

Northern Virginia Senior Olympics

SEPTEMBER 8 - 12, 1997

EVENT RESULTS

SPONSORED BY

Northern Virginia Olympic Committee	Contact Phone
City of Alexandria Department of Recreation And Cultural Activities.....	838-6323
Arlington County Department of Parks, Recreation and Community Resources.....	358-4744
Fairfax County Park Authority.....	481-4200
City of Fairfax Parks and Recreation Department.....	359-2487
Loudoun County Department of Parks, Recreation and Community Services.....	771-5014
Prince William Area Agency on Aging.....	792-6405
City of Falls Church Department of Recreation and Parks.....	241-5020

1997 EVENT RESULTS

15th Annual Northern Virginia Senior Olympics

September 8, 1997 @ George C. Marshall High School
 September 9 - 12 @ Wakefield and Lee District Parks
 September 16, 1997 @ Knights of Columbus, Arlington

NORTHERN VIRGINIA SENIOR OLYMPICS

Sponsored by:

NORTHERN VIRGINIA SENIOR OLYMPIC COMMITTEE

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

1997 SPECIAL PATRONS

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Bowl America
 Greenspring Village
 The Skyline Clubs

EVENTS

Archery	Track and Field Events:	Golf
Bait Casting	50 Meter Dash	Horseshoes
Basketball Free Throw	100 Meter Dash	Kings in Corners
Bowling	200 Meter Dash	Pickleball
Bridge, Duplicate	400 Meter Run	Shuffleboard
Canasta	800 Meter Run	Swimming
Chess	800 Meter Walk	Table Tennis
Cribbage	1500 Meter Walk	Tennis
Dominoes	3 Mile Walk	
Eight Ball Pool	Discus	Shot Put
Frisbee Throw	Long Jump, Running	Softball Hit
	Long Jump, Standing	Softball Throw

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1500 Meter Walk	25
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Record Holders	35 - 46

ARCHERY - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
60-64	FIRST	Donna Packard	Vienna	471
75-79	FIRST	Bernie Kleinschmidt	Annandale	456

ARCHERY - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Robert Weisberg	Sterling	116
60-64	FIRST	Ralph Miles	Springfield	543
70-74	FIRST	David Kirkman	Alexandria	302
75-79	FIRST	Ernie Pinto	Woodbridge	110
80-84	FIRST	Steve Hajek	Woodbridge	344
85+	FIRST	Paul Strickler	Falls Church	283

BAITCASTING - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
All	FIRST	Carla Convery	Alexandria	4
	SECOND	Bernie Kleinschmidt	Annandale	3
	THIRD	Mary Williams	Woodbridge	1
	THIRD	Leticia Cagungun	Alexandria	1

BAITCASTING - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
All	FIRST	David Kirkman	Alexandria	6
	SECOND	Bob Kozan	McLean	5
	THIRD	Stanley Quader	Leesburg	4

BASKETBALL THROW - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-69	FIRST	Toni Letaw	Vienna	16
60-64	FIRST	Colleen Ercole	Alexandria	14
	SECOND	Donna Packard	Vienna	9
65-69	FIRST	Mary Hotta	Falls Church	14
	SECOND	Leticia Cagungun	Alexandria	12
70-74	FIRST	Cesarina Olschner	Alexandria	19
75-79	FIRST	Carla Convery	Alexandria	15
	(TIE)	Bernie Kleinschmidt	Annandale	15
	SECOND	Fely Unciano	Alexandria	7
80-84	FIRST	Birdie Hughes	Falls Church	3

BASKETBALL THROW - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Harold Skeins	Fairfax City	24
	SECOND	Bruce Hewitt	Alexandria	21
	THIRD	Robert Davis	Alexandria	13
65-69	FIRST	Dick Smith	Springfield	24 **
	SECOND	Chuck Squires	Falls Church	23
	THIRD	Paul Duvall	Dumfries	12
70-74	FIRST	John Melescue	Springfield	
75-79	FIRST	George Ryffel	Arlington	17
	SECOND	Keith Culbertson	Vienna	13
80-84	FIRST	J. R. Cassidy	Manassas	8
	SECOND	Ralph Kleinschmidt	Annandale	3

BOWLING - TEN PIN - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-64	FIRST	Christine Hewlett	Burke	618
	SECOND	Millie De Medici	Woodbridge	598
	THIRD	Loretta Johnson	Falls Church	593
65-69	FIRST	Anita Morgan	Arlington	614
	SECOND	Poppy Price	Springfield	610
	THIRD	Rosemary Austin	Herndon	607
70-74	FIRST	Loretta Lockwood	Arlington	673
	SECOND	Marge McNare	Falls Church	656
	THIRD	Corinne Swanson	Alexandria	648
75-79	FIRST	Jayne Conrad	Annandale	641
	FIRST	Nell Henry	Sterling	641
	SECOND	Loretta Hurley	Alexandria	635
	THIRD	Rose Ryan	Woodbridge	634
80 +	FIRST	Peg Bell	Manassas	542
	SECOND	Esther Robinson	Woodbridge	539

BOWLING - TEN PIN - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Edward Weglarz	Fairfax	623
	SECOND	Robert Routt	Fairfax	615
	THIRD	Reggie Rich	Alexandria	588
60-64	FIRST	Gerry Sproles	Nokesville	648
	SECOND	Reginald Steepleton	Woodbridge	636
	THIRD	Joseph McEvoy	Woodbridge	619
65-69	FIRST	William Weigand	Woodbridge	666
	SECOND	Bob Kozan	McLean	641
	THIRD	George McCoy	McLean	634
70-74	FIRST	Jim Willcock	Falls Church	635
	SECOND	Jack Leary	Alexandria	612
	THIRD	Arthur Appleby	Woodbridge	608
75-79	FIRST	Joseph Dazzo	Manassas	613
	SECOND	Frank Allen	Alexandria	602
	THIRD	Bill Honey	Falls Church	599
80-84	FIRST	Elly Spiller	Annandale	611
	SECOND	Herbert Koehne	Arlington	586
85+	FIRST	Joe Miseli	Arlington	578

BRIDGE, DUPLICATE

GROUP	PLACE	WINNERS	LOCALITY	SCORE
EAST/ WEST	FIRST	Lukie Davis/Gene Hoover	Springfield/Springfield	180
	SECOND	Ray Cicale/Pat Visconti	Alexandria/Alexandria	160
	THIRD	Lee Peters/Charles Himmelmann	Annandale/Annandale	152.5
NORTH/ SOUTH	FIRST	Mary Steinhagen/Carl Steinhagen	McLean/McLean	186.5
	SECOND	Denise Assa/Jack Prenzel	Annandale/Falls Church	153.5
	THIRD	Lelia Ghiglio/William Boehm	Alexandria/Alexandria	143.5

CANASTA

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
ALL	FIRST	Beverly Sargent	McLean	19785
	SECOND	Aden Langford	Falls Church	16845
	THIRD	Catherine Candela	Sterling	16235

CHESS

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
ALL	FIRST	W.E. Webbert	Fairfax	4
	SECOND	Kanwal Kapoor	Reston	2
	THIRD	Schuyler Ferris	Falls Church	2

CRIBBAGE

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
ALL	FIRST	Varick Cutler	Herndon	8
	SECOND	Loren Wakeling	Sterling	6
	THIRD	John Clasby	McLean	6

DOMINOES

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
ALL	FIRST	Olga Lopez	Arlington	365
	SECOND	Laura Sanchez	Annandale	336
	THIRD	Mary Lopez	Arlington	324

8 BALL POOL - WOMEN

AGE	PLACE	WINNERS	LOCALITY
All	FIRST	Suong Rogers	Falls Church
	SECOND	Diane M. Hill	Springfield
	THIRD	Winnie Crawford	Manassas

8 BALL POOL - MEN

AGE	PLACE	WINNERS	LOCALITY
All	FIRST	Maxwell Gainer	Alexandria
	SECOND	Will Soper	Arlington
	THIRD	T.V. Rogers	Falls Church

FRISBEE THROW - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
60-64	FIRST	Pat Robinson	Alexandria	24' 9"
65-69	FIRST	Joan Duesterdtck	Annandale	47' 4"
	SECOND	Leticia Cagungan	Alexandria	20' 8"
70-74	FIRST	Mary Williams	Woodbridge	59' 7"
	SECOND	Josephine Stewart	Manassas	40' 1"
	THIRD	Cesarina Olschner	Alexandria	35' 10"
75-79	FIRST	Bernie Kleinschmidt	Annandale	67' 6" **
	SECOND	Carla Convery	Alexandria	45' 4"
85+	FIRST	Lena Huntsinger		19' 4" **

FRISBEE THROW - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
65-69	FIRST	Paul Duvall	Dumfries	76' 2"
	SECOND	Bob Kozan	McLean	58' 0"
70-74	FIRST	John Jackson	Annandale	70' 3"
	SECOND	David C. Kirkman	Alexandria	54' 10"
75-79	FIRST	Herlindo Delgado	Burke	95' 5" **
	SECOND	Ben Robinson	Alexandria	87' 4"
	THIRD	Ernie Pinto	Woodbridge	73' 11"
80-84	FIRST	J.R. Cassidy	Manassas	69' 8"
	SECOND	Ralph Kleinschmidt	Annandale	55' 4"
	THIRD	Joseph May	Vienna	48' 6"
85+	FIRST	Paul Strickler	Falls Church	57' 3"

GOLF - GROSS SCORE - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Linda Hurt	Fairfax	100 **
60-64	FIRST	Ruth Romeo	Fairfax	98
65-69	FIRST	Rosemary Austin	Herndon	95
	SECOND	Poppy Price	Springfield	134
70-74	FIRST	Delores Cavallo	Arlington	169

GOLF - GROSS SCORE - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Robert Fronczek	Annandale	94
60-64	FIRST	Bernard Powers	Bristow	82
	SECOND	Francis Beverina	Springfield	87
	THIRD	Wes Toler	Manassas	88
65-69	FIRST	Orland VanBavel	Woodbridge	77
	SECOND	Donald Poindexter	Sterling	92
	THIRD	Ned Curran	Vienna	123
70-74	FIRST	Jim Lemons	Vienna	74 **
	SECOND	Ken Downey	Alexandria	88
	THIRD	Hal Pershing	Alexandria	94
75-79	FIRST	Gus Cavallo	Arlington	76 **
	SECOND	James Becker	Falls Church	91
	THIRD	Matthew Paushter	Falls Church	92
80+	FIRST	Fred Licord	Sterling	99

GOLF - NET - WOMEN

55-59	FIRST	Linde Hurt	Fairfax
60-64	FIRST	Ruth Romeo	Annandale

GOLF - NET - MEN

60-64	FIRST	Ed Herry	Sterling	68
	SECOND	Bob Murray	Lorton	69
65-69	FIRST	Bob Pence	Vienna	67
	SECOND	Bob Polito	Annandale	70
	THIRD(tie)	Dante Simbulan and Andy Price	Burke and Springfield	71
70-74	FIRST	Darwin Lalk	Alexandria	69
75-79	FIRST	Harry Sparshott	Leesburg	72

HORSESHOES - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST SECOND	Pat Blackman Toni Letaw	Purcellville Vienna	
60-64	FIRST SECOND THIRD	Donna Packard Jaqueline Oliver Pat Robinson	Vienna Fairfax Station Alexandria	
65-69	FIRST SECOND	Leticia Cagungan Mary Hotta	Alexandria Falls Church	
75-79	FIRST SECOND THIRD	Bernie Kleinschmidt Leona Carla Convery	Annandale Alexandria	
80-84	FIRST	Adele Inks	Manassas	

HORSESHOES - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
70-74	FIRST SECOND THIRD	Dave Kirkman John Melescue Ed Walter	Alexandria Springfield Alexandria	
75-79	FIRST	Ben Robinson	Alexandria	
80-84	FIRST SECOND	Ralph Kleinschmidt J.R. Cassidy	Annandale Manassas	

KINGS IN THE CORNER

AGE GROUP	PLACE	WINNERS	LOCALITY
ALL	FIRST SECOND THIRD	Dolly Norona Ellen Bevan Sang Mei Luo	Dunn Loring Hemdon Falls Church

PICKLEBALL - SINGLES - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
65-74	FIRST SECOND THIRD	Martha Tidwell Lucy Brown Mary Boska	Dunn Loring Falls Church Alexandria	
75 +	FIRST SECOND	Alice Bremigan Kay Liebermann	Vienna Fairfax	

PICKLEBALL - SINGLES - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
55-64	FIRST SECOND THIRD	Del Wilson Bob Peltzer Jerry Anderson	Burke Vienna Clifton	
65-74	FIRST SECOND THIRD	Bob Kelly Bob Gibson Hank Morin	Arlington Fairfax City Annandale	
75 +	FIRST SECOND THIRD	Mike Grayson Dennis Sheffield Bob Laurents	Falls Church Arlington Fairfax	

PICKLEBALL - DOUBLES - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
55-64	FIRST SECOND THIRD	Eileen Kelly/Betty Paul Joyce Capps/Gloria Dalpe Julianna Huba/Jean Reavey	Arlington/Alexandria Arlington/Arlington Vienna/Vienna	
65-74	FIRST SECOND THIRD	Alice Bremigan/Martha Tidwell Fern Jackson/Sheila Mason Lucy Brown/Jane Filkins	Vienna/Dunn Loring Vienna/McLean Falls Church/Falls Church	
75 +	FIRST	Anne Fletcher/Estelle Saslaw	Arlington/Arlington	

PICKLEBALL - DOUBLES - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
55-64	FIRST SECOND THIRD	Del Wilson/Hank Morin Jerry Anderson/Bob Peltzer Bob Kelly/Rick Leverone	Burke/Annandale Clifton/Vienna Arlington/Arlington	
65-74	FIRST SECOND THIRD	Bob Gibson/Phil Strang Tom Buchanan/Stu Steen	Fairfax City/Fairfax Vienna/Vienna	
75 +	FIRST SECOND	Morris Jones/Herlindo Delgado Bob Laurents/Joe May	Fairfax City/Fairfax Fairfax/Vienna	

PICKLEBALL - DOUBLES - MIXED

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-64	FIRST	Eileen Kelly/Bob Kelly	Arlington/Arlington	
	SECOND	Mary Boska/Del Wilson	Alexandria/Burke	
	THIRD	Fern Jackson/Bob Peltzer	Vienna/Vienna	
65-74	FIRST	Joanne Ferraro/Bob Gibson	Fairfax City/Fairfax City	
	SECOND	Lucy Brown/Hank Morin	Falls Church/Annandale	
	THIRD	Martha Tidwell/Tom Buchanan	Dunn Loring/Vienna	
75 +	FIRST	Kay Liebermann/Herlindo Delgado	Fairfax/Burke	
	SECOND	Alice Bremigan/Joe May	Vienna/Vienna	
	THIRD	Anne Fletcher/Harvey Hill	Arlington/Arlington	

RUMMIKUB (Demonstration-1997)

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
ALL	FIRST	Jane Baggary	Springfield	+156
	SECOND	Catherine Candela	Sterling	+56
	THIRD	Rita Keffer	Herndon	+36

SHUFFLEBOARD - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY
ALL	FIRST	Carla Convery	Alexandria
	SECOND	Bernie Kleinschmidt	Annandale
	THIRD	Leticia Cagungan	Alexandria

SHUFFLE BOARD - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY
ALL	FIRST	Shannon Ferguson	Alexandria
	SECOND	Ralph Kleinschmidt	Annandale

SWIMMING - BACKSTROKE - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Karen Hannam	Alexandria	1:00:50
	SECOND	Carol Seigel	Alexandria	1:03:90
60-64	FIRST	Rita Windish	Alexandria	59:69
	SECOND	Norma Wilson	Lovettsville	1:00:6
65-69	FIRST	Lois Smith	Springfield	1:14:48
	SECOND	Jane Filkins	Falls Church	1:22:24
70-74	FIRST	Minna Hamner	Annandale	55:87
	SECOND	Mary Williams	Woodbridge	1:03:48
	THIRD	Agnes McClure	Bluemont	1:10:81
75-79	FIRST	Catherine McCall	Annandale	1:03:82
	SECOND	Bernie Kleinschmidt	Annandale	1:15:49
	THIRD	Evelyn Bulmer	Woodbridge	1:25:94
80-84	FIRST	Ann Walker	Arlington	50:70 **
	SECOND	Carol Galbraith	Alexandria	54:72
	THIRD	Mary Lathram	Falls Church	57:88

SWIMMING - BACKSTROKE - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
60-64	FIRST	Lawrence Cohen	Sterling	36:06
	SECOND	Niel Sween	Vienna	36:69
	THIRD	Andy Kapfer	Annandale	59:40
65-69	FIRST	Lou Brown	Annandale	43:49
	SECOND	Phil Case	Burke	45:22
	THIRD	Harold Carle	Vienna	51:99
70-74	FIRST	James Glassco	McLean	42:52
	SECOND	Curran Tiffany	Arlington	47:60
	THIRD	James Hopkins	Alexandria	53:85
75-79	FIRST	Mohammed Assareh	Alexandria	51:78
	SECOND	Edward Bierly	Lorton	53:89
80-84	FIRST	J.R. Cassidy	Manassas	50:44 **
85+	FIRST	Bert Kassell	Arlington	1:09:44 **
	SECOND	Clarence Larson	Falls Church	1:35:85
	THIRD	J. Ray O'Connell	Falls Church	1:51:56

SWIMMING - BREASTROKE - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Joanne Leilich	Springfield	41:54 **
	SECOND	Karen Hannam	Fairfax	53:51
	THIRD	Helen Crum	Annandale	57:11
60-64	FIRST	Rita Windish	Alexandria	1:03:86
	SECOND	Norma Wilson	Lovettsville	1:20:29
65-69	FIRST	Lois Smith	Springfield	1:14:39
	SECOND	Jane Filkins	Falls Church	1:18:36
70-74	FIRST	Minna Hamner	Annandale	58:43 **
	SECOND	Agnes McClure	Bluemont	1:29:95
75-79	FIRST	Catherine McCall	Fairfax	1:36:00
	SECOND	Bernie Kleinschmidt	Annandale	1:41:47
90-84	FIRST	J.H. Symington	Leesburg	1:41:75 **
	SECOND	Christine Sleeper	Herndon	1:59:03

SWIMMING - BREASTROKE - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
60-64	FIRST	Lawrence Cohen	Sterling	41:07 **
	SECOND	Robert Premo	Arlington	1:01:06
	THIRD	Andy Kapfer	Annandale	1:23:93
65-69	FIRST	Frank Heckel	Waterford	49:28
	SECOND	Phil Case	Burke	49:63
	THIRD	Jim Maranville	Hamilton	58:53
70-74	FIRST	Curran Tiffany	Arlington	46:07
	SECOND	David Bright	Manassas	55:81
75-79	FIRST	Mohammed Assareh	Alexandria	49:26 **
	SECOND	Edward Bierly	Lorton	58:03
80-84	FIRST	J.R. Cassidy	Manassas	1:13:54
85+	FIRST	Bert Kassell	Arlington	1:36:34 **
	SECOND	J. Ray O'Connell	Falls Church	1:46:56

