allums	Falls Church	4:20.07	1992

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
800 METER WALK - INDOOR TRACK - WOMEN				
50 - 54	Donna Wells-Taylor	Lorton	6:24.01	2008
55 - 59	Maryann Schwab	Fairfax	5:26	2007
60 - 64	Josefina Smith	Centreville	5:49	2009*
65 - 69	Rosemary Hallenbeck	Burke	6:12.50	2008
70 - 74	Barbara Curran	Purcellville	6:52	2009*
75 - 79	Dorothy Skinner	Alexandria	5:59	2009*
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
800 METER WALK - INDOOR TRACK - MEN				
50 - 54	Rob Aaront	Centreville	6:03	2007
55 - 59	Peter Blank	Annandale	4:13	2009*
60 - 64	Doug Hastings	Alexandria	5:18	2009*
65 - 69	Victor Litwinski	McLean	4.46	2009*
70 - 74	Richard Deringer	Annandale	5:10.91	2008
75 - 79	James Gravette	Arlington	5:57	2007
80 - 84	Joseph Peters	Great Falls	8:57	2009*
90 - 94	Edward Seeger	Falls Church	9:43	2007
95 - 99	Chester Christenson	Falls Church	13:07	2009*
800 METER WALK - WOMEN				
50 - 54	Kim Fess	Annandale	5:25.76	1998
55 - 59	Dot Michaels	Arlington	4:51.00	1983
60 - 64	Jean Wood	Springfield	5:05.00	1986
65 - 69	Jean Wood	Springfield	5:22.49	1990
70 - 74	Mary Boska	Alexandria	5:38.00	2000
75 - 79	Mary Lathram	Falls Church	5:57.75	1990
80 - 84	Mary Boska	Alexandria	6:24.00	2006
85 - 89	Mary Lathram	Falls Church	6:37.00	2000
90 +	Mary Lathram	Falls Church	7:19.00	2006
800 METER WALK - MEN				
50 - 54	Peter Blank	Annandale	4:13.00	2006
55 - 59	Jack Ozment	Philomont	4:10.00	1987
60 - 64	Victor Litwinski	McLean	4:30.00	2004
65 - 69	Louis Alelle	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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
1500 METER WALK - WOMEN				
50 - 54	Joy Chambers	Alexandria		1998
55 - 59	Maryann Schwab	Fairfax	10:15.36	2006
60 - 64	Rita Windish	Alexandria	10:44.00	1996
65 - 69	Rita Windish	Alexandria	10:51.00	2000
70 - 74	Terry Hamilton	Reston	10:54.83	1999
75 - 79	Mary Boska	Alexandria	11:32.00	2002
80 - 84	Mary Lathram	Falls Church	12:32.12	1999
85 - 89	Mary Lathram	Falls Church	12:32.00	2000
90 +	Mary Lathram	Falls Church	14:08.00	2006
1500 METER WALK - MEN				
50 - 54	Peter Blank	Annandale	9:11.12	2004
55 - 59	Victor Litwinski	McLean	8:56.52	2001
60 - 64	Victor Litwinski	McLean	8:47.97	2004
65 - 69	Roger Webb	Alexandria	9:49.00	2004
70 - 74	John Dunaway	Arlington	10:11.22	1992
75 - 79	Shannon Ferguson	Alexandria	10:38.40	1998
80 - 84	Ed Seegar	Falls Church	10:35.90	1997
85 +	Ed Seegar	Falls Church	11:08.00	2000
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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
1600 METER WALK - INDOOR TRACK - WOMEN				
55 - 59	Maryann Schwab	Fairfax	11:01	2007
60 - 64	Josefina Smith	Centreville	12:04.8	2009*
65 - 69	Carrie Griffith	Waterford	13:13.3	2009*
70 - 74	Dorothy Skinner	Alexandria	12:02	2007
75 - 79	Dorothy Skinner	Alexandria	12:47.9	2009*
80 - 84	Mary Boska	Alexandria	13:50	2007
90 - 94	Mary Lathram	Falls Church	17:57.7	2009*
1600 METER WALK - INDOOR TRACK - MEN				
50 - 54	Peter Blank	Annandale	9:47	2007
55 - 59	Peter Blank	Annandale	9:07.8	2009*
60 - 64	Kai-Peter Koenig	Montclair	11:24.1	2008
65 - 69	Ron Hoffman	Sterling	10:18.7	2009*
70 - 74	Richard Deringer	Annandale	11:04.8	2009*
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
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

NORTHERN VIRGINIA SENIOR OLYMPIC RECORDS**1982 - 2009**

Age	Winners	Locality	Score	Year
3 MILE WALK - INDOOR TRACK - WOMEN				
50 - 54	Connie McKeon	Annandale	39:03	2008
55 - 59	Maryann Schwab	Fairfax	34:04	2007
60 - 64	Josefina Smith	Centreville	38.14	2009*
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
85 - 89	Naomi Hesser	Fairfax	60:90	2009*
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	Peter Blank	Annandale	29.15	2009*
60 - 64	Victor Litwinski	McLean	32:37	2007
65 - 69	Ron Hoffman	Sterling	32:08	2009*
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

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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