



**2013**

**EVENT RESULTS**

**SEPTEMBER 7 – 19, 2013**

*Northern Virginia Senior Olympic Committee*  
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## **2013 EVENT RESULTS**

### **31st Annual NORTHERN VIRGINIA SENIOR OLYMPICS**

#### **Co-Sponsored by:**

City of Alexandria Department of Recreation, Parks, and Cultural Activities  
Arlington County Department of Parks and Recreation  
Fairfax County Department of Neighborhood and Community Services  
Fairfax County Park Authority  
City of Fairfax Parks and Recreation Department  
City of Falls Church Department of Recreation and Parks  
Fauquier County Parks and Recreation Department  
Loudoun County Department of Parks and Recreation  
Prince William County Area Agency on Aging

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Carol Mackela, Secretary

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Melissa Nester  
Margaret Orlando  
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Roger Webb  
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Chuck Williams  
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Ron Yopp

#### **2013 GOLD Patrons**

Aetna; Ashby Ponds; Goodwin House Incorporated; Greenspring Retirement Community; HealthSouth Rehabilitation Hospital of Northern Virginia; Humana; M. Quinn Designs/Pack 'n Move; Safeway; Serenity Senior Care and Wellness Services, LLC; Sommerset Retirement Community; The Virginian; Westminster at Lake Ridge

#### **2013 Silver Patrons**

Debbie Miller, Realtor; McEneaney Associates, Inc.; Red Top Cab; Leisure World of Virginia; National Institute on Aging, The IDEAL Study; Corwin Umbach; The Woodlands Retirement Community; Walter Wang, MD Ophthalmologist

#### **2013 Bronze Patrons**

BB&T; Cardinal Management Group; Marge Davenport; Hermitage of Northern Virginia; Charlotte Perdue; Greg Rothwell; John Rubenacker; Richard Shearer, Jr.; Paul Schmitt; Maryann Schwab; David Viar; Mandy Whalen; Ed Zetlin Law

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**The Northern Virginia Senior Olympic Committee would like to thank all of the volunteers and sponsoring agencies for their assistance!! The more than 750 senior registrants appreciate everyone's efforts on their behalf.**

## 2013 EVENT RESULTS

An Asterisk (\*) indicates a New Record has been set or tied

### BADMINTON - SINGLES - WOMEN

60-69	Gold	Gwen	Liang	Alexandria
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### BADMINTON - SINGLES - MEN

50-59	Gold	Anwar	Hussain	Alexandria
	Silver	Stephen	Nurre	Annandale
60-69	Gold	Xiaobang	Shi	Sterling
	Silver	Dan	Wen	Burke
	Bronze	Lance	Quesenberry	Annandale
70-79	Gold	Gerald	Rhoads	Burke

### BADMINTON - DOUBLES - WOMEN

No Competition

### BADMINTON - DOUBLES - MEN

50-59	Gold	Anwar	Hussain	Alexandria
	Gold	Dan	Wen	Burke
	Silver	Michael	Anderson	Arlington
	Silver	Stephen	Nurre	Annandale
60-69	Gold	Xiaobang	Shi	Sterling
	Gold	Lance	Quesenberry	Annandale

### BADMINTON - MIXED DOUBLES

50-59	Gold	Anwar	Hussain	Alexandria
	Gold	Gwen	Liang	Alexandria
60-69	Gold	Xiaobang	Shi	Sterling
	Gold	Kim	Suknyo	

### BASKETBALL FIELD GOALS - WOMEN

50-59	Gold	Keg	Good	Woodbridge	1/20
60-69	Gold	Helen	White	Arlington	12/20*
70-79	Gold	Mary	Dalessandris	Falls Church	5/20*
80-89	Gold	Sheila	Gildea	McLean	7/20*

### BASKETBALL FIELD GOALS - MEN

50-59	Gold	Charles	Crum	Bealeton	14/20*
	Silver	Michael	Tadie	Alexandria	8/20
	Bronze	Craig	Winters	Alexandria	8/20
60-69	Gold	Allan	Kellum	McLean	14/20*
	Silver	Sam	Slowinski	Gainesville	12/20
	Bronze	Charles	Harris	Alexandria	11/20
		4	Gregory	Culp	Woodbridge
	4	Ronald	DeSpirito	Manassas	10/20
	6	Dugald	Gillies	Arlington	4/20

**BASKETBALL FIELD GOALS – MEN Continued**

70-79	Gold	Ralph	Greenwood	Reston	10/20
	Silver	Harold	Skeins	Fairfax	9/20
	Bronze	Ed	Ladd	Potomac Falls	9/20
	4	Herb	Levitan	Arlington	9/20
	4	Jim	Viggiani	Manassas	9/20
	6	Fred	Bergsten	Annandale	8/20
	6	Andrew	Dixon	Fairfax	8/20
	6	Del	Wilson	Burke	8/20

**BASKETBALL FREE THROW – WOMEN**

50-59	Gold	Suzanne	Spicer	Arlington	5/25
	Silver	Keg	Good	Woodbridge	1/25
60-69	Gold	Helen	White	Arlington	8/25
70-79	Gold	Mary	Dalessandris	Falls Church	7/25
80-89	Gold	Sheila	Gildea	Mc Lean	4/25

**BASKETBALL FREE THROW – MEN**

50-59	Gold	Michael	Tadie	Alexandria	17/25
	Silver	Charles	Crum	Bealeton	15/25
	Bronze	Craig	Winters	Alexandria	15/25
	4	Artrolus	Hicks	Alexandria	10/25
60-69	Gold	Allan	Kellum	McLean	18/25
	Silver	Ronald	DeSpirito	Manassas	18/25
	Bronze	Charles	Harris	Alexandria	15/25
	4	Dugald	Gillies	Arlington	12/25
	5	Sam	Slowinski	Gainesville	10/25
	5	Gregory	Culp	Woodbridge	10/25
	7	Richard	Johnson	Arlington	8/25
70-79	Gold	James	Martin	Arlington	21/25
	Silver	Peter	McGuirk	Arlington	20/25
	Bronze	Fred	Bergsten	Annandale	19/25
	4	Jim	Viggiani	Manassas	17/25
	4	Andrew	Dixon	Fairfax	17/25
	6	Del	Wilson	Burke	16/25
	7	Herb	Levitan	Arlington	15/25
	8	Gerald	Rhoads	Burke	14/25
	8	Ed	Ladd	Potomac Falls	14/25
	10	Ralph	Greenwood	Reston	13/25
	11	Harold	Skeins	Fairfax	12/25
	12	Carlos	Rodriguez	Dumfries	6/25

**BASKETBALL - 3 x 3 - MEN**

50- 59	Gold Gold Gold Gold Gold	Metro All Stars Metro All Stars Metro All Stars Metro All Stars Metro All Stars	Charles Richard Eugene James Mick	Harris Suggs Thomas Davis Upsher	Alexandria Alexandria Stafford Alexandria Alexandria
60-69	Gold Gold Gold  Silver Silver Silver Silver Silver	Still Got Game Still Got Game Still Got Game  Hoopsters Hoopsters Hoopsters Hoopsters Hoopsters	James Mike Peter  Ronald Brian Allan Paul Steve	Culbertson Morley Stackhouse  DeSpirito Dion Kellum Peck Post	Springfield Falls Church Alexandria  Manassas Annandale McLean McLean Fairfax Station
70+	Gold Gold Gold Gold  Silver Silver Silver Silver Silver Silver  Bronze Bronze Bronze Bronze	Paleos Paleos Paleos Paleos  Humana 70s Humana 70s Humana 70s Humana 70s Humana 70s Humana 70s  Virginia Creepers Virginia Creepers Virginia Creepers Virginia Creepers	Fred Sam Peter Ralph  Thomas Mike Don Bruce William Jim  Allen James Paul Del	Bergsten Kountoupes McGuirk Greenwood  Krattenmaker Graffeo Greene Hewitt Richardson Viggiani  Cahill Martin Spishak Wilson	Annandale McLean Arlington Reston  Vienna Alexandria Dale City Annandale Fairfax Station Manassas  Oakhill Arlington Vienna Burke

**BOCCE - WOMEN**

80 - 89	Gold	Diane	Hill	Springfield
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**BOCCE - MEN**

60-69	Gold Silver Bronze	Ralph Allan Charlie	Tapp Kellum Williams	Warrenton McLean Annandale
80-89	Gold Silver Bronze	Nicholas Henry Paul	Garito Colletto Schmitt	Fairfax Oakton Vienna

**BOWLING - TEN PIN - WOMEN**

65-69	Gold	Linda	Baumbusch	Fairfax	579
	Silver	JuleAnn	Cheslock	Springfield	576
	Bronze	Mary	Johnson	Woodbridge	555
70-74	Gold	Vera	Graham	Alexandria	612
	Silver	Lucy	McSweeney	Centerville	598
	Bronze	Jo	Ferry	Alexandria	587
	4	Sandra	Ballinger	Vienna	586
	5	Betty	Stephens	Alexandria	586
	6	Sandra	Graves	Fairfax	512
	7	Julia	(King) Freeman	Alexandria	511
75-79	Gold	Frances	Price	Falls Church	573
80-84	Gold	Winnie	Tegge	Alexandria	615
	Silver	Emily	Fern	Alexandria	595
	Bronze	Beverly	Kalkwarf	Springfield	571
	4	Alease	Brooks	Arlington	568
85-89	Gold	Marjorie	Burts	Alexandria	636
90-94	Gold	Eva	Sorensen	Alexandria	548*

**BOWLING - TEN PIN - MEN**

60-64	Gold	Lawrence	Walker	Alexandria	612
	Silver	Anthony	Williams	Arlington	580
65-69	Gold	David	Jerome	Haymarket	636
	Silver	Jerome	Jackson	Fairfax	621
	Bronze	Roy	Rhodes	Alexandria	536
70 - 74	Gold	Gerald	Rhoads	Burke	581
	Silver	Karl	Mueller	Alexandria	578
75-79	Gold	John	Handley	Woodbridge	684
	Silver	Donald	Beveridge	Arlington	605
	Bronze	Marvin	Smyth	Woodbridge	587
	4	Ted	Centers	Woodgridge	569
80-84	Gold	Nicholas	Fidandis	Alexandria	578
	Silver	Joseph	Clement	Springfield	561
	Bronze	John	Fox	Springfield	559
85-89	Gold	Leonard	Kalkwarf	Springfield	582
90-94	Gold	Gordon	Sorensen	Alexandria	577
	Silver*	Richard	Cline	Alexandria	DNF

\* (honorary silver medal)

**BUNCO**

All	Gold	Edith	Kane	Burke
	Silver	Irene	Miller-Smith	Alexandria
	Bronze	Edith	Plunkett	Burke

**BUNCO (Game Winners)**

All	Gold	Olga	Wisneski	Alexandria
	Silver	Anne	Zvijac	Burke
	Bronze	Beatrice	Keen	Alexandria

**CRIBBAGE - COED**

Ages					Score	Spread
All	Gold	Riley	Geary	Arlington	11	97
	Silver	Grace	Cohen	Alexandria	6	32
	Bronze	Anthony	Williams	Arlington	5	4
		Harold	Moubray	Springfield	4	-31
		Verner	Utke-Ramsing	Mclean	4	-40
		Ralph	Driscoll	Alexandria	2	-62

**CYCLING - 10K TIME TRIAL - WOMEN (Held at Fauquier Community Park in 2013; different circuit from 2011)**

55-59	Gold	Karen	Sullivan	Arlington	18:37.3*
	Silver	Margie	Golden	Alexandria	20:14.2
65-69	Gold	Lynn	Saunders	Gainesville	22:58.8
70-74	Gold	Susan	Lucas	Gainesville	20:36.1*
75-79	Gold	Joyce	Tobias	Haymarket	31:53.2*

**CYCLING - 10K TIME TRIAL - MEN (Held at Fauquier Community Park in 2013; different circuit from 2011)**

55-59	Gold	Jim	Gleason	Reston	16:29.0
	Silver	Michael	Wassenberg	Warrenton	19:51.3
60-64	Gold	Mark	Holt	Fairfax	16:34.0*
	Silver	James	Degoey	Reston	17:12.6
	Bronze	Gary	Kuchel	Fairfax	17:45.9
		4 Peter	Berty	Arlington	18:24.8
		5 Christopher	Randall	Arlington	18:30.6
		6 Phil	Boyer	Leesburg	21:28.1
		7 Robert	Shannon	Gainesville	23:30.5
		8 Frank	Doe	Vienna	25:44.8
		9 Wendell	Williams	Warrenton	31:45.3
		10 Gregory	Culp	Woodbridge	35:57.8
65-69	Gold	David	Jerome	Haymarket	18:54.5
	Silver	Thomas	Short	Alexandria	19:42.1
	Bronze	William	Doan	Arlington	19:48.8
		4 Robert	Eaheart	Springfield	22:11.6
		5 Denis	McMullan	Vienna	22:57.9
70-74	Gold	Kenneth	Weinzapfel	Gainesville	24:33.5
	Silver	Andrew	Johnson	Gainesville	24:33.5



**CYCLING - 10K TIME TRIAL - MEN Continued**

75-79	Gold	Terence	McCarthy	Leesburg	24:46.4
	Silver	Richard	Eimas	Reston	25:41.3
	Bronze	Howard	Schultheiss	Manassas	26:10.8
	4	William	Harris	Woodbridge	26:15.9
	5	Thomas	Kehoe	Haymarket	34:35.3
80-84	Gold	Thomas	Tobias	Haymarket	23:51.2
	Silver	Otto	Gercken	Gainesville	32:21.8

**CYCLING - 20K TIME TRIAL - WOMEN (Held at Northern Fauquier Community Park)**

50-54	Gold	Leigh	Danforth	Warrenton	39:51.2*
55-59	Gold	Karen	Sullivan	Arlington	37:17.5*
	Silver	Margie	Golden	Alexandria	41:32.8
65-69	Gold	Lynn	Saunders	Gainesville	47:29.8
70-74	Gold	Susan	Lucas	Gainesville	41:18.8
75-79	Gold	Joyce	Tobias	Haymarket	1:02:18.6*

**CYCLING - 20K TIME TRIAL-MEN (Held at Northern Fauquier Community Park)**

50-54	Gold	Brian	Morgan	Dumfries	39.31.1
55-59	Gold	Jim	Gleason	Reston	33:08.7
	Silver	Michael	Wassenberg	Warrenton	40:38.5
60-64	Gold	James	Degoey	Reston	35:01.8*
	Silver	Peter	Berty	Arlington	36:43.8
	Bronze	Christopher	Randall	Arlington	37:39.5
	4	Joseph	Florence	Warrenton	39:27.5
	5	Phil	Boyer	Leesburg	43:18.6
65-69	Gold	David	Jerome	Haymarket	36:10.7*
	Silver	Thomas	Short	Alexandria	39:52.5
	Bronze	William	Doan	Arlington	40:18.1
	4	Robert	Eaheart	Springfield	45:43.6
70-74	Gold	Kenneth	Weinzapfel	Gainesville	41:08.1
	Silver	Andrew	Johnson	Gainesville	49:47.3
75-79	Gold	Charles	Nelson	Arlington	44:42.6*
	Silver	Roy	Huffman	Gainesville	49:18.1
	Bronze	Terence	McCarthy	Leesburg,	50:52.2
	4	Howard	Schultheiss	Manassas	53:49.2
	5	William	Harris	Woodbridge	59:42.9
80-84	Gold	Thomas	Tobias	Haymarket	50:20.3*
	Silver	Russell	Preble	Fort Belvoir	1:03:49.1
	Bronze	Otto	Gercken	Gainesville	1:07:27.2

**DIVING - WOMEN**

50-54	Gold	Madeline	Fleckenstein	Arlington	185.65
60-64	Gold	Carol	Mackela	Arlington	168.45
65-69	Gold	Cammie	Nilles	Arlington	132.45

**DIVING - MEN**

50-54	Gold	Kurt	Burgeson	Oakton	248.5*
	Silver	Roy	Lewis	Arlington	168.95
60-64	Gold	Bobby	Meeks	Arlington	207.85*
	Silver	Duane	Clayton-Cox	Fairfax	186.2
70-74	Gold	Kim	Alderman	Arlington	167.65
80-84	Gold	John	Gouldin	Annandale	99.2*

**DUPLICATE BRIDGE**

East-West	Gold	Dick	Verdow	Potomac Falls	73.8
	Gold	Lois Jean	Verdow	Potomac Falls	73.8
	Silver	Joseph	Griffin	Springfield	65.4
	Silver	Betty	Griffin	Springfield	65.4
	Bronze	Mary	Hayes	Annandale	61.77
	Bronze	Helen	Woodland	Alexandria	61.77
North-South	Gold	Kathryn	Kiley	Bristow	87.3
	Gold	Lucy	McCoy	Annandale	87.3
	Silver	Linda	Burton	Alexandria	74.8
	Silver	Marvin	Raines	Alexandria	74.8
	Bronze	Dustinn	Pratt	Fairfax	60.42
	Bronze	Fred	Ulle	Oakton	60.42
		Erven	Meyer	Annandale	59.8
		Karl	VanNewkirk	Arlington	59.8
		Leonard	Wheat	Alexandria	59.4
		Stephen	Fitzgerald	Alexandria	59.4
		Anna S.	Powell	Springfield	59.3
		Joan	White	Springfield	59.3
		Brian	Moriarty	Lake Ridge	52.49
		Phyllis	Mastin	Lake Ridge	52.49
		Lois	Coen	Potomac Falls	47.6
		Helen	Hardy	Potomac Falls	47.6
		Louise	Hayes	Potomac Falls	47.3
		Penelope	Paddock	Potomac Falls	47.3
		Jeanne	Fulford	Springfield	47.06
		George	Tateosian	Springfield	47.06
		Marilyn	Batra	Lake Ridge	42.8
		Evelyn	Conover	Lake Ridge	42.8

**EIGHT BALL POOL - WOMEN**

50-59	Gold	Linda	Sholl	Arlington
60-69	Gold	Arcadia	Vega	Fairfax Station
	Silver	Shelley	Wade	Arlington
	Bronze	Britanya	Rapp	Arlington
80-89	Gold	Elizabeth	Roadcap	Ashburn
	Silver	Diane	Hill	Springfield
	Bronze	Margaret	Toth	Springfield
	4	Efwina	Sheldahl	Arlington

**EIGHT BALL POOL - MEN**

60-69	Gold	James	Westray	Arlington
	Silver	Gary	Jackson	Fairfax
	Bronze	Cornelius	Davis	Bristow
	4	Shaw	Zee	Fairfax Station
70-79	Gold	Herbert	Bartlett	Springfield
	Silver	Daniel	Mancini	Alexandria
	Bronze	Yining	Wang	Fairfax
		James	Fuller	Burke
		Ram	Krisn	Ashburn
		Clifford	Nolan	Bristow
		Rajendra	Prasad	Sterling
		Gerald	Rhoads	Burke
		Carlos	Rodriguez	Dumfries
80-89	Gold	Joseph	Clement	Springfield
	Silver	Nicholas	Fidandis	Alexandria
	Bronze	John	Gouldin	Annandale
	4	Joseph	Griffin	Springfield

**FOOTBALL THROW - WOMEN**

55-59	Gold	Sue	Hedges	Ashburn	54' 10" *
60-64	Gold	Danita	Arone	Manassas	33' *
65-69	Gold	Mary	Schade	Arlington	41' 1" *

**FOOTBALL THROW - MEN**

50-54	Gold	Robert	Miller	Alexandria	100' 3" *
55-59	Gold	John	Shafran	Great Falls	111' 10" *
	Silver	Scott	Triplett	Haymarket	107' 10"
	Bronze	Charles	Crum	Bealeton	87'
60-64	Gold	Doug	Hastings	Alexandria	102' 10" *
	Silver	Thomas	Garasic	Manassas	86' 4"
	Bronze	William	Kinsella	Alexandria	74' 7"
65-69	Gold	Thomas	Sullivan	Oakton	87' 3"
	Silver	Charles	Kleymeyer	Arlington	65' 1"
70-74	Gold	Carlos	Rodriguez	Dumfries	63' 3"
	Silver	Herb	Levitan	Arlington	58' 1"

**FOOTBALL THROW – MEN Continued**

75-79	Gold	Andrew	Dixon	Fairfax	75' 4" *
	Silver	Jim	Joyner	Arlington	73' 6"
	Bronze	Renold	Beck	Fairfax	58' 1"
	4	William	Nehrke	Arlington	49' 10"
80-84	Gold	Nicholas	Fidandis	Alexandria	56' 10" *
90-94	Gold	Paul	Powers	Burke	19' 6"

**FRISBEE THROW – WOMEN**

60-69	Gold	Danita	Arone	Manassas	32' 9"
80-89	Gold	Alease	Brooks	Arlington	31' 3"
90-99	Gold	Josephine	Stewart	Manassas	36' 2" *

**FRISBEE THROW – MEN**

50-59	Gold	Scott	Triplett	Haymarket	109' 9"
	Silver	Marty	Willis	Falls Church	106' 1"
60-69	Gold	Anthony	Williams	Arlington	110' 2"
	Silver	John	Cordyack	Reston	92' 9"
	Bronze	Charles	Kleymeyer	Arlington	90' 8"
	4	Thomas	Garasic	Manassas	74' 2"
	5	Ralph	Tapp	Warrenton	58' 5"
	6	Donald	Meli	Annandale	46' 10"
70-79	Gold	Herb	Levitan	Arlington	68' 9"
	Silver	Carlos	Rodriguez	Dumfries	63' 10"
	Bronze	Renold	Beck	Fairfax	62' 3"

**GOLF - WOMEN**

50-59	Gold	Paula	Harris	Centreville	83
60-69	Gold	Rebecca	Davis	Sumerduck	82
	Silver	Judith (Judy)	Landolt-Korns	Clifton	106
	Bronze	Doreen	Zinkus	Springfield	115
70-79	Gold	Nancy	Huff	Woodbridge	91
	Silver	Barbara	Gerber	Burke	112
	Bronze	Maureen	Dogerty	Manassas	112
	4	Margaret	Denise	Annandale	115
	5	Mary	Dalessandris	Falls Church	121
	6	Barbara	Klementz	Annandale	123

**GOLF – MEN**

50-59	Gold	Christopher	Smith	Annandale	102
	Silver	James	Blakemore	Manassas	115
60-69	Gold	William	Somers	Arlington	79
	Silver	Donald	Drain	Springfield	87
	Bronze	G. Malcolm	Junkin	Ashburn	90
	4	James	Ivery	Alexandria	93
	5	Phil	Goulet	Prince William	95
70-79	Gold	Craig	Olson	Arlington	74
	Silver	Gordon	Lee	Burke	83
	Bronze	Richard	Scott	Vienna	87
	4	Frank	Northrop	Alexandria	88
	5	Jesse	Barron	Woodbridge	91
	5	Barry	Gale	Arlington	91
	7	Gene	Kishok	Fairfax	95
	8	Clifford	Nolan	Bristow	97
	9	Mat	Brooks	Manassas	99
	10	William	McSweeney	Centreville	100
	11	Frederick	Walker	Fairfax	102
	12	Russell	Rowe	Warrenton	118
	13	Jim	Viggiani	Manassas	121
80-89	Gold	Marvin	Reed	Oak Hill	95
	Silver	Nicholas	Fidandis	Alexandria	111

**HANDBALL (NEW IN 2013)**

50-69	Gold	Michael	Arens	Springfield
	Silver	Wayne	Beers	McLean
	Bronze	Leven	Gray	Fairfax
	4	Andre	Francis	Springfield
70-79	Gold	Richard	Shearer	Alexandria
	Silver	Karl	Lady	Alexandria
	Bronze	Charles	Allen	Dumfries
	4	Lewis	Moore	Fairfax
		Leo	Childs	Potomac Falls
	Daniel	Clark	Lorton	
80-89	Gold	James	Greenquist	Alexandria
	Silver	Joseph	Mayer	Alexandria

**HORSESHOES – WOMEN**

No Competition

**HORSESHOES – MEN**

55-59	Gold	Charles	Crum	Bealeton
65-69	Gold	Ralph	Tapp	Warrenton
	Silver	Jerome	Jackson	Fairfax
	Bronze	Bruce	Fisher	Fairfax
70-74	Gold	Karl	Mueller	Alexandria
80-84	Gold	Paul	Schmitt	Vienna
	Silver	Robert	Stotz	McLean
	Bronze	Nicholas	Garito	Fairfax
85-89	Gold	Leonard	Kalkwarf	Springfield

**LINE DANCING (TEAM)**

50-99	Gold	Hawaiian Stars	Frances	Cornett	Fairfax Station
	Gold	Hawaiian Stars	Marilu	Morada	Burke
	Gold	Hawaiian Stars	Edna	Noe	Annandale
	Gold	Hawaiian Stars	Rita	Perrotti	Springfield
	Gold	Hawaiian Stars	Maria	Puri	Burke
	Gold	Hawaiian Stars	Michelle	Ro	Burke
	Gold	Hawaiian Stars	Melanie	Willis	Fairfax
	Silver	Silver Diamond	Chung	Byon	Annandale
	Silver	Silver Diamond	Young Sook	Chon	Centreville
	Silver	Silver Diamond	Ki Sook	Garber	Annandale
	Silver	Silver Diamond	Young Ok	Kim	Fairfax Station
	Silver	Silver Diamond	Susie	Thomas	Burke
	Silver	Silver Diamond	Chung Sun	Yang	Fairfax
	Silver	Silver Diamond	Sun Y.	Yang	Arlington
	Bronze	Lee Center Dancers	Janey	Brauninger	Arlington
	Bronze	Lee Center Dancers	Marcia	Diamond	Arlington
	Bronze	Lee Center Dancers	Ingeborg	Ercolano	Arlington
	Bronze	Lee Center Dancers	Kathy	Fanelli	Annandale
	Bronze	Lee Center Dancers	Neelima	Gokhale	Arlington
	Bronze	Lee Center Dancers	May	McWilliams	Arlington
	Bronze	Lee Center Dancers	Melissa	Mendell	Arlington
	Bronze	Lee Center Dancers	Bill	Wong	Falls Church
	4	Silver Steppers	Marianne	Bernett	Falls Church
	4	Silver Steppers	Phebe	Masson	Falls Church
	4	Silver Steppers	Jane	McKeel	Falls Church
	4	Silver Steppers	Gloria	Reisman	Falls Church
	4	Silver Steppers	Jeanette	Wurster	Falls Church

**MEXICAN TRAIN DOMINOES Co-ed; All ages**

Gold	Griffin	Jan	Springfield	95
Silver	Thaler	Sue	Arlington	120
Bronze	Planting	Venette	Falls Church	136
4	Westlake	Donna	Springfield	172
5	Woodring	Doris	Lake Ridge	198
	Conlon	Roberta	Springfield	
	Way	Harriett	Lake Ridge	
	Welborn	Elizabeth	Fairfax	
	Simpson	Barbara	Springfield	
	McPhaul	Valia	Arlington	
	Shaw	Camille	Springfield	
	Graves	Marianne	Arlington	
	Henderson	Helen	Falls Church	
	Dudick	Fran	Arlington	
	Vos	Nitha	Fairfax	
	Geary	Riley	Arlington	
	Flory	Helga	Falls Church	
	Malcome	Janet	Falls Church	
	Padgett	Carolyn	Springfield	

**MINIATURE GOLF - WOMEN**

60-69	Gold	Williams	Barbara	Alexandria	51
	Silver	Baumbusch	Linda	Fairfax	58
70-79	Gold	Broz	Jacqueline	Falls Church	57

**MINIATURE GOLF - MEN**

50-59	Gold	Crum	Charles	Bealeton	43
60-69	Gold	Tapp	Ralph	Warrenton	40
	Silver	Williams	Charlie	Annandale	50
	Bronze	Quesenberry	Lance	Annandale	50
	4	Culp	Gregory	Woodbridge	54
70-79	Gold	Toftoy	Charles	Arlington	54
	Silver	Stohr	Richard (Dick)	Springfield	55
	Bronze	Dodson	George	Burke	65
80-89	Gold	Kane	Louis	Burke	44
	Silver	Gouldin	John	Annandale	45

**PICKLEBALL – MIXED DOUBLES**

50-59	Gold	Sue	Thaler	Arlington
	Gold	Michael	Thaler	Arlington
60-69	Silver	Marian	Lapp	Arlington
	Silver	Steven	Valiant	Springfield
	Gold	Jackie	Cubero	Arlington
	Gold	Michael	Knight	Falls Church
70-79	Silver	Karen	Pearson	McLean
	Silver	Donald	Tomb	Arlington
	Bronze	Fran	Dudick	Arlington
	Bronze	Steven	Napoliello	Manassas
70-79	Gold	Chris	May	Alexandria
	Gold	Robert	West	Alexandria
	Silver	Mary	Owen	Arlington
	Silver	Jerry	Abbott	Arlington
70-79	Gold	Barbara	Jamborsky	Reston
	Gold	Mike	Marrone	Alexandria
	Silver	Wendy	Straub	Springfield
	Silver	Del	Wilson	Burke
70-79	Bronze	Sun Y.	Yang	Arlington
	Bronze	Horacio	Reyes	Arlington
	4	Donald	Kocher	Arlington
4	Alease	Brooks	Arlington	

**PICKLEBALL – DOUBLES – WOMEN**

50-59	Gold	Sue	Thaler	Arlington
	Gold	Fran	Dudick	Arlington
60-69	Gold	Marian	Lapp	Arlington
	Gold	Karen	Pearson	McLean
60-69	Silver	Jackie	Cubero	Arlington
	Silver	Chris	May	Alexandria
70-79	Gold	Jo	Ferry	Alexandria
	Gold	Sun Y.	Yang	Arlington
70-79	Silver	Barbara	Jamborsky	Reston
	Silver	Alease	Brooks	Arlington



**PICKLEBALL – DOUBLES – MEN**

50-59	Gold Gold	Franz Corwin	Roland Umbach	Oakton Arlington
	Silver Silver	Steven Steve	Valiant Napoliello	Springfield
	Bronze Bronze	Michael Stephen	Anderson Nurre	Arlington Annandale
60-69	Gold Gold	Toui Donald	Pomsouvan Tomb	Arlington Arlington
	Bronze Bronze	Dawit Jerry	Tesfamichael Abbott	Arlington Arlington
	Silver Silver	Robert Joseph	West Smith	Alexandria Alexandria
70-79	Gold Gold	Herb Lawrence	Levitan Mason	Arlington Arlington
	Silver Silver	Gerard Robert	De la Cruz Kelly	Arlington Arlington
	Bronze Bronze	Gerald Harry	Rhoads Walsh	Burke Fairfax
	4 4	Woody Horacio	Hair Reyes	Arlington Arlington

**PICKLEBALL – SINGLES – WOMEN**

50-59	Gold Silver	Sue Linda	Thaler Sholl	Arlington Arlington
60-69	Gold Silver	Helen Chris	White May	Arlington Alexandria
70-79	Gold	Sun Y.	Yang	Arlington
80-89	Gold	Alease	Brooks	Arlington

**PICKLEBALL – SINGLES – MEN**

50-59	Gold Silver	Stephen Steven	Nurre Valiant	Annandale Springfield
60-69	Gold Silver	Michael Robert	Thaler West	Arlington Alexandria
70-79	Gold Silver Bronze 4	Donald Joseph Jerry Herb Gerard Jim Don Horacio Gerald Del	Tomb Smith Abbott Levitan De la Cruz Joyner Meeks Reyes Rhoads Wilson	Arlington Alexandria Arlington Arlington Arlington Arlington Alexandria Arlington Burke Burke
80-89	Gold Silver	Harry Joseph	Walsh Clement	Fairfax Springfield

**RACQUETBALL – WOMEN**

55 – 59	Gold Silver Bronze	Sue Diane Keg	Thaler Bruning Good	Arlington Alexandria Woodbridge
65 – 69	Gold Silver	Charlotte Fran	Perdue Dudick	Arlington Arlington

**RACQUETBALL – MEN**

55 – 59	Gold	Ron	Rohrbach	Dumfries
60 – 65	Gold	Jay	Wald	Fairfax
75 – 79	Gold	Dan	Clark	Lorton

**ROWING – 2 Km - WOMEN (NEW IN 2013)**

50-59	Gold	Keg	Good	Woodbridge	11:59.3*
60-69	Gold Silver	Sheila Pamela	Brown Stratton	Woodbridge Arlington	10:47.9* 11:18.8
70-79	Gold	Marge	Fatula	Woodbridge	12:09.5*
80-89	Gold	Sheila	Gildea	McLean	12:22.5*

**ROWING – 2 Km - MEN (NEW IN 2013)**

50-59	Gold	Douglas	Hill	Woodbridge	8:32.8*
60-69	Gold Silver Bronze	David Thomas William	Jerome Garasic Kinsella	Haymarket Manassas Alexandria	9:14.8* 9:29.6 10:07.1
70-79	Gold Silver Bronze 4 5 6	Peter Herb George Paul Victor Charles	McGuirk Levitan Brockway Gesswein Litwinski Toftoy	Arlington Arlington Arlington Sterling McLean Arlington	7:18.8* 8:32.4 9:09.0 9:25.1 9:33.7 11:22.8
80-89	Gold	Nicholas	Fidandis	Alexandria	10:43.4*

### SCRABBLE – COED

All Ages					Wins	Losses	Tie	Score
	Gold	Irene	Awret	Falls Church	3	0	0	134
	Silver	Ellen	Harland	Alexandria	3	0	0	97
	Bronze	Rosemary	Hartman	Annandale	2	1	0	139
		Mary Jane	Meyer	Alexandria	2	1	0	81
		Barbara	Phillips	Alexandria	2	1	0	74
		Elizabeth	Pagan	Fairfax	2	1	0	52
		Ruth	Sigerson	Sterling	2	1	0	16
		Fidelita	Levy	Alexandria	2	1	0	11
		Carolyn	Dubose	Arlington	1	1	1	31
		Cheryl	Carnahan	Alexandria	1	1	1	-62
		Bruce	Fisher	Fairfax	1	2	0	97
		Judith	Bromberg	Alexandria	1	2	0	60
		David	Robinson	Arlington	1	2	0	-25
		Jean	Varney	Alexandria	1	2	0	-74
		Judy	Fisher	Fairfax	0	3	0	-281
		Doris	Woodring	Lake Ridge	0	1	0	-81

### SOFTBALL HIT – WOMEN

55-59	Gold	Carolyn	Dalton	Alexandria	92'
60-64	Gold	Danita	Arone	Manassas	104' 4"
65-69	Gold	Mary	Schade	Arlington	90' 3"
70-74	Gold	Mary	Dalessandris	Falls Church	90' 3"

### SOFTBALL HIT – MEN

55-59	Gold	Scott	Triplett	Haymarket	221' 2"
60-64	Gold	Gregory	Culp	Woodbridge	196' 0"
	Silver	Doug	Hastings	Alexandria	186' 1"
	Bronze	Thomas	Garasic	Manassas	167' 9"
65-69	Gold	Charles	Kleymeyer	Arlington	185' 4"
	Silver	Thomas	Sullivan	Oakton	174' 7"
	Bronze	John	Cordyack	Reston	144' 6"
70-74	Gold	Carlos	Rodriguez	Dumfries	105' 11"
	Silver	Herb	Levitan	Arlington	100' 11"
	Bronze	Richard (Dick)	Stohr	Springfield	97' 5"
75-79	Gold	Jim	Joyner	Arlington	160' 11"
	Silver	Andrew	Dixon	Fairfax	144' 9"
	Bronze	Charles	Toftoy	Arlington	110' 8"
	4	William	Nehrke	Arlington	103' 2"
	5	Renold	Beck	Fairfax	80' 3"

**SOFTBALL THROW – WOMEN**

55-59	Gold Silver	Sue Carolyn	Hedges Dalton	Ashburn Alexandria	86' 4" 70' 9"
60-64	Gold	Danita	Arone	Manassas	69' 10"
65-69	Gold	Mary	Schade	Arlington	63' 2"
70-74	Gold	Mary	Dalessandris	Falls Church	36'

**SOFTBALL THROW – MEN**

50-54	Gold	Robert	Miller	Alexandria	123' 9"
55-59	Gold Silver	Scott Charles	Triplett Crum	Haymarket Bealeton	167' 10" 99' 10"
60-64	Gold Silver Bronze	Doug Thomas Gregory	Hastings Garasic Culp	Alexandria Manassas Woodbridge	151' 7" 127' 11" 92'
65-69	Gold Silver Bronze	Thomas Charles John	Sullivan Kleymeyer Cordyack	Oakton Arlington Reston	155' 9" 89' 1" 80' 7"
70-74	Gold Silver Bronze 4 5	Bernhard Herb Carlos Dell Richard (Dick)	Stamm Levitan Rodriguez Pendergrast Stohr	Ashburn Arlington Dumfries McLean Springfield	144' 4" 97' 8" 77' 4" 71' 7" 62' 5"
75-79	Gold Silver Bronze 4 5	Jim Andrew Renold Paul William	Joyner Dixon Beck Hession Nehrke	Arlington Fairfax Fairfax Falls Church Arlington	128' 7" 127' 1" 75' 3" 74' 5" 73' 10"

**SWIMMING – BACKSTROKE 50 YARDS – WOMEN**

50-54	Gold	MacKenzie	Kearney	Arlington	40.21
55-59	Gold	Marge	Golden	Alexandria	43.25
60-64	Gold	Carol	Mackela	Arlington	58.28
65-69	Gold Silver	Mary Jennifer	Schade Johnston	Arlington Annandale	52.69 1:25.90
70-74	Gold	Jane	Geison	Haymarket	1:01.97
75-79	Gold	Joyce	Tobias	Haymarket	1:23.88
90-94	Gold	Minna	Hamner	Fairfax Station	1:21.66

**SWIMMING – BACKSTROKE 50 YARDS – MEN**

50-54	Gold	Tom	Gittins	Falls Church	30.18
55-59	Gold Silver	Ralph Douglas	Swiger Hill	Leesburg Woodbridge	41.72 45.90
60-64	Gold	Thomas	Garasic	Manassas	49.47
65-69	Gold Silver Bronze 4	Kevin Bruce Charles Eiji	Culhane Fisher Kleymeyer Yasuhara	Lorton Fairfax Arlington Sterling	34.91* 35.84 46.87 52.47

<b>SWIMMING – BACKSTROKE 50 YARDS – MEN Continued</b>					
70-74	Gold 2	Herb Carlos	Levitan Rodriguez	Arlington Dumfries	49.34 59.32
75-79	Gold	Paul	Gesswein	Sterling	54.50
80-84	Gold Silver Bronze DNF	Lou Harry Phil John	Brown Walsh Case Gouldin	Leesburg Fairfax Springfield Annandale	53.00 55.44 56.87 1:13.75
85-89	Gold	Gilbert	Robinson	McLean	1:21.28

**SWIMMING – BREASTSTROKE 50 YARDS – WOMEN**

50-54	Gold Silver	MacKenzie Janet	Kearney Palfey	Arlington Fairfax	46.25 48.94
55-59	Gold	Marge	Golden	Alexandria	47.19
65-69	Gold Silver	Mary Jennifer	Schade Johnston	Arlington Annandale	1:04.69 1:41.97
70-74	Gold	Jane	Geison	Haymarket	1:18.60
75-79	Gold	Joyce	Tobias	Haymarket	1:42.19
80-84	Gold	Sheila	Gildea	Mc Lean	1:43.57
90-94	Gold	Minna	Hamner	Fairfax Station	1:48.44

**SWIMMING – BREASTSTROKE 50 YARDS – MEN**

50-54	Gold	Mark	Harris	Alexandria	34.31
55-59	Gold Silver	Ralph Douglas	Swiger Hill	Leesburg Woodbridge	45.06 54.59
60-64	Gold Silver Bronze	Edwin Xiaobang Thomas	Allen Shi Garasic	Arlington Sterling Manassas	51.44 51.50 1:00.66
65-69	Gold Silver Bronze 4 5 6	Kevin Bruce Garth William Eiji Charles	Culhane Fisher Adcock Takakoshi Yasuhara Kleymeyer	Lorton Fairfax Alexandria Oakton Sterling Arlington	39.06* 42.69 42.94 43.87 44.72 52.31
70-74	Gold Silver Bronze	John Herb Carlos	Dineen Levitan Rodriguez	Springfield Arlington Dumfries	46.97 47.00 55.00
75-79	Gold Silver	James W.C. Paul	Chang Gesswein	Oakton Sterling	1:00.20 1:11.50
80-84	Gold Silver Bronze	Vsevolod Phil John	Ivanov Case Gouldin	Arlington Springfield Annandale	54.28* 1:04.29 1:23.87
90-94	Gold	Mohammad	Assareh	Ashburn	1:31.00

**SWIMMING – FREESTYLE 50 YARDS – WOMEN**

50-54	Gold	MacKenzie	Kearney	Arlington	35.66
	Silver	Janet	Palfey	Fairfax	40.94
55-59	Gold	Marge	Golden	Alexandria	40.31
60-64	Gold	Carol	Mackela	Arlington	53.94
65-69	Gold	Marie	Baumann	Arlington	45.75
	Gold	Anne	Moore	Gainesville	45.75
	Silver	Mary	Schade	Arlington	47.81
	Bronze	Jennifer	Johnston	Annandale	1:11.12
70-74	Gold	Jane	Geison	Haymarket	1:04.69
75-79	Gold	Joyce	Tobias	Haymarket	1:25.72
	Silver	Fidelita	Levy	Alexandria	1:28.29
90-94	Gold	Minna	Hammer	Fairfax Station	1:23.78

**SWIMMING – FREESTYLE 50 YARDS– MEN**

50-54	Gold	Mark	Harris	Alexandria	27.22
55-59	Gold	Douglas	Hill	Woodbridge	32.78
	Silver	Ralph	Swiger	Leesburg	36.10
60-64	Gold	Jim	Donahue	Oakton	31.00
	Silver	Thomas	Garasic	Manassas	39.88
65-69	Gold	Kevin	Culhane	Lorton	28.56*
	Silver	Bruce	Fisher	Fairfax	29.56
	Bronze	Vince	Romano	Annandale	36.75
		4 Charles	Kleymeyer	Arlington	36.97
		5 Eiji	Yasuhara	Sterling	41.31
70-74	Gold	John	Dineen	Springfield	35.59
	Silver	Herb	Levitan	Arlington	38.56
	Bronze	Carlos	Rodriguez	Dumfries	46.00
75-79	Gold	Paul	Gesswein	Sterling	46.44
80-84	Gold	Harry	Walsh	Fairfax	47.57
	Silver	Lou	Brown	Leesburg	48.59
	Bronze	Phil	Case	Springfield	58.21
		4 John	Gouldin	Annandale	1:12.16

**SWIMMING – FREESTYLE 900 YARDS (~HALF MILE) – WOMEN**

50-54	Gold	Janet	Palfey	Fairfax	16:49
55-59	Gold	Marge	Golden	Alexandria	15:10
	Silver	Sharon	O'Neill	Annandale	16:27
	Bronze	Susan	Davies	Arlington	17:57
60-64	Gold	Carol	Mackela	Arlington	23:36
65-69	Gold	Marie	Baumann	Arlington	17:03
	Silver	Jennifer	Johnston	Annandale	24:29
75-79	Gold	Joyce	Tobias	Haymarket	25:47
80-84	Gold	Carol	Cornutt	Lake Ridge	30:19

**SWIMMING – FREESTYLE 900 YARDS (~HALF MILE) – MEN**

50-54	Gold	Mark	Harris	Alexandria	11:17
	Silver	Tom	Gittins	Falls Church	12:04
55-59	Gold	Douglas	Hill	Woodbridge	17:59
60-64	Gold	James	Hill	Springfield	13:20
	Silver	Jim	Donahue	Oakton	13:38
65-69	Gold	Bruce	Fisher	Fairfax	12:50
	Silver	Vince	Romano	Annandale	16:09
	Bronze	Eiji	Yasuhara	Sterling	20:11
	4	Charles	Kleymeyer	Arlington	21:00
70-74	Gold	Herb	Levitan	Arlington	17:34
	Silver	Carlos	Rodriguez	Dumfries	25:56
75-79	Gold	Paul	Gesswein	Sterling	25:13
	Silver	James W.C.	Chang	Oakton	28:36
80-84	Gold	Lou	Brown	Leesburg	21:23
	Silver	Harry	Walsh	Fairfax	27:49

**TABLE TENNIS – WOMEN**

50-59	Gold	Ergita	MacLaughlin	Reston
	Silver	Jenny	Lang	Mclean
60-69	Gold	Dorothy	Woods	Alexandria
	Silver	Lily	Tien-Sing-Young	Alexandria
70-79	Gold	Lilas	Samirad	Lansdowne
	Silver	Sun Y.	Yang	Arlington

**TABLE TENNIS – MEN**

50-59	Gold	John	Olsen	Annandale
	Silver	Hung	Pham	Falls Church
	Bronze	Walter	Weber	Alexandria
60-69	Gold	Weishuang	Qu	Herndon
	Silver	Su	Bao	Falls Church
	Bronze	Shaw	Zee	Fairfax Station
	4	Thomas	Garasic	Manassas
	5	Richard	Johnson	Arlington
	5	Mohammad	Waseem	Centreville
70-79	Gold	Hae Mun	Byun	Alexandria
	Silver	John	Papp	Nokesville
	Bronze	Ram	Krisn	Ashburn
	4	Jia Hua	Lin	Reston
	5	Andrew	Dixon	Fairfax
	5	Indra	Gupta	Centreville
	5	Gerhard	Jung	Woodbridge
	5	Rajendra	Prasad	Sterling
	9	Herman	Hohausen	Alexandria
9	Herb	Levitan	Arlington	
9	Pragji	Patel	Ashburn	

**TABLE TENNIS - MEN Continued**

80-89	Gold Silver Bronze 4 5 5 5 5	Hexin Edward Joseph Gilbert Roland John James Robert	Zhou Scaccio Clement Robinson Dionne Gouldin Greenquist Kelly	Fairfax Dumfries Springfield McLean Lansdowne Annandale Alexandria Arlington
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**TENNIS - SINGLES - WOMEN**

50-59	Gold	Paula	Harris	Centreville
70-79	Gold	Katherine	Tax	Bealeton

**TENNIS - SINGLES - MEN**

50-59	Gold Silver Bronze 4	James Jaime Dan Scott	Callan Chica Austin Triplett	Arlington Leesburg Fairfax Station Haymarket
60-69	Gold Silver Bronze 4	Robert Thomas Donald Greg	Drosdzal Payne Chendorain Rothwell	Lansdowne Woodbridge Woodbridge Great Falls
70-79	Gold Silver Bronze 4	Albert Dell Barton Donald Tony L. Wayne Gerard James Joseph Gerhard Nelson Randy John Daniel Joseph Don Jim	Grossi Pendergrast Richwine Tomb Beale Bell De la Cruz Fuller Hight Jung Kieff Langston Lee Mancini Smith Sotirchos Viggiani	Arlington McLean McLean Arlington Springfield Annandale Arlington Burke Springfield Woodbridge Fairfax Alexandria Springfield Alexandria Alexandria Oak Hill Manassas
80-89	Gold Silver	Norman Phil	Williams Case	Vienna Springfield



**TENNIS - DOUBLES - WOMEN**

No Competiton

**TENNIS - DOUBLES - MEN**

50-59	Gold	Cecil	Case	Fairfax Station
	Gold	Bob	Howe	Alexandria
	Silver	Alan	Roberson	Fairfax
	Silver	Eric	Ramsing	Alexandria
	Bronze	Randolph	Miller	Bristow
	Bronze	Larry	Blair	Bristow
60-69	Gold	Sam	Bedford	Nokesville
	Gold	Barry	Herrmann	Manassas
	Silver	Noriega	James	Burke
	Silver	John	Lee	Springfield
70-79	Gold	Albert	Grossi	Arlington
	Gold	Donald	Tomb	Arlington
	Silver	L. Wayne	Bell	Annandale
	Silver	Robert	Wilkinson	Fairfax
	Bronze	William	Hicks	Fairfax
	Bronze	Gerald	Rhoads	Burke
		Gordon	Lee	Burke
		Bob	Westall	Annandale
		Randy	Langston	Alexandria
		Jim	Viggiani	Manassas
80-89	Gold	Robert	Barnard	Annandale
	Gold	Norman	Williams	Vienna
	Silver	Phil	Case	Springfield
	Silver	Thomas	Jacobs	Manassas

**TENNIS - MIXED DOUBLES**

60-69	Gold Gold	Sharon Bob	Timmons Howe	Alexandria Alexandria
70-79	Gold Gold	Carol Don	Noggle Sotirchos	Gainesville Oak Hill
	Silver Silver	Carol L. Wayne	Vann Bell	Alexandria Annandale
	Bronze Bronze	Kelly Gerald	Mccaffery Rhoads	Springfield Burke

**VOLLEYBALL – WOMEN**

50 - 54	Gold	Once Again	Yamel N. Abanez Marlene Flores Rosario Gomez-Garcia Gloria M. Ruiz Eybi Sanchez Stephanie Vandeveire	Alexandria Falls Church Alexandria Springfield Burke Springfield
	Silver	Pass it on	Christy L. Adair Ana Gross Nelly Paredes Elizabeth Taylor Sujin Testa Diana Tracy	Springfield Vienna Burke Alexandria Great Falls Alexandria
	Bronze	Lady Maniacs	Denise Corcoran Leslie Crawford Diane Howard Janet Nevius Stephanie Oetjen Linda Sholl	Springfield Annandale Alexandria Springfield Alexandria Arlington
55 - 59	Gold	VaVa Voom	Mary Anne Creech Catherine Cannenberg Joyce Kwiatkowski-Spieler Connie Lindsley Colleen Nevius Judy Olson Francine Shayka	Herndon Alexandria Sterling Arlington Arlington Fairfax Hamilton
	Silver	Bolivia	Carmen Decker Anjelica Perez Gloria Pinto Teresa Saravia Jenny Sherr Ada Vera	Falls Church Fairfax Falls Church Springfield Springfield Springfield

**VOLLEYBALL – WOMEN Continued**

60 - 64	Gold	Volleyball Diggers	Sue Fischer Carmela Miller Kaye Moody Kristi Nickerson Ponder Laura Marilyn Zett	Haymarket Arlington Alexandria Reston Manassas Vienna
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**VOLLEYBALL – MEN**

All ages	Gold	Lost Dogs	Gary Walter Ricardo Bard Jim Alan Mark	Dwyier Earley Esquer-Blasco Jackson Joyner Leinbach Roberts	Falls Church Arlington Arlington Falls Church Arlington Arlington Arlington
	Silver	Vienna Volleyball	Rey Paul David George Jawad William Loc	Aguilar Bernhardt Corcoran Moy Naciri Pearson Tran	Haymarket Alexandria Springfield Falls Church Arlington McLean McLean

**WII BOWLING – WOMEN**

50-59	Gold	Sue	Thaler	Arlington	600*
	Silver	Susan	Lasher	Manassas	384
60-69	Gold	Andrea	Strosnider	Alexandria	525
	Silver	Fran	Dudick	Arlington	456
70-79	Gold	Martha	Siemering	Springfield	687
	Silver	Dona	Hobbs	Lake Ridge	636
	Bronze	Violet	Fenty	Arlington	577
	4	Joan	White	Springfield	569
	5	Sharon	Steen	Alexandria	563
	6	Jean	McDaniel	Alexandria	483
	7	Shirley	Crist	Lake Ridge	461
	8	Marianne	Graves	Arlington	448
	9	Helga	Flory	Falls Church	431
	10	Victoria	Morriberon	Arlington	420
	11	Aida	O'Sullivan	Alexandria	409
	12	Betty	Seybold	Lake Ridge	407
80-89	Gold	Anne	Genakos	Alexandria	648
	Silver	Willa Mae	Graham	Arlington	625
	Bronze	Doris	Kaplan	Alexandria	556

<b>WII BOWLING – WOMEN Continued</b>						
80-89	4	Marjorie	Lawrence	Falls Church	540	
	5	Helen	Henderson	Falls Church	534	
	6	Lillian	Wachter	Springfield	530	
	7	Ruth	Burack	Sterling	528	
	8	Harriett	Way	Lake ridge	505	
	9	Gloria	Deuel	Springfield	504	
	10	Marcy Rollin	Guillod	Sterling	497	
	11	Emily	Martin	Lake Ridge	467	
	12	Ruth	Hare	Alexandria	422	
	13	Wilma	Meeker	Alexandria	410	
	14	Ione	Braswell	Sterling	360	
	15	Joyce	Knapp	Alexandria	340	
	90-99	Gold	Vivian	Mitchell	Springfield	624*
		Silver	Maria	Kennedy	Alexandria	501
		Bronze	Peggy	Knowlton	Alexandria	469
4		Frances	McComb	Alexandria	466	
100+	Gold	Doris	Woodring	Lake Ridge	419*	

### **WII BOWLING – MEN**

60-69	Gold	Joseph	Simpson	Alexandria	603
	Silver	Rene	Robert	Alexandria	566
	Bronze	Charles	McCottry	Arlington	529
	4	Arland	Long	Alexandria	526
	5	William	Wynn	Alexandria	384
70-79	Gold	Ed	Ladd	Sterling	815*
	Silver	Peter	Elenois	Alexandria	525
	Bronze	Jack	Martin	Falls Church	493
	4	Richard (Dick)	Stohr	Springfield	454
	5	George	Dodson	Burke	387
	6	Leonard	Anderson	Alexandria	367
80-89	Gold	Lawrence	Earl	Springfield	665
	Silver	Ted	Campbell	Springfield	637
	Bronze	Eckehard	Muessig	Springfield	571
	4	Jay	Parsons	Springfield	521
	5	James	Upp	Springfield	509
	6	Hilliard	Holbrook	Burke	426
90-99	Gold	Robert	Zikowitz	Springfield	607
	Silver	Raymond	Kaminski	Springfield,	601
	Bronze	Raymond	Wright	Springfield	578
	4	Cldye	Ridgely	Alexandria	484
	5	Joseph	Sahaj	Alexandria	479
	6	Jakc	Keith	Alexandria	470
	7	Duke	Thompson	Sterling	453

## TRACK & FIELD

### LONG JUMP, STANDING - WOMEN

55-59	Gold Silver	Keg Linda	Good Sholl	Woodbridge Arlington	5' 5" 2' 5"
80-84	Gold	Alease	Brooks	Arlington	2' 11"

### LONG JUMP, STANDING - MEN

55-59	Gold	Douglas	Hill	Woodbridge	6' 2.5"
60-64	Gold	David	Viar	Centreville	6' 9.5"
	Silver	Charles	Appler	Springfield	6' 9"
	Bronze	Anthony	Williams	Arlington	6' 8"
	4	Doug	Hastings	Alexandria	6' 7"
	5	Wendell	Williams	Warrenton	6' 5.5"
	6	Thomas	Garasic	Manassas	6' 3"
65-69	Gold	Robert	Eaheart	Springfield	6' 2.5"
	Silver	Charles	Kleymeyer	Arlington	5' 10.5"
	Bronze	Donald	Meli	Annandale	5' 7"
	4	John	Cordyack	Reston	5' 5"
70-74	Gold	Bernhard	Stamm	Ashburn	7' 1"
	Silver	Curtis	Morgan	Falls Church	6' 8.5"
	Bronze	Parviz	Youssefi	Gainesville	6' 5"
	4	Carlos	Rodriguez	Dumfries	5' 5"
	5	Herb	Levitan	Arlington	4' 7"
	75-79	Gold	Dallas	Gibson	Leesburg
Silver		James	Hugo	Springfield	3' 2"
80-84	Gold	Joseph	Clement	Springfield	4' 8.5"

### LONG JUMP, RUNNING - WOMEN

55-59	Gold	Linda	Sholl	Arlington	3' 9.5"
80-84	Gold	Alease	Brooks	Arlington	3' 9"

**LONG JUMP, RUNNING - MEN**

55-59	Gold Silver	John Douglas	Shafran Hill	Great Falls Woodbridge	11' 9.5 9' 6"
60-64	Gold Silver Bronze	David Doug Charles	Viar Hastings Appler	Centreville Alexandria Springfield	13' 1" 11' 8" 11' 0"
65-69	Gold Silver Bronze 4	Jeff Donald Robert Charles	Young Meli Eaheart Kleymeyer	McLean Annandale Springfield Arlington	12' 0" 10' 0.5" 9' 10" 9' 5"
70-74	Gold Silver Bronze 4 5 6	Bernhard Curtis Parviz Carlos Omer Herb	Stamm Morgan Youssefi Rodriguez Dalton Levitan	Ashburn Falls Church Gainesville Dumfries Alexandria Arlington	12' 2.5" * 11' 7.5" 10' 3.5" 6' 10.5" 6' 7" 5' 2.5"
75-79	Gold	Jim	Joyner	Arlington	7' 10"
80-84	Gold	Richard	Ernst	Springfield	4' 4.5"

**HIGH JUMP -**

No Competition

**HIGH JUMP - MEN**

55-59	Gold	Douglas	Hill	Woodbridge	3' 8" *
60-64	Gold Silver Silver 4 5	Gerard Charles David Robert Doug	Nezet Appler Viar Silverstein Hastings	Arlington Springfield Centreville Springfield Alexandria	4' 10" * 4' 0" 4' 0" 4' 0" 4' 0"
65-69	Gold Silver Bronze 4	Jeff Robert George Donald	Young Eaheart Marmorino Meli	McLean Springfield Alexandria Annandale	4' 0" 3' 8" 3' 8" 3' 4"
70-74	Gold Silver Bronze 4	Curtis Bernhard Parviz Herb	Morgan Stamm Youssefi Levitan	Falls Church Ashburn Gainesville Arlington	4' 6" * 4' 4" 4' 0" 3' 6"
75-79	Disqualified	James	Hugo	Springfield	0' 0"

**MINI JAVELIN THROW - WOMEN**

55-59	Gold Silver	Keg Linda	Good Sholl	Woodbridge Arlington	42' 10" 40' 2"
60-64	Gold Silver	Arlene Danita	Vetensky Arone	Ashburn Manassas	36' 1" 32' 9"
65-69	Gold	Carol	Stamm	Ashburn	33' 7" *
80-84	Gold	Alease	Brooks	Arlington	24' 3"

### MINI JAVELIN THROW - MEN

55-59	Gold Silver	Douglas Scott	Hill Triplett	Woodbridge Haymarket	84' 10" 77' 9"
60-64	Gold Silver	Doug Thomas Gerard	Hastings Garasic Nezet	Alexandria Manassas Arlington	78' 11" 76' 4" FOUL OUT
65-69	Gold Silver Bronze 4	George Donald David Ralph	Marmorino Meli Jerome Tapp	Alexandria Annandale Haymarket Warrenton	90' 11" 70' 3" 64' 4" 45' 6"
70-74	1 2 3 4 5	Bernhard Richard Carlos Omer Herb	Stamm Santos Rodriguez Dalton Levitan	Ashburn Great Falls Dumfries Alexandria Arlington	103' 10" * 60' 0" 59' 4" 55' 6" 40' 1"
75-79	Gold Silver	Renold Dallas	Beck Gibson	Fairfax Leesburg	49' 9" 37' 5"
90-94	Gold	Charles	Pistorino	McLean	43' 7" *

### SHOT PUT - WOMEN

55-59	Gold	Keg	Good	Woodbridge	23' 9.75"
55-59	Silver	Linda	Sholl	Arlington	18' 9.5"
80-84	Gold	Sheila	Gildea	Mc Lean	19' 8.25" *
90-94	Gold	Josephine	Stewart	Manassas	18' 6.5" *

### SHOT PUT - MEN

55-59	Gold	Douglas	Hill	Woodbridge	23' 2.25"
60-64	Gold Silver Bronze	Jim David Thomas	Donahue Viar Garasic	Oakton Centreville Manassas	32" 4.75" 28" 4.25" 24' 8"
65-69	Gold Silver Bronze 4	Jeff George Donald Ralph	Young Marmorino Meli Tapp	McLean Alexandria Annandale Warrenton	32' 10.25" 28' 3" 22' 6.5" 20' 1.75"
70-74	Gold Silver Bronze 4 5 6 7 8	Robert John Curtis Bernhard Victor Carlos Omer Richard	Price Deal Morgan Stamm Litwinski Rodriguez Dalton Santos	Vienna Reston Falls Church Ashburn McLean Dumfries Alexandria Great Falls	36' 9.25" 33' 4" 32' 0" 30' 10.25" 26' 10.5" 23' 10.5" 23' 7" 20' 10.25"

**SHOT PUT - MEN Continued**

75-79	Gold	Lloyd	Martin	Springfield	21' 4.75"
	Silver	Renold	Beck	Fairfax	20' 7"
	Bronze	Charles	Toftoy	Arlington	19' 11.75"
	Bronze	Jim	Joyner	Arlington	19' 11.75"
	4	Dallas	Gibson	Leesburg	17' 9.75"
5	James	Hugo	Springfield	15' 5.25"	
80-84	Gold	Harold	Mueller	Oakton	19' 4.5"
90-94	Gold	Charles	Pistorino	McLean	21' 9.25" *

**DISCUS - WOMEN**

55-59	Gold	Keg	Good	Woodbridge	47' 4"
	Silver	Linda	Sholl	Arlington	37' 4"
60-64	Gold	Danita	Arone	Manassas	42' 9"
70-74	Gold	Mandy	Whalen	Alexandria	22' 7"
80-84	Gold	Sheila	Gildea	McLean	44' 9" *
90-94	Gold	Josephine	Stewart	Manassas	33' 0"

**DISCUS - MEN**

50-54	Gold	Tom	Gittins	Falls Church	88' 10"
55-59	Gold	Douglas	Hill	Woodbridge	53' 9"
60-64	Gold	Thomas	Garasic	Manassas	92' 2"
	Silver	David	Viar	Centreville	90' 3"
65-69	Gold	George	Marmorino	Alexandria	108' 7"
	Silver	Donald	Meli	Annandale	78' 3"
	Bronze	Ralph	Tapp	Warrenton	52' 0"
70-74	Gold	Robert	Price	Vienna	115' 5" *
	Silver	John	Deal	Reston	80' 9"
	Bronze	Curtis	Morgan	Falls Church	76' 10"
	4	Victor	Litwinski	McLean	70' 3"
	5	Parviz	Youssefi	Gainesville	65' 4"
	6	Richard	Santos	Great Falls	62' 4"
	7	Carlos	Rodriguez	Dumfries	59' 3"
	8	Omer	Dalton	Alexandria	54' 8"
	9	Herb	Levitan	Arlington	48' 6"
75-79	Gold	Jim	Joyner	Arlington	38' 5"
		Lloyd	Martin	Springfield	FOUL OUT
90-94	Gold	Charles	Pistorino	McLean	54' 0" *

**TRACK - 60 METER RUN - WOMEN**

50-54	Gold	Sherry	Booth	Lorton	11.9
55-59	Gold	Keg	Good	Woodbridge	11.1
70-74	Gold	Mandy	Whalen	Alexandria	12.0*
80-84	Gold	Velma	Grier	Alexandria	18.0
	Silver	Alease	Brooks	Arlington	18.7
90-94	Gold	Josephine	Stewart	Manassas	13.7*
	Silver	Eva	Sorensen	Alexandria	26.9



### TRACK – 60 METER RUN – MEN

55-59	Gold	Charles	Crum	Bealeton	8.3*
	Silver	Stephan	Moretti	Springfield	9.6
	Bronze	Clifton	Anderson	Warrenton	9.9
	Bronze	Michael	Zawadzki	Falls Church	9.9
	4	Douglas	Hill	Woodbridge	9.9
	4	John	Shafran	Great Falls	9.9
60-64	Gold	Schuyler	Webb	Arlington	8.2
	Silver	Wendell	Williams	Warrenton	8.9
	Bronze	Doug	Hastings	Alexandria	9.4
	4	Barry	Emswiler	Herndon	10.0
	5	Charles	Appler	Springfield	10.2
65-69	Gold	Gary	Gortenburg	Arlington	10.7
	Silver	Thomas	Horio	Fairfax	11.0
	Bronze	Donald	Meli	Annandale	11.0
	4	Eiji	Yasuhara	Sterling	11.0
	5	James	Spencer	Alexandria	11.0
70-74	Gold	Karl	Mueller	Alexandria	11.3
75-79	Gold	Joseph	Smith	Alexandria	10.5
	Silver	Jim	Joyner	Arlington	11.4
	Bronze	William	Nehrke	Arlington	17.2
80-84	Gold	Kent	Halstead	Arlington	12.3
	Silver	Nicholas	Fidandis	Alexandria	15.0
	Bronze	Richard	Ernst	Springfield	19.0
85-89	Gold	Leonard	Kalkwarf	Springfield	19.0
90-94	Gold	Gordon	Sorensen	Alexandria	28.4

### TRACK – 200 METER RUN – WOMEN

55-59	Gold	Keg	Good	Woodbridge	39.7
70-74	Gold	Mandy	Whalen	Alexandria	1:02.6
80-84	Gold	Alease	Brooks	Arlington	1:23.4
90-94	Gold	Josephine	Stewart	Manassas	51.0*

### TRACK – 200 METER RUN – MEN

50-54	Gold	Frederick	Thomas	Arlington	31.3
	Silver	Robert	Miller	Alexandria	31.9
55-59	Gold	Clifton	Anderson	Warrenton	31.5
	Silver	Stephan	Moretti	Springfield	32.1
	Bronze	Michael	Zawadzki	Falls Church	32.6
	4	Douglas	Hill	Woodbridge	32.9
60-64	Gold	Barry	Emswiler	Herndon	34.5
	Silver	Doug	Hastings	Alexandria	34.9
	Bronze	Charles	Appler	Springfield	35.7
	4	Jay	Wind		49.7

**TRACK – 200 METER RUN – MEN Continued**

65-69	Gold	Eiji	Yasuhara	Sterling	32.9*
	Silver	Gary	Cook	Lovettsville	35.4
	Bronze	James	Spencer	Alexandria	37.9
	4	Donald	Meli	Annandale	39.0
	5	Thomas	Horio	Fairfax	40.3
70-74	Gold	Karl	Mueller	Alexandria	48.1
75-79	Gold	Joseph	Smith	Alexandria	37.3
	Silver	Robert	Hannah	Oakton	52.2
	Bronze	William	Nehrke	Arlington	1:10.7
80-84	Gold	Kent	Halstead	Arlington	48.5

**TRACK – 400 METER RUN – WOMEN**

70-74	Gold	Mandy	Whalen	Alexandria	2:21.3*
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**TRACK – 400 METER RUN – MEN**

50-54	Gold	Frederick	Thomas	Arlington	1:06.8*
	Silver	Marty	Willis	Falls Church	1:15.8
55-59	Gold	Clifton	Anderson	Warrenton	1:08.5
	Silver	Stephan	Moretti	Springfield	1:08.8
	Bronze	Michael	Kappel	Arlington	1:11.5
	4	Michael	Zawadzki	Falls Church	1:15.4
60-64	Gold	Charles	Appler	Springfield	1:23.2
	Silver	Jay Jacob	Wind	Arlington	1:39.1
65-69	Gold	Gary	Cook	Lovettsville	1:24.9
	Silver	Donald	Meli	Annandale	1:28.4
	Bronze	James	Spencer	Alexandria	1:43.0
75-79	Gold	William	Nehrke	Arlington	3:03.5
80-84	Gold	Peter	Han	Alexandria	1:48.2*
	Silver	Kent	Halstead	Arlington	2:07.6

**TRACK – 800 METER RUN – WOMEN**

70-74	Gold	Mandy	Whalen	Alexandria	5:37.7*
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**TRACK – 800 METER RUN – MEN**

50-54	Gold	Robert	Miller	Alexandria	2:56.9
	Silver	Marty	Willis	Falls Church	3:07.8
55-59	Gold	Clifton	Anderson	Warrenton	2:41.5*
	Silver	Stephan	Moretti	Springfield	2:43.7
	Bronze	Michael	Zawadzki	Falls Church	3:14.9
60-64	Gold	Jay Jacob	Wind	Arlington	3:18.8
65-69	Gold	Stephen	Banks	Springfield	3:10.9
70-74	Gold	Brian	Forst	Reston	4:24.3
75-79	Gold	Paul	Hession	Falls Church	4:47.4
80-84	Gold	Peter	Han	Alexandria	4:14.8*

**TRACK – 1600 METER RUN – WOMEN**

70-74	Gold	Mandy	Whalen	Alexandria	11:04.7*
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**TRACK – 1600 METER RUN – MEN**

50-54	Gold Silver	Ted Joseph	Poulos Stiskal	McLean Reston	5:43.8 6:30.1
55-59	Gold Silver Bronze 4	Clifton Stephan Michael Walter	Anderson Moretti Kappel Wang	Warrenton Springfield Arlington Mclean	5:47.0* 6:12.7 6:15.9 7:12.8
60-64	Gold Silver	Jay Jacob Dale	Wind Howell	Arlington Burke	6:39.9 7:00.6
65-69	Gold Silver Bronze	Stephen Patrick Dennis	Banks Brown DeRiggi	Springfield Reston Arlington	7:01.9 7:33.3 8:11.9
70-74	Gold Silver	Brian G. Stan	Forst Brown	Reston Fairfax	9:10.7 9:14.5
75-79	Gold	Terence	McCarthy	Leesburg	9:18.1
80-84	Gold	Peter	Han	Alexandria	9:03.6*

**TRACK – 400 METER WALK – WOMEN**

55-59	Gold	Keg	Good	Woodbridge	3:00.0
65-69	Gold Silver Bronze	Josefina Debbi Mattie	Smith Miller Palmore	Centreville Fairfax Alexandria	2:50.4* 3:07.3 5:04.5
70-74	Gold Silver Bronze	Mandy Judy Mary	Whalen Bennett Dalessandris	Alexandria Springfield Falls Church	2:58.0* 3:15.4 3:18.4
75-79	Gold Silver	Annmarie Nancy	Pittman Robinson	Alexandria Sterling	3:37.2 3:49.2
80-84	Gold	Alease	Brooks	Arlington	3:53.6
90-94	Gold	Josephine	Stewart	Manassas	3:28.0*

**TRACK – 400 METER WALK – MEN**

50-54	Gold Silver	Marty Arthur	Willis Skaer	Falls Church South Riding	2:52.3* 3:04.0
60-64	Gold Silver Bronze 4	Thomas Rob Thomas Elmer	Augustine Aaront Garasic Crippin	Woodbridge Centreville Manassas Alexandria	2:21.7* 2:40.1 2:50.6 3:22.3
65-69	Gold Silver Bronze	Gary Gerald Charles	Cook Cantor Kleymeyer	Lovettsville Springfield Arlington	2:21.4* 2:34.0 2:46.4
70-74	Gold	Brian	Forst	Reston	2:40.4*

<b>TRACK – 400 METER WALK – MEN Continued</b>					
75-79	Gold	Charles	Toftoy	Arlington	3:15.8
80-84	Gold	Kent	Halstead	Arlington	2:55.4*
	Silver	Tom	Quinn	Arlington	2:56.0
	Bronze	Nicholas	Fidandis	Alexandria	3:16.5
85-89	Gold	Leonard	Kalkwarf	Springfield	3:55.2*

**TRACK – 800 METER WALK – WOMEN**

55-59	Gold	Keg	Good	Woodbridge	5:46.5
65-69	Gold	Josefina	Smith	Centreville	5:55.7*
	Silver	Debbi	Miller	Fairfax	6:54.0
	Bronze	Kathleen	Stansfield	Woodbridge	6:55.3
70-74	Gold	Mandy	Whalen	Alexandria	6:18.0
	Silver	Judy	Bennett	Springfield	6:44.1
	Bronze	Mary	Dalessandris	Falls Church	6:48.4
75-79	Gold	Annmarie	Pittman	Alexandria	7:24.6
	Silver	Nancy	Robinson	Sterling	7:49.9
80-84	Gold	Alease	Brooks	Arlington	7:51.0

**TRACK – 800 METER WALK – MEN**

50-54	Gold	Arthur	Skaer	South Riding	6:06.1
60-64	Gold	Thomas	Augustine	Woodbridge	5:14.3
	Silver	Rob	Aaront	Centreville	5:44.0
	Bronze	Thomas	Garasic	Manassas	5:54.7
	4	Elmer	Crippin	Alexandria	6:37.9
	5	Gregory	Culp	Woodbridge	8:06.4
65-69	Gold	Gary	Cook	Lovettsville	5:06.2
	Silver	Gerald	Cantor	Springfield	5:32.6
	Bronze	Charles	Kleymeyer	Arlington	6:12.0
	4	John	Cordyack	Reston	6:59.3
70-74	Gold	Brian	Forst	Reston	5:45.8
	Silver	Karl	Mueller	Alexandria	5:51.9
75-79	Gold	Roger	Webb	Alexandria	6:32.3
	Silver	G	Royall	Arlington	8:28.0
80-84	Gold	Kent	Halstead	Arlington	6:16.6
	Silver	Tom	Quinn	Arlington	6:17.0
	Bronze	Nicholas	Fidandis	Alexandria	6:47.4
	4	Edward	Seitz	Lake Ridge	7:34.2
	5	John	Gouldin	Annandale	7:44.0

**TRACK – 1600 METER WALK – WOMEN**

60-64	Gold	Sheila	Brown	Woodbridge	13:58.4
65-69	Gold	Josefina	Smith	Centreville	13:11.2*
	Silver	Carol	Banks	Springfield	13:23.0
70-74	Gold	Mandy	Whalen	Alexandria	13:04.4
	Silver	Judy	Bennett	Springfield	14:24.4
75-79	Gold	Annmarie	Pittman	Alexandria	14:38.0

**TRACK – 1600 METER WALK – MEN**

50-54	Gold	Marty	Willis	Falls Church	12:10.0
	Silver	Arthur	Skaer	South Riding	12:10.1
60-64	Gold	Thomas	Augustine	Woodbridge	10:44.9
	Silver	Riley	Geary	Arlington	13:14.7
	Bronze	Thomas	Garasic	Manassas	13:21.0
65-69	Gold	Gary	Cook	Lovettsville	11:36.7
	Silver	John	Rubenacker	Fairfax	11:55.1
	Bronze	Charles	Kleymeyer	Arlington	13:16.2
70-74	Gold	Karl	Mueller	Alexandria	12:07.6
	Silver	Joseph	Czika	Annandale	13:17.3
75-79	Gold	James W.C.	Chang	Oakton	11:55.4
	Silver	Roger	Webb	Alexandria	13:27.5
	Bronze	G	Royall	Arlington	18:45.4
80-84	Gold	Tom	Quinn	Arlington	12:30.0*
	Silver	Kent	Halstead	Arlington	13:58.8
	Bronze	Nicholas	Fidandis	Alexandria	14:14.3

**TRACK – 3 MILE WALK – WOMEN**

50-54	Gold	Linda	Hill	Gainsville	47:50
55-59	Gold	Sharon	O'Neill	Annandale	40:39
60-64	Gold	Katharine	Kammainga	Burke	42:28
	Silver	Lauretta	Harmon	Lorton	42:34
65-69	Gold	Carol	Banks	Springfield	41:18
	Silver	Gail	Kohn	Burke	42:40
	Bronze	Kathleen	Stansfield	Woodbridge	43:51
70-74	Gold	Mandy	Whalen	Alexandria	39:16
	Silver	Marge	Fatula	Woodbridge	40:42
	Bronze	Judy	Bennett	Springfield	41:38
	4	Kristin	Krombein	Falls Church	47:26
75-79	Gold	Helen	Fitzgerald	Lake Ridge	42:01
	Silver	Nancy	Robinson	Sterling	47:46

**TRACK – 3 MILE WALK – MEN**

50-54	Gold	Arthur	Skaer	South Riding	42:21
	Silver	Michael	Soler	Manassas	44:21
60-64	Gold	Riley	Geary	Arlington	39:20
	Silver	Rob	Aaront	Centreville	44:54
	Bronze	Elmer	Crippin	Alexandria	44:55
	4	Gregory	Culp	Woodbridge	47:18
65-69	Gold	John	Rubenacker	Fairfax	37:41
	Silver	Jerome	Jackson	Fairfax	40:23
70-74	Gold	Victor	Litwinski	McLean	36:43
	Silver	Herb	Levitan	Arlington	37:45
	Bronze	Karl	Mueller	Alexandria	38:12
	4	Joseph	Czika	Annandale	41:50
	5	Alton (Al)	Lamb	Alexandria	43:59
75-79	Gold	James W.C.	Chang	Oakton	37:36
	Silver	Roger	Webb	Alexandria	39:48
	Bronze	Richard	Eimas	Reston	47:18
85-89	Gold	Leonard	Kalkwarf	Springfield	44:14
	Silver	Jorge	Soler	Falls Church	44:25

# NVSO Record Holders 1982-2013

Asterisk (\*) Indicates tied or established new NVSO record in 2013

Age	Winners	Locality	Score	Year
<b>ARCHERY - COMPOUND - WOMEN</b>				
50 - 59	Donna Turgeon	Fairfax Station	421	2002
60 - 64	Pat Carlson	Springfield	203	1992
<b>ARCHERY - COMPOUND - MEN</b>				
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
<b>ARCHERY - RECURVE - WOMEN</b>				
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
<b>ARCHERY - RECURVE - MEN</b>				
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
<b>BAITCASTING - WOMEN</b>				
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

**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 FIELD GOALS - WOMEN (New in 2012)**

50 - 59	Helen White	Arlington	8/20	2012
60 - 69	Helen White	Arlington	12/20	2013*
70 - 79	Mary Dalessandris	Falls Church	5/20	2013*
80 - 89	Sheila Gildea	McLean	7/20	2013*

**BASKETBALL FIELD GOALS - MEN (New in 2012)**

50 - 59	Peter Martinson	Arlington	14/20	2012
	Charles Crun	Bealeton	14/20	2013*
60 - 69	Allan Kellum	McLean	14/20	2013*
70 - 79	William Nehrke	Arlington	12/20	2012

**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 - 54	Peter Brewington	Centreville	20/25	2011
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

**BICYCLING - MEN**

55 - 59	Shannon Ferguson	Alexandria	2:55:63	1984
60 - 64	John Jackson	Annandale	2:52:46	1984
65 - 69	William Patten	Annandale	3:03:76	1985
70 - 74	Lucius Kingman	McLean	3:07:43	1985
75 - 79	Joseph Brown	Arlington	4:52:04	1984
80 +	Joseph Brown	Arlington	5:25:46	1985

**BOWLING - DUCK PIN - WOMEN**

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

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

50 - 54	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 - 89	Eva Sorenson	Alexandria	655	2012
90 - 94	Eva Sorenson	Alexandria	548	2013*

**BOWLING - TEN PIN - MEN**

50 - 54	Hector Martinez	Springfield	703	2002
55 - 59	Michael Knight	Falls Church	811	2010
60 - 64	Roy Rhodes	Alexandria	666	2010
65 - 69	Robert Foor	Alexandria	724	2009
70 - 74	John Melescue	Springfield	716	1995
75 - 79	Stan Segal	Fairfax	686	1987
80 - 84	John Sheppard	Falls Church	696	2011
85 - 90	Michael Curcio	Manassas	679	1998
90 - 94	Bob McNare	Falls Church	666	2010

**CANASTA - WOMEN**

All Ages	Mary Hamm	Manassas	22,815	1986
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**CANASTA - MEN**

All Ages	Francis Bordeaux	Sterling	23,430	1985
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**CRIBBAGE - COED**

All Ages	Paul McFarland	Springfield	12	2011
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**CYCLING - 10K Time Trial - WOMEN**

50-54	Ricki Gold	Arlington	18:19	2011
55-59	Karen Sullivan	Arlington	18:37.3	2013*
60-64	Rebecca Kite	Leesburg	22:04	2011
65-69	Barbara Happ	Gainesville	22:43	2011
70-74	Susan Lucas	Gainesville	20:36.1	2013*
75-79	Joyce Tobias	Haymarket	31:53.2	2013*

**CYCLING - 10K Time Trial - MEN**

55-59	Howard Van Houten	Oakton	15:14	2011
60-64	Mark Holt	Fairfax	16:34.0	2013*
65-69	David Jerome	Haymarket	16:39	2011
70-74	Herb Levitan	Arlington	19:40	2011
75-79	Terrence McCarthy	Leesburg	24:02.3	2012
80-84	Walter Wingo	Arlington	20:15	2011

**CYCLING - 20K Time Trial - WOMEN (New in 2012)**

50-54	Leigh Danforth	Warrenton	39:51.2	2013*
55-59	Karen Sullivan	Arlington	37:17.5	2013*
60-64	Hannah Phillips	Alexandria	46:19.7	2012
65-69	Lynn Saunders	Gainesville	47:19.7	2012
70-74	Susan Lucas	Gainesville	40:49.4	2012
75-79	Joyce Tobias	Haymarket	1:02:18.6	2013*

**CYCLING - 20K Time Trial - MEN (New in 2012)**

50-54	Jerry Reid	Arlington	38:03.2	2012
55-59	Jim Gleason	Reston	32:28.3	2012
60-64	James Degoey	Reston	35:01.8	2013*
65-69	David Jerome	Haymarket	36:10.7	2013*
70-74	Kenneth Weinzapfel	Gainesville	40:19.9	2012
75-79	Charles Nelson	Arlington	44:42.6	2013*
80-84	Thomas Tobias	Haymarket	50:20.3	2013*

**DIVING - WOMEN**

50 - 54	Madeline Fleckenstein	Arlington	193.1	2012
55 - 59	Carol Mackela	Arlington	164.10	2008
60 - 64	Carol Mackela	Arlington	175.7	2012
65 - 69	Cammie Nilles	Arlington	132.8	2012

**DIVING - MEN**

50 - 54	Kurt Burgeson	Oakton	248.5	2013*
55 - 59	Bobby Meeks	Arlington	253.25	2012
60 - 64	Bobby Meeks	Arlington	207.85	2013*
65 - 69	Kim Alderman	Arlington	145.75	2009
70 - 74	Kim Alderman	Arlington	166.35	2012
75 - 79	John Gouldin	Annandale	67.05	2010
80 - 84	John Gouldin	Annandale	99.2	2013*

**DOMINOS - WOMEN**

All Ages	Maria Tuazon	Falls Church	783	1995
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**DOMINOS - MEN**

All Ages	Jesus Santi	Springfield	362	1994
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**FOOTBALL THROW - WOMEN****(New in 2012)**

55 - 59	Sue Hedges	Ashburn	54' 10"	2013*
60 - 64	Danita Arone	Manassas	33'	2013*
64 - 69	Mary Schade	Arlington	41' 1"	2013*

**FOOTBALL THROW - MEN****(New in 2012)**

50 - 54	Robert Miller	Alexandria	100' 3"	2013*
55 - 59	John Shafran	Great Falls	111' 10"	2013*
60 - 64	Doug Hastings	Alexandria	102' 10"	2013*
65 - 69	Don Sodo	Prince William	102' 9"	2012
70 - 74	Frederick Hacker	Fairfax	104' 3"	2012
75 - 79	Andrew Dixon	Fairfax	75' 4"	2013*
80 - 84	Nicholas Fidandis	Alexandria	56' 10"	2013*
90 - 94	Charlie Edwards	Fairfax	26' 3"	2012

**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
90 - 99	Josephine Stewart	Manassas	36' 2"	2013*

**FRISBEE THROW - MEN**

50 - 59	Steve Goodwin	Arlington	156'7"	2012
60 - 69	Charles Kleymeyer	Arlington	128'	2010
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
95 - 99	J.R. Cassidy	Manassas	27' 7"	2012

**GOLF - GROSS SCORE - WOMEN**

50-59	Rebecca Davis	Sumerduck	80	2010
60 - 69	Judie Armington	Arlington	90	2009
70 - 79	Myrna Fulton	Arlington	75	2008
80 - 89	Carolyn Caldwell	Alexandria	88	2009

**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

<b>GOLF - "CALLAWAY" - NET SCORE - WOMEN</b>			<b>(2000-Present)</b>	
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

<b>GOLF - "CALLAWAY" - NET SCORE - MEN</b>			<b>(2000-Present)</b>	
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

<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	Charlie Williams	Annandale	35	2012
70 - 79	Richard Fitzgerald	Alexandria	40	2007
80 - 89	John Gouldin	Annandale	43	2012
90+	William Keller	Lovettsville	48	2006

<b>ROWING – 2 Km - WOMEN (NEW IN 2013)</b>				
50-59	Keg Good	Woodbridge	11:59.3	2013*
60-69	Sheila Brown	Woodbridge	10:47.9	2013*
70-79	Marge Fatula	Woodbridge	12:09.5	2013*
80-89	Sheila Gildea	McLean	12:22.5	2013*

<b>ROWING – 2 Km - MEN (NEW IN 2013)</b>				
50-59	Douglas Hill	Woodbridge	8:38.8	2013*
60-69	David Jerome	Haymarket	9:14.8	2013*
70-79	Peter McGuirk	Arlington	7:18.8	2013*
80-89	Nicholas Fidandis	Alexandria	10:43.4	2013*

<b>SCRABBLE - COED</b>				
All Ages	Jennifer Frum	Arlington	3 wins + 517	2011

**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	Josephine Stewart	Manassas	70' 1"	2012
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	Thomas Sullivan	Fairfax	228' 10"	2012
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
95 - 99	J.R. Cassidy	Manassas	79'	2011

**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	J.R. Cassidy	Manassas	53'	2011

**SWIMMING – BACKSTROKE 50 YDS- WOMEN**

50 - 54	Andrea Haines	Alexandria	:37.83	1998
55 - 59	Andrea Haines	Alexandria	:38:46	2003
60 - 64	Susan Maguire	Arlington	:38.00	2012
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
	Joan Doupe	Falls Church	1:10	2012

**SWIMMING – BACKSTROKE 50 YDS - MEN**

50 - 54	Dan Meek	Arlington	:27.75	2008
55 - 59	Tom Scott	Woodbridge	:36.53	1995
60 - 64	Bruce Fisher	Fairfax City	:35.59	2012
65 - 69	Kevin Culhane	Lorton	:34.91	2013*
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 - 94	Chester Myslicki	McLean	1:06:18	2011
95 – 99	J.R. Cassidy	Manassas	1:21:03	2011

**SWIMMING – BREAST STROKE 50 YDS- WOMEN**

50 - 54	Andrea Haines	Alexandria	:46.06	1998
55 - 59	Joanne Leilich	Springfield	:41.54	1997
60 - 64	Susan Maguire	Arlington	:43.0	2012
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 50 YDS - MEN**

50 - 54	Dan Meek	Arlington	:31.47	2008
55 - 59	James Hill	Springfield	:34.35	2007
60 - 64	James Hill	Springfield	:37.48	2010
65 - 69	Kevin Culhane	Lorton	:39.06	2013*
70 - 74	Curran Tiffany	Arlington	:43.75	1996
75 - 79	Mohammad Assareh	Alexandria	:49.26	1997
80 - 84	Vsevolod Ivanov	Arlington	:54:28	2013*
85 - 89	Mohammad Assareh	Alexandria	1:18.30	2010
90 - 94	Mohammad Assareh	Ashburn	1:18.97	2011

**SWIMMING – FREESTYLE 50 YDS - WOMEN**

50 - 54	Andrea Haines	Alexandria	:33.05	1998
55 - 59	Mary Schreiner	Annandale	:31.49	1998
60 - 64	Susan Maguire	Arlington	:33.0	2012
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 50 YDS - MEN**

50 - 54	Bret Bailey	Herndon	:26.46	2012
55 - 59	Tom Scott	Woodbridge	:28.34	1995
60 - 64	Bruce Fisher	Sterling	:29.0	2012
65 - 69	Kevin Culhane	Lorton	:28.56	2013*
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 – FREESTYLE 900 YDS (~HALF MILE) - WOMEN**

50 - 54	Maria-Angelica Cortes	Sterling	11:44.27	2005
55 - 59	Andrea Haines	Alexandria	12:34:72	2003
60 - 64	Patricia Lenge	Arlington	15:16	2012
65 - 69	Marie Baumann	Arlington	16:30.31	2010
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 – FREESTYLE 900 YDS (~HALF MILE) - MEN**

50 - 54	Mark Harris	Alexandria	11:08	2012
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



<b>WII BOWLING – WOMEN</b>		<b>(NEW in 2009)</b>		
50-59	Sue Thaler	Arlington	600	2013*
60-69	Ann Daniels	Springfield	732	2009
70-79	Joan Matteson	Springfield	847	2011
80-89	Joan Matteson	Springfield	827	2012
90-99	Virginia Mitchell	Springfield	624	2013*
100+	Doris Woodring	Lake Ridge	419	2013*

<b>WII BOWLING – MEN</b>		<b>(NEW in 2009)</b>		
50 – 59	Ronald Boulware	Alexandria	502	2009
60 - 69	Clinton Lambert	Springfield	666	2012
70 - 79	Ed Ladd	Sterling	815	2013*
80 - 89	Ted Campbell	Springfield	680	2011
90 - 99	Joseph Saha	Alexandria	623	2012

## **TRACK AND FIELD EVENTS**

<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	Sheila Gildea	McLean	44' 9"	2013*
85 - 89	Josephine Stewart	Manassas	35' 9"	2010
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	Robert Price	Vienna	115' 5"	2013*
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	Charles Pistorino	McLean	54' 0"	2013*
95 - 99	J.R. Cassidy	Manassas	36' 4"	2010

**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 - 89	Carla Convery	Alexandria	4' 3"	2000
90 - 94	Jean W. Burdell	Springfield	2' 0"	2012

**LONG JUMP - RUNNING - MEN**

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	Bernhard Stamm	Ashburn	12' 2.5"	2013*
75 - 79	Josiah Smith	Ashburn	10' 10 ¼"	1994
80 - 84	Josiah Smith	Ashburn	9' 11"	1998
85 - 89	Mike Grayson	Falls Church	8' 7"	2002
90 - 94	Mike Lowe	Springfield	4' 7 ½"	2010

**LONG JUMP - STANDING - WOMEN**

50 - 54	Diane Lasichak	Alexandria	6' 8"	2002
55 - 59	Antonia Letaw	Vienna	6' 3"	1998
60 - 64	Toni Letaw	Vienna	6' 4"	1999
65 - 69	Elizabeth Deem	Woodbridge	5' 6 ½"	1986
70 - 74	Rusty Dowling	Fairfax	6' 2"	1998
75 - 79	Elizabeth Deem	Woodbridge	4' 8"	1994
80 - 84	Mary Lathram	Falls Church	3' 1"	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 ½"	2005
90 - 94	Andy Simko	Springfield	3' 3"	2008

<b>HIGH JUMP – WOMEN</b>		<b>(NEW in 2012)</b>		
50 - 54	Mary Fowler	Alexandria	4' 2"	2012
60 - 64	Charlotte Perdue	Arlington	3' 2"	2012
<b>HIGH JUMP – MEN</b>		<b>(NEW in 2012)</b>		
55 – 59	Douglas Hill	Woodbridge	3' 8"	2013*
60 – 64	Gerard Nezet	Arlington	4' 10"	2013*
65 – 69	Robert Earheart	Springfield	4' 0"	2012
	Jeff Young	McLean	4' 0"	2013*
70 – 74	Curtis Morgan	Falls Church	4' 6"	2013*
<b>MINI JAVELIN THROW – WOMEN</b>				
50 – 54	Linda Shell	Arlington	49' 8"	2010
55 – 59	Keg Good	Woodbridge	47' 1"	2012
60 - 64	Charlotte Perdue	Arlington	44' 10"	2009
65 – 69	Carol Stamm	Ashburn	33' 7"	2013*
75 - 79	Sheila Gildea	McLean	32' 11"	2009
80 - 84	Mary Boska	Alexandria	24' 9"	2009
85 - 89	Bernie Kleinschmidt	Annandale	24' 3"	2009
90 - 94	Carla Convery	Alexandria	11' 8"	2010
<b>MINI JAVELIN THROW – MEN</b>				
50 – 54	Leo McArdle	Fort Belvoir	68' 8"	2009
55 – 59	Douglas Hill	Woodbridge	86' 2"	2012
60 - 64	Paul Decot	Fairfax	106' 2"	2009
65 – 69	George Marmorino	Alexandria	90' 11"	2013*
70 – 74	Bernhard Stamm	Ashburn	103' 10"	2013*
75 - 79	Ezzat Pashai	Fairfax	75' 10"	2012
80 - 84	Charles Pistorino	McLean	61' 3"	2010
85 – 89	Charles Pistorino	McLean	50' 9"	2012
90 - 94	Charles Pistorino	McLean	43' 7"	2013*
95 - 99	J.R. Cassidy	Manassas	24' 10"	2010
<b>SHOT PUT - WOMEN</b>				
50 - 54	Maria Miller	Arlington	29' 2"	1998
55 - 59	Maria Miller	Arlington	29' 1"	1999
60 - 64	Ellen Tharpe	Nokesville	23' 11"	1991
65 - 69	Maxine Bartlett	Woodbridge	26' ½"	1995
70 - 74	Josephine Stewart	Manassas	23' 8 ½"	1996
75 - 79	Josephine Stewart	Manassas	21' 6"	2000
80 - 84	Sheila Gildea	McLean	19' 8.25"	2013*
85 - 89	Josephine Stewart	Manassas	21' 4"	2010
90 - 94	Josephine Stewart	Manassas	18' 6.5"	2013*

**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	Charles Pistorino	McLean	21' 9.25"	2013*
95 - 99	J.R. Cassidy	Manassas	15' 10"	2010

**50 METER DASH - Outdoor Track - 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 - Outdoor Track - 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	Danita Moses	Alexandria	9.81	2011
55 - 59	Tsipi Mercurjo	Reston	10.03	2009
60 - 64	Mary White	Arlington	9.89	2007
65 - 69	Mary White	Arlington	10.15	2012
70 - 74	Mandy Whalen	Alexandria	12.00	2013*
75 - 79	Lee Glassco	McLean	14.41	2007
80 - 84	Josephine Stewart	Manassas	12.09	2007
85 - 89	Josephine Stewart	Manassas	12.70	2010
90 - 94	Josephine Stewart	Manassas	13.7	2013*

**60 METER DASH - INDOOR TRACK - MEN**

50 - 54	David Hobbs	Arlington	8.01	2012
55 - 59	Charles Crum	Bealeton	8.3	2013*
60 - 64	Schuyler Webb	Arlington	8.18	2012
65 - 69	Terrance Kuruppu	McLean	8.31	2009
70 - 74	Peter Andrews	McLean	9.50	2012
75 - 79	Richard Enrico	Ashburn	9.7	2008
80 - 84	Harry Dietz	Fairfax	11.06	2011
85 - 89	Dana Hodgdon	McLean	12.3	2008
90 - 94	Andy Simko	Springfield	15.19	2008

**100 METER DASH - Outdoor Track - 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 - Outdoor Track - 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
65 - 69	Mary White	Arlington	41.15	2012
70 - 74	Lee Glassco	McLean	56.75	2007
75 - 79	Alease Brooks	Arlington	1:11.13	2011
80 - 84	Josephine Stewart	Manassas	46.4	2008
85 - 89	Josephine Stewart	Manassas	51.72	2012
90 - 94	Josephine Stewart	Manassas	51.0	2013*

**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	Eiji Yashuhara	Sterling	32.9	2013*
70 - 74	Peter Andrews	McLean	33.56	2012
75 - 79	Hal Goolsby	McLean	35.69	2007
80 - 84	John Martin	Fairfax	43.91	2007

**200 METER DASH - Outdoor Track - 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 - Outdoor Track - 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
70 - 74	Mandy Whalen	Alexandria	2:21.3	2013*
75 - 79	Lee Glassco	McLean	2:35.82	2007

**400 METER RUN - INDOOR TRACK - MEN**

50 - 54	Gary Presuhn	Burke	1:06.80	2008
	Frederick Thomas	Arlington	1:06.8	2013*
55 - 59	Sola Cole	Arlington	1:06.90	2008
60 - 64	Gene McClellan	Arlington	1:15.16	2007
65 - 69	Jason Page	Hamilton	1:13.5	2010
70 - 74	Peter Andrews	McLean	1:21	2012
75 - 79	Hal Goolsby	McLean	1:30.17	2007
80 - 84	Peter Han	Alexandria	1:48.2	2013*

**400 METER RUN - Outdoor Track - 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 - Outdoor Track - 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	Hannah Phillips	Alexandria	3:30	2012
70 - 74	Mandy Whalen	Alexandria	5:37.7	2013*

**800 METER RUN - INDOOR TRACK - MEN**

50 - 54	Steve Nearman	Alexandria	2:22.00	2011
55 - 59	Clifton Anderson	Warrenton	2:41.5	2013*
60 - 64	Stephen Banks	Springfield	2:57.8	2009
65 - 69	Jason Page	Hamilton	2:42.00	2010
70 - 74	Ronald Steele	Fairfax	3:38.5	2009
75 - 79	Terence McCarthy	Leesburg	3:59.00	2011
80 - 84	Peter Han	Alexandria	4:14.8	2013*

**800 METER RUN - Outdoor Track - 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 - Outdoor Track - 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

**400 METER WALK - INDOOR TRACK - WOMEN (New in 2012)**

55 - 59	Keg Good	Woodbridge	2:46	2012
65 - 69	Josephina Smith	Centreville	2:50.4	2013*
70 - 74	Mandy Whalen	Alexandria	2:58.0	2013*
75 - 79	Barbara Curran	Purcellville	3:24	2012
80 - 84	Jean Dawson	Purcellville	3:29	2012
90 - 94	Josephine Stewart	Manassas	3:28.0	2013*

**400 METER WALK - INDOOR TRACK - MEN (New in 2012)**

50 - 54	Marty Willis	Falls Church	2:52.3	2013*
55 - 59	Rob Aaront	Centreville	2:32	2012
60 - 64	Thomas Augustine	Woodbridge	2:21.7	2013*
65 - 69	Gary Cook	Lovettsville	2:21.4	2013*
70 - 74	Brian Forst	Reston	2:40.4	2013*
75 - 79	Roger Webb	Alexandria	2:55	2012
80 - 84	Tom Quinn	Arlington	2:55.4	2013*
85 - 89	Leonard Kalkwarf	Springfield	3:55.2	2013*

**800 METER WALK - INDOOR TRACK - WOMEN**

50 - 54	Betty Williams	Manassas	5:50	2012
55 - 59	Maureen Ruel	Ashburn	5:20.00	2011
60 - 64	Maryann Schwab	Fairfax	5:45	2010
65 - 69	Josephina Smith	Centreville	5:55.7	2013*
70 - 74	Carrie Griffith	Waterford	6:17	2011
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	Dave Osmun	Fairfax	4:43	2011
55 - 59	Peter Blank	Annandale	4:13	2009
60 - 64	Thomas Augustine	McLean	5:02	2012
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	Tom Quinn	Arlington	6:10	2012
90 - 94	Edward Seeger	Falls Church	9:43	2007
95 - 99	Chester Christenson	Falls Church	13:07	2009



**800 METER WALK - Outdoor Track - 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 - Outdoor Track - MEN**

50 - 54	Peter Blank	Annandale	4:13.00	2006
55 - 59	Jack Ozment	Philomont	4:10.00	1987
60 - 64	Victor Litwinski	McLean	4:30.00	2004
65 - 69	Louis Aelle	Leesburg	4:28.18	1986
70 - 74	Edward Seeger	Falls Church	4:37.00	1985
75 - 79	John Allums	Falls Church	5:01.62	1991
80 - 84	Ed Seeger	Falls Church	5:30.02	1997
85 +	Ed Seeger	Falls Church	6:11.86	2001

**1500 METER WALK - Outdoor Track - 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 - Outdoor Track - 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 - Outdoor Track - 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 - Outdoor Track - 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
60 - 64	Maryann Schwab	Fairfax	11:44	2010
65 - 69	Josefina Smith	Centreville	13:11.2	2013*
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	Thomas Augustine	Woodbridge	10.22	2012
65 - 69	Ron Hoffman	Sterling	10:18.7	2009
70 - 74	Richard Deringer	Annandale	11:04.8	2009
75 - 79	James W.C. Chang	Oakton	11:44	2012
80 - 84	Tom Quinn	Arlington	12:30.0	2013*
85 - 89	Joseph Peters	Great Falls	13:16	2007

**1600 METER WALK - Outdoor Track - 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 - Outdoor Track - 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

**1600 METER RUN - INDOOR TRACK - WOMEN (New in 2011)**

55-59	Hannah Phillips	Alexandria	7:37	2011
60-64	Hannah Phillips	Alexandria	7:37	2012
65-69	Judy Snellgrove	Manassas	9:02	2011
70-74	Mandy Whalen	Alexandria	11:04.7	2013*

**1600 METER RUN - INDOOR TRACK - MEN (New in 2011)**

50-54	Ted Poulos	McLean	5:30	2012
55-59	Clifton Anderson	Warrenton	5:47.0	2013*
60-64	Jay Wind	Arlington	6:31	2011
65-69	Jason Page	Hamilton	6.02	2012
70-74	Brian Forst	Reston	8:37	2012
75-79	Terence McCarthy	Leesburg	8:23	2011
80-84	Peter Han	Alexandria	9:03.6	2013*

**3 MILE WALK - INDOOR TRACK - WOMEN**

50 - 54	Connie McKeon	Annandale	39:03	2008
55 - 59	Maureen Ruel	Ashburn	33.10	2011
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	Mary Simpson	Manassas	44.19	2011
85 - 89	Naomi Hesser	Fairfax	59.58	2011
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	Edwardo Arriaga	Arlington	36:47	2012
85 - 89	Jorge Soler	Falls Church	41:30	2010

**3 MILE WALK - Outdoor Track -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 - Outdoor Track - 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