SWIMMING - FREESTYLE - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Mary Beth Schreiner	Annandale	34:11 **
	SECOND	Joann Leilich	Springfield	36:72
	THIRD	Helen Crum	Annandale	38:83
60-64	FIRST	Rita Windish	Alexandria	50:66
	SECOND	Norma Wilson	Lovettsville	58:23
65-69	FIRST	Lois Smith	Springfield	1:05:60
	SECOND	Jane Filkins	Falls Church	1:08:51
70-74	FIRST	Minna Hamner	Annandale	47:48
	SECOND	Agnes McClure	Bluemont	54:66
	THIRD	Mary Williams	Woodbridge	1:07:60
75-79	FIRST	Catherine McCall	Fairfax	56:46
	SECOND	Bernie Kleinschmidt	Annandale	1:09:04
	THIRD	Evelyn Bulmer	Woodbridge	1:11:04
80-84	FIRST	Ann Walker	Arlington	45:72 **
	SECOND	Carol Galbraith	Alexandria	48:69
	THIRD	Mary Lathram	Falls Church	1:00:38

SWIMMING - FREESTYLE - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
60-64	FIRST	Lawrence Cohen	Sterling	28:81
	SECOND	Charles Grandjean	Vienna	32:75
	THIRD	Niel Sween	Vienna	35:94
65-69	FIRST	Frank Heckel	Waterford	35:07
	SECOND	Lou Brown	Annandale	37:43
	THIRD	Jim Maranville	Hamilton	39:82
70-74	FIRST	James Glassco	McLean	36:27
	SECOND	Curran Tiffany	Arlington	37:66
	THIRD	David Bright	Manassas	52:15
75-70	FIRST	Mohammed Assareh	Alexandria	49:39
	SECOND	Edward Bierly	Lorton	51:84
80-84	FIRST	J.R. Cassidy	Manassas	46:91
85+	FIRST	Bert Kassell	Arlington	52:50 **
	SECOND	J. Ray O'Connell	Falls Church	1:03:37
	THIRD	Clarence Larson	Falls Church	1:13:94

SWIMMING - 1/2 MILE - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Mary Beth Schreiner	Annandale	16:26:99
	SECOND	Helen Crum	Annandale	17:52:60
	THIRD	Karen Hannam	Alexandria	17:52:94
65-69	FIRST	Jane Filkins	Falls Church	26:24:24
70-74	FIRST	Minna Hamner	Annandale	21:55:32
	SECOND	Agnes McClure	Bluemont	25:23:05
	THIRD	Betty Denton	Fairfax City	27:57:46
75-79	FIRST	Catherine McCall	Annandale	24:23:27
	SECOND	Evelyn Bulmer	Woodbridge	27:57:06
80-84	FIRST	Carol Galbraith	Alexandria	18:20:48
	SECOND	Anne Walker	Arlington	19:54:46
	THIRD	Mary Latham	Falls Church	24:26:86

SWIMMING - 1/2 MILE - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
60-64	FIRST	Lawrence Cohen	Sterling	12:44:00 **
	SECOND	Robert Moroczek	Arlington	19:12:90
	THIRD	Andy Kapfer	Annandale	24:13:52
65-69	FIRST	Lou Brown	Annandale	16:34:47
	SECOND	Jerry Shannon	Falls Church	26:15:73
75-79	FIRST	Ed Bierly	Lorton	20:16:76
	SECOND	Mohammed Assareh	Alexandria	20:24:07
	THIRD	Mike Flynn	Alexandria	25:01:71

TABLE TENNIS - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY
55-64	FIRST	Barbara Kaminsky	Herndon
	SECOND	Jacqueline Oliver	Fairfax Station
65-74	FIRST	Isabelle Manning	Manassas
	SECOND	Melvina Nozick	Alexandria
	THIRD	Mary Hotta	Falls Church
75+	FIRST	Virginia Erichsen	Herndon
	SECOND	Betty Sheffield	Arlington
	THIRD	Carla Convery	Alexandria

TABLE TENNIS - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY
55-64	FIRST	Jim Baker	Arlington
	SECOND	Mike Brown	Arlington
	THIRD	Ray Gilbarte	Woodbridge
65-74	FIRST	Alex Roesell	Springfield
	SECOND	Bob Kozan	McLean
	THIRD	Ed Johnson	Manassas
75+	FIRST	Dennis Sheffield	Arlington
	SECOND	Mike Grayson	Falls Church
	THIRD	Stephen Krawczyk	Manassas

TENNIS - SINGLES - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY
55-59	FIRST	Majorie Besley	Burke
	SECOND	Regina Famiglietti	Alexandria
	THIRD	Merle Thomas	Alexandria
60-64	FIRST	Mavis Rush	Falls Church
	SECOND	Shirley Glazener	Alexandria
65-69	FIRST	Joan Duesterdick	Annandale
	SECOND	Catharina Johnson	Falls Church
70-74	FIRST	Melvina Nozick	Alexandria
	SECOND	Ruth Gallagher	McLean
75-79	FIRST	Betty Sheffield	Arlington
	SECOND	Virginia Erichsen	Herndon

TENNIS - SINGLES - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY
55-59	FIRST	Ted McClanahan	Arlington
	SECOND	Troy Brookshire	Fairfax
	THIRD	William Gerkens	Fairfax
60-64	FIRST	Fred Rabin	Arlington
	SECOND	Eugene Lee	Manassas
	THIRD	Oliver Besley	Burke
65-69	FIRST	Jack Ross	Springfield
	SECOND	Frank Potter	Reston
	THIRD	Bob Dineen	Falls Church
70-74	FIRST	Fremont Fox	Burke
	SECOND	Jim Glassco	McLean
	THIRD	Carlton Coffey	Fairfax Station
75-79	FIRST	Henry DeHaan	Springfield
	SECOND	Don McKenzie	Alexandria
80-84	FIRST	Emanuel Hershkowitz	Reston
	SECOND	Dennis Sheffield	Arlington
	THIRD	James Stockard	Alexandria

TENNIS - DOUBLES - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY
55-59	FIRST	Merle Thomas/Barbara McMichael	Alexandria/Fairfax
	SECOND	Barbara Steingaszner/Shirley Glazener	Alexandria/Alexandria
	THIRD	Regina Famiglietti/Catharina Johnson	Alexandria/Falls Church
60-64	FIRST	Elizabeth D'Ambrosio/Cris Vonier	Alexandria/Alexandria
65-69	FIRST	Kathryn Deremer/Joan Duesterdick	Annandale/Annandale
70-74	FIRST	Betty Sheffield/Ruth Gallagher	Arlington/McLean
	SECOND	Marguerite Church/Ann Jaekle	McLean/Springfield
	THIRD	Marion Ciaccio/Anita Uscher	Falls Church/Falls Church

TENNIS - DOUBLES - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY
55-59	FIRST	Ralph Johnson/E.B. Dyer	Alexandria/Alexandria
	SECOND	Troy Brookshire/John Deam	Fairfax/Reston
60-64	FIRST	Gerald Mosseller/Gene Lee	Manassas/Manassas
	SECOND	Harry Bemat/James Edwards	Fairfax/Fairfax station
65-69	FIRST	Jim Burden/Lew Gulick	Fairfax/Arlington
	SECOND	Dave Mullaney/Frank Potter	Reston/Reston
	THIRD	G. Phil Case, Jr./Bob Barnard	Burke/Annandale
70-74	FIRST	Fremont Fox/Harry Williams	Burke/Springfield
	SECOND	Pat Ryan/Walter Barnes	Alexandria/Alexandria
	THIRD	Ted Mitchell/Daniel Street	Annandale/Annandale
75-79	FIRST	Frank Burdell/Mike Grayson	McLean/Falls Church
	SECOND	Tom Hagler/Walt Hall	Arlington/Springfield
80-84	FIRST	Emanuel Hershkowitz/Ray Kaminski	Reston/Annandale
	SECOND	Louis de Wilde/Gene Osborn	Fairfax/Fairfax

TENNIS - DOUBLES - MIXED

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST SECOND THIRD	Judy Hadsell/Richard Hadsell Bonnie Kresky/Dave Mullaney Marjorie Besley/Oliver Besley	Annandale/Annandale Falls Church/Reston Burke/Burke	
60-64	FIRST SECOND THIRD	Shirley Glazener/Jim Edwards Desdie Archuleta/Joe Archuleta Elaine Morris/Clyde Morris	Alexandria/Fairfax Station Alexandria/Alexandria Fairfax/Fairfax	
65-69	FIRST SECOND THIRD	Alice McLellan/Harry Williams Catharina Johnson/John Ibbotson Peggy Cousins/Joseph Will	Falls Church/Springfield Falls Church /Alexandria Alexandria/Springfield	
70-74	FIRST SECOND THIRD	Ruth Gallagher/William Ryan Ariene Barnes/Walter Barnes Marguerite Church/Ted Mitchell	McLean/Alexandria Alexandria/Alexandria McLean/Annandale	
75-79	FIRST SECOND THIRD	Jean Burdell/Frank Burdell Betty Sheffield/Dennis Sheffield Dorothy Perkins/Chase Porter	McLean/McLean Arlington/Arlington Falls Church/Fairfax	
80-84	FIRST SECOND	Anita Uscher/James Stockard Alice Bremigan/Joe May	Falls Church/Alexandria Vienna/Vienna	

TRACK

AND

FIELD

TRACK EVENTS

50 METER DASH - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Joan Giampa	Annandale	8:56
65-69	FIRST	Phyllis Kozan	McLean	9:12
70-74	FIRST SECOND	Mary Williams Mary Boska	Woodbridge Alexandria	9:70 10:20
75-79	FIRST	Carla Convery	Alexandria	9:78 **
80-84	FIRST	Irene Tierney	Montclair	10:97 **

50 METER DASH - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST SECOND THIRD	Robert Taylor Olliver Hutchinson Ron Sharrock	Arlington Alexandria Falls Church	6:48 ** 7:38 8:80
60-64	FIRST SECOND THIRD	Derek Godwin Willie Crawford E. Robert Premo	Manassas Alexandria Arlington	6:80 7:26 8:56
65-69	FIRST SECOND THIRD	George Hibner Dante Simbulan Paul Duvall	Alexandria Burke Dumfries	7:62 7:80 8:21
70-74	FIRST SECOND THIRD	Kafayat Rahmani David Bright Edward Walter	Woodbridge Manassas Alexandria	7:60 8:43 9:16
75-79	FIRST SECOND	George Ryffel Emie Pinto	Arlington Woodbridge	9:01 10:44
80-84	FIRST SECOND	Josiah Smith Schuyler Ferris	Ashburn Falls Church	7:97 27:80

100 METER DASH - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
65-69	FIRST	Phyllis Kozan	McLean	20:68
70-74	FIRST	Mary Boska	Alexandria	23:32
75-79	FIRST	Carla Convery	Alexandria	22:20 **
80-84	FIRST	Irene Tierney	Montclair	25:10 **

100 METER DASH - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Robert Taylor	Arlington	12:43
	SECOND	Robert Hatfield	Vienna	15:90
	THIRD	Ron Sharrock	Falls Church	19:50
60-64	FIRST	Willie Crawford	Alexandria	13:90
	SECOND	Derek Godwin	Manassas	13:92
	THIRD	Gerry Sproles	Nokesville	16:50
65-69	FIRST	John Baker	Arlington	15:03
	SECOND	Dante Simbulan	Burke	16:96
	THIRD	George Hibner	Alexandria	16:97
70-74	FIRST	John Martin	Fairfax	15:75
	SECOND	Kafayat Rahmani	Woodbridge	16:62
	THIRD	David Bright	Manassas	18:40
80-84	FIRST	Josiah Smith	Ashburn	16:77 **
	SECOND	Schuyler Ferris	Falls Church	64:7

200 METER DASH - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
60-64	FIRST	Gloria Bennett	Woodbridge	57:36
65-69	FIRST	Doralie Segal	Arlington	41:50
	SECOND	Phyllis Kozan	McLean	48:00
80-84	FIRST	Carla Convery	Alexandria	50:30

200 METER DASH - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Ken Poole	Manassas	33:50
	SECOND	Olliver Hutchinson	Alexandria	35:40
	THIRD	Ray Gilbarte	Woodbridge	40:80
60-64	FIRST	Willie Crawford	Alexandria	30:10
	SECOND	Derek Godwin	Manassas	30:59
	THIRD	E. Robert Premo	Arlington	41:00
65-69	FIRST	John Baker	Arlington	34:48
	SECOND	George Hibner	Alexandria	37:00
	THIRD	Paul Duvall	Dumfries	37:90
70-74	FIRST	John Martin	Fairfax City	32:34
	SECOND	Roy Englert	Springfield	40:80
	THIRD	James Glassco, Jr.	McLean	41:40
80-84	FIRST	Josiah Smith	Ashburn	35:25 **

400 METER RUN - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Joan Poole	Manassas	1:51:6
65-69	FIRST	Doralie Segal	Arlington	1:38:00
70-74	FIRST	Ginny Fant	Springfield	2:36:2

400 METER RUN - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Ken Poole	Manassas	1:35:40
	SECOND	Ray Gilbarte	Woodbridge	1:39:00
	THIRD	Ron Sharrock	Falls Church	1:52:90
60-64	FIRST	Frank Green	Annandale	1:19:70
	SECOND	Robert Premo	Arlington	1:44:70
65-69	FIRST	John Baker	Arlington	1:54:70
70-74	FIRST	Roy Englert	Springfield	1:42:20
75-79	FIRST	Johnnie Mercado	Reston	1:44:80
80-84	FIRST	Josiah Smith	Ashburn	1:32:28

800 METER RUN - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Joan Poole	Manassas	4:05:4
65-69	FIRST	Doralie Segal	Arlington	3:37:4 **

800 METER RUN - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Ken Poole	Manassas	3:25:2
	SECOND	Ray Gilbarte	Woodbridge	3:49:2
60-64	FIRST	Frank Green	Annandale	3:17:7
	SECOND	Robert Mroczek	Arlington	3:49:20
	THIRD	E. Robert Premo	Arlington	4:17:7
70-74	FIRST	Roy Englert	Springfield	3:58:6
75-79	FIRST	Johnnie Mercado	Reston	3:59:3
	SECOND	Mike Flynn, Jr.	Alexandria	4:57:7

800 METER WALK - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
60-64	FIRST	Cecelia Brown	Woodbridge	6:31:6
	SECOND	Marguerite Kukoy	Alexandria	6:37:30
65-69	FIRST	Terry Hamilton	Reston	6:00:25
	SECOND	Betty Kirkman	Fairfax City	6:46:45
70-74	FIRST	Mary Boska	Alexandria	5:46:70 **
	SECOND	Josephine Stewart	Manassas	6:38:00
	THIRD	Pam Fowell	Falls Church	6:39:55
80-84	FIRST	Mary Lathram	Falls Church	6:57:5
	SECOND	Virginia Pierce	Falls Church	8:00:8

800 METER WALK - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Edward Weglarz	Fairfax	6:10:80
	SECOND	Ron Sharrock	Falls Church	6:30:90
60-64	FIRST	Andy Kapfer	Annandale	5:28:24
	SECOND	Robert Premo	Arlington	5:51:60
65-69	FIRST	Harold Carle	Vienna	5:14:69
	SECOND	Robert Chalice	Manassas	5:20:50
	THIRD	Michael Clifford	City Fairfax	5:20:70
70-74	FIRST	David Bright	Manassas	5:15:79
	SECOND	Shannon Ferguson	Alexandria	5:22:00
	THIRD	David Kirkman	Alexandria	6:11:02
75-79	FIRST	Johnnie Mercado	Reston	6:39:60
	SECOND	Ernie Pinto	Woodbridge	7:49:93
80-84	FIRST	Edward Seeger	Falls Church	5:30:02 **

1500 METER WALK - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
60-64	FIRST	Jacqueline Oliver	Fairfax Station	14:19:9
65-69	FIRST	Terry Hamilton	Reston	11:38:3
70-74	FIRST	Norma Mitchell	Falls Church	13:14:7
	SECOND	Betty Denton	Fairfax City	13:15:5
80-84	FIRST	Mary Lathram	Falls Church	13:15:0

1500 METER WALK - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Edward Weglarz	Fairfax	12:18:0
	SECOND	Ray Gilberte	Manassas	12:42:0
60-64	FIRST	Andy Kapfer	Annandale	10:53:7
	SECOND	E. Robert Premo	Arlington	11:28:1
65-69	FIRST	Robert Chalice	Manassas	11:10:7
	SECOND	Paul Duvall	Dumfries	11:11:2
70-74	FIRST	Shannon Ferguson	Alexandria	10:27:0
	SECOND	John Melescue	Springfield	12:19:5
75-79	FIRST	Johnnie Mercado	Reston	13:13:3
80-84	FIRST	Edward Seeger	Falls Church	10:35:9 **

3 MILE WALK - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Marie Martin	Springfield	43:50:02
60-64	FIRST	Rita Windish	Alexandria	36:12
	SECOND	Cecelia Brown	Woodbridge	41:02
	THIRD	Gloria Bennett	Woodbridge	41:16:23
65-69	FIRST	Terry Hamilton	Reston	37:50:18
	SECOND	Marie Buchanan	Vienna	40:24:7
	THIRD	Arlene Hewitt	Alexandria	41:47:38
70-74	FIRST	Mary Boska	Alexandria	37:15:25
	SECOND	Betty Denton	Fairfax City	42:09:8
	THIRD	Elaine Marcuse	Falls Church	47:45:6
75-79	FIRST	Eloise Over	Alexandria	37:37:8 **
80-84	FIRST	Mary Lathram	Falls Church	42:06:40
	SECOND	Gladys Thornton	Leesburg	56:36:7

3 MILE WALK - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Edward Weglarz	Fairfax	40:25
60-64	FIRST	Charles Toftoy	Arlington	35:02
	SECOND	Andrew Kapfer	Annandale	36:51:21
	THIRD	Lloyd Martin	Springfield	40:33:60
65-69	FIRST	George Hibner	Alexandria	37:35:17
	SECOND	Robert Chalice	Manassas	39:15:6
	THIRD	Thomas Buchanan	Vienna	40:18:1
70-74	FIRST	David Bright	Manassas	34:50:1
	SECOND	Shannon Ferguson	Alexandria	34:55:08
	THIRD	Merritt Bragdon	Arlington	39:09:21
75-79	FIRST	Johnnie Mercado	Reston	42:08:1
80-84	FIRST	Edward Seeger	Falls Church	34:57:9 **

DISCUS - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Toni Letaw	Vienna	55' 3 1/2"
	SECOND	Joan Giampa	Fairfax	35' 3 3/4"
60-64	FIRST	Donna Packard	Vienna	38' 5"
	SECOND	Jacqueline Oliver	Fairfax Station	35' 3 3/4"
	THIRD	Frances Love	Falls Church	33' 11 1/2"
65-69	FIRST	Jane Filkins	Falls Church	36' 5 3/4"
	SECOND	Phyllis Kozan	McLean	35' 2"
70-74	FIRST	Josephine Stewart	Manassas	41' 6"
	SECOND	Cesarina Olschner	Alexandria	35' 5"
	THIRD	Mary Williams	Woodbridge	34' 7 1/2"
75-79	FIRST	Bernie Kleinschmidt	Annandale	45' 4" **
	SECOND	Dorothy Decot	Falls Church	38' 5 1/2"
	THIRD	Carla Convery	Alexandria	28' 8 3/4"
80-84	FIRST	Irene Tiemey	Stafford	28' 4"
	SECOND	Mary Lathram	Falls Church	27' 6 1/2"
85+	FIRST	Peg Bell	Manassas	26' 10 1/2"***

DISCUS - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Olliver Hutchinson	Alexandria	78' 3 1/2"
	SECOND	Robert Wiersberg	Sterling	65' 7 1/2"
60-64	FIRST	William Smith	Alexandria	132' 8"
	SECOND	Jerry Sproles	Nokesville	85' 10 3/4"
	THIRD	Lloyd Martin	Springfield	71' 11"
65-69	FIRST	John Baker	Arlington	94' 3 1/2"
	SECOND	George Maghan	Manassas	79' 3"
	THIRD	Harold Carle	Vienna	77' 7 1/2"
70-74	FIRST	Charles Pistorino	McLean	96' 10"
	SECOND	David Kirkman	Alexandria	59' 6 1/4"
75-79	FIRST	Robert Laurents	Fairfax	82' 9 1/2"
	SECOND	Hertindo Delgado	Burke	81' 6"
	THIRD	George Ryffel	Arlington	58' 1 1/4"
80-84	FIRST	J.R. Cassidy	Manassas	75' 7 7/8"
	SECOND	Joseph May	Vienna	37' 4 1/4"
	THIRD	Stanley Quader	Leesburg	25' 5 1/4"
85+	FIRST	Clarence Larson	Falls Church	49' 8" **
	SECOND	Paul Strickler	Falls Church	44' 1/2"

RUNNING LONG JUMP - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Joan Giampa	Fairfax	8' 11"
	SECOND			
60-64	FIRST	Jean Reavey	Vienna	6' 5"
65-69	FIRST	Phyllis Kozan	McLean	7' 10" **
	SECOND	Terry Hamilton	Reston	4' 6"
70-74	FIRST	Josephine Stewart	Manassas	7' 3" **
	SECOND	Norma Mitchell	Falls Church	7' 1"
	THIRD	Mary Williams	Woodbridge	5' 9"
75-79	FIRST	Carla Convery	Alexandria	5' 8"
	SECOND	Dorothy Decot	Falls Church	4' 7"
80-84	FIRST	Irene Tierney	Montclair	4' 8" **

RUNNING LONG JUMP - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Robert Taylor	Arlington	13' 9"
	SECOND	Robert Hatfield	Vienna	11' 3"
	THIRD	Olliver Hutchinson	Annandale	10' 7"
60-64	FIRST	Willie Crawford	Alexandria	12' 8"
	SECOND	Robert Premo	Arlington	9' 2"
	THIRD	Joseph McEvoy	Woodbridge	8' 10"
65-69	FIRST	John Baker	Arlington	12' 2"
	SECOND	George Hibner	Alexandria	9' 2"
	THIRD	Thomas Buchanan	Vienna	7' 3"
70-74	FIRST	Kafayat Rahmani	Woodbridge	10' 6"
	SECOND	John Martin	City of Fairfax	9' 10"
	THIRD	David Bright	Manassas	9' 6"
75-79	FIRST	Hertindo Delgado	Burke	8' 8"
	SECOND	George Ryffel	Arlington	7' 0"
	THIRD	Sunder Dass	Woodbridge	6' 8"
80-84	FIRST	Josiah Smith	Ashburn	8' 7"
	SECOND	J.R. Cassidy	Manassas	5' 7"
	THIRD	Schuyler Ferris	Falls Church	1' 7"
85+	FIRST	Clarence Larson	Falls Church	5' 8"

STANDING LONG JUMP - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Joan Giampa	Fairfax	5' 6"
60-64	FIRST	Jean Reavey	Vienna	4' 11"
65-69	FIRST	Phyllis Kozan	McLean	4' 5"
	SECOND	Leticia Cagungun	Alexandria	3' 9"
70-74	FIRST	Mary Williams	Woodbridge	4' 10"
	SECOND	Josephine Stewart	Manassas	4' 9"
	THIRD	Norma Mitchell	Falls Church	4' 6"
75-79	FIRST	Carla Convery	Alexandria	4' 2"
	SECOND	Fely Unciano	Alexandria	4'
	THIRD	Dorothy Decot	Falls Church	3' 7"
80-84	FIRST	Irene Tierney	Stafford	3' 7"
	SECOND	Mary Lathram	Falls Church	3' 5"
	THIRD	Virginia Pierce	Falls Church	2' 7"

STANDING LONG JUMP - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Robert Taylor	Arlington	7' 8"
	SECOND	Olliver Hutchinson	Alexandria	6' 10"
60-64	FIRST (tie)	Willie Crawford and Joe McEvoy	Alexandria and Woodbridge	6' 5"
	THIRD		E. Robert Premo	Arlington
65-69	FIRST	John Baker	Arlington	7' 8"
	SECOND	George Hibner	Alexandria	6' 6"
	THIRD	Harold Carle	Vienna	6' 5"
70-74	FIRST	David Bright	Manassas	6' 6"
	SECONDtie	Chas. Pistorino & Kafayat Rahmai	McLean and Woodbridge	6' 4"
75-79	FIRST	Herlindo Delgado	Burke	6' 6"
	SECOND	George Ryffel	Arlington	5' 6"
	THIRD	Ernie Pinto	Woodbridge	5' 2"
80-84	FIRST	Josiah Smith	Ashburn	5' 9" **
	SECOND	J.R. Cassidy	Manassas	4' 9"
	THIRD	Schuyler Ferris	Falls Church	1' 11"
85+	FIRST	Clarence Larson	Falls Church	3' 7"

SHOT PUT - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Joan Giampa	Fairfax	25' 4 1/2"
	SECOND	Toni Letaw	Vienna	23' 5 1/2"
60-64	FIRST	Donna Packard	Vienna	19' 5 1/2"
	SECOND	Marquerite Kukoy	Alexandria	18' 4"
	THIRD	Frances Love	Falls Church	15' 1/4"
65-69	FIRST	Jane Filkins	Falls Church	18'
	SECOND	Phyllis Kozan	McLean	17' 4 1/2"
	THIRD	Leticia Cagungun	Alexandria	14' 5 1/4"
70-74	FIRST	Josephine Stewart	Manassas	21' 8 1/2"
	SECOND	Ginny Fant	Springfield	20' 8"
	THIRD	Mary Williams	Woodbridge	18' 5"
75-79	FIRST	Bernie Kleinschmidt	Annandale	18' 9"
	SECOND	Dorothy Decot	Falls Church	18' 2"
	THIRD	Carla Convery	Alexandria	14' 7 1/2"
80-84	FIRST	Irene Tierney	Montclair	16' 11 1/2"***
85+	FIRST	Peg Bell	Manassas	14' 1 1/2"***

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SHOT PUT - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Robert Hatfield	Vienna	34' 7"
	SECOND	Olliver Hutchinson	Alexandria	31' 3"
	THIRD	Robert Wiersberg	Sterling	29'
60-64	FIRST	William Smith	Alexandria	39' 9 1/2"
	SECOND	Lloyd Martin	Springfield	29' 9"
	THIRD	Frank Green	Annandale	29' 7 1/2"
65-69	FIRST	Robert Chalice	Manassas	35'
	SECOND	John Baker	Arlington	32' 8"
	THIRD	Bob Dineen	Falls Church	29' 9"
70-74	FIRST	Charles Pistorino	McLean	31' 7"
	SECOND	David Kirkman	Fairfax	24' 11 1/2"
	THIRD	Roger Neighborgall	Falls Church	23' 10"
75-79	FIRST	Herlindo Delgado	Burke	26' 5 1/2"
	SECOND	Robert Laurents	Fairfax	26' 5"
	THIRD	George Ryffel	Arlington	23' 2 1/2"
80-84	FIRST	J.R. Cassidy	Manassas	26' 7"
	SECOND	Joseph May	Vienna	18' 1"
	THIRD	Stanley Quader	Leesburg	12' 2"
85+	FIRST	Paul Strickler	Falls Church	16' 5"
	SECOND	Clarence Larson	Falls Church	15' 6"

SOFTBALL HIT - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Toni Letaw	Vienna	132' 0"
	SECOND	Joan Giampa	Fairfax	37' 0"
60-64	FIRST	Donna Packard	Vienna	133' 5"
	SECOND	Jean Reavey	Vienna	94' 6"
	THIRD	Colleen Ercole	Alexandria	66' 4"
65-69	FIRST	Phyllis Kozan	McLean	113' 0"
	SECOND	Jane Filkins	Falls Church	107' 6"
	THIRD	Leticia Cagungun	Alexandria	28' 0"
70-74	FIRST	Josephine Stewart	Manassas	132' 0"
	SECOND	Ginny Fant	Springfield	99' 10"
	THIRD	Daisy Stewart	Manassas	74' 3"
75-79	FIRST	Bernie Kleinschmidt	Annandale	60' 0"
	SECOND	Carla Convery	Alexandria	58' 10"
	THIRD	Fely Unciano	Alexandria	12' 0"
80-84	FIRST	Birdie Hughes	Falls Church	56' 0"
	SECOND	Mary Lathram	Falls Church	48' 8"
85+	FIRST	Peg Bell	Manassas	41' 10" **

SOFTBALL HIT - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Olliver Hutchinson	Alexandria	225' 0"
60-64	FIRST	Joseph McEvoy	Woodbridge	173' 0"
	SECOND	Del Wilson	Burke	154' 9"
	THIRD	Willie Crawford	Alexandria	150' 0"
65-69	FIRST	Jim Maranville	Hamilton	192' 0"
	SECOND	John Baker	Arlington	172' 9"
	THIRD	Bob Dineen	Falls Church	168' 0"
70-74	FIRST	Al Smith	Fairfax	216' 5" **
	SECOND	Dave Mullaney	Reston	165' 2"
	THIRD	Roger Neighborgall	Falls Church	137' 0"
75-79	FIRST	Ernie Pinto	Woodbridge	102' 0"
	SECOND	Robert Laurents	Fairfax	91' 0"
80-84	FIRST	Ray Kaminski	Annandale	166' 9" **
	SECOND	J.R. Cassidy	Manassas	123' 0"
	THIRD	Joseph May	Vienna	94' 6"
85+	FIRST	Clarence Larson	Falls Church	101' 0"
	SECOND	Paul Strickler	Falls Church	69' 0"

SOFTBALL THROW - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Joan Giampa	Fairfax	98' 6"
	SECOND	Toni Letaw	Veinna	75' 0"
60-64	FIRST	Donna Packard	Vienna	70' 1"
	SECOND	Jean Reavey	Vienna	64' 0"
	THIRD	Cecilia Brown	Woodbridge	55' 10"
65-69	FIRST	Phyllis Kozan	McLean	65' 11"
	SECOND	Jane Filkins	Falls Church	45' 10"
	THIRD	Letecia Cagungan	Alexandria	34' 0"
70-74	FIRST	Josephine Stewart	Manassas	81' 0"
	SECOND	Ginny Fant	Springfield	70' 7"
	THIRD	Mary Boska	Alexandria	52' 6"
75-79	FIRST	Bernie Kleinschmidt	Annandale	53' 0"
	SECOND	Carla Convery	Alexandria	46' 3"
	THIRD	Dorothy Decot	Falls Church	44' 2"
80-84	FIRST	Birdie Hughes	Falls Church	45' 1"
	SECOND	Irene Tierney	Stafford	40' 0"
	THIRD	Mary Lathran	Falls Church	35' 0"
85+	FIRST	Peg Bell	Manassas	32' 11" **

SOFTBALL THROW - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Olliver Hutchinson	Alexandria	154' 8"
60-64	FIRST	Willie Crawford	Alexandria	149' 4"
	SECOND	John Handley	Woodbridge	132' 4"
	THIRD	Joseph McEvoy	Woodbridge	105' 4"
65-69	FIRST	Bob Dineen	Falls Church	118' 5"
	SECOND	John Baker	Arlington	117' 10"
	THIRD	George Hibner	Alexandria	111' 11"
70-74	FIRST	Al Smith	Fairfax	129' 6"
	SECOND	Dave Mullaney	Reston	106' 9"
	THIRD	John Jackson	Annandale	98' 7"
75-79	FIRST	Herlindo Delgado	Burke	95' 2"
	SECOND	Sunder Dass	Woodbridge	84' 3"
	THIRD	Robert Laurents	Fairfax	83' 2"
80-84	FIRST	Raymond Kaminski	Annandale	114' 2"
	SECOND	J.R. Cassidy	Manassas	113' 9"
	THIRD	Joseph May	Vienna	43' 6"
85+	FIRST	Clarence Larson	Falls Church	66' 7"
	SECOND	Paul Strickler	Falls Church	55' 11"

NORTHERN VIRGINIA SENIOR OLYMPICS

1997 UPDATE of RECORD HOLDERS

ARCHERY - COMPOUND - WOMEN

60 - 64	Pat Carlson	Springfield	203	1992
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ARCHERY - COMPOUND - MEN

55 - 59	Layton Allen	Springfield	290	1990
60 - 64	Bob Olaque	Springfield	249	1990
65 - 69	Bill Ayers	Springfield	269	1991
70 - 74	David Kirkman	Alexandria	175	1995
80 +	John Pederson	Manassas	107	1991

ARCHERY - RECURVE - WOMEN

55 - 59	Toni Letaw	Vienna	45	1995
60 - 64	Kathy Garland	Alexandria	79	1990
65 - 69	Bernie Kleinschmidt	Annandale	167	1991
70 - 74	Bernie Kleinschmidt	Annandale	139	1993
75 - 79	Elizabeth Deem	Woodbridge	10	1994

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 Haejak	Woodbridge	46	1995
80 - 84	John Pederson	Manassas	29	1990
85 - +	Paul Strickler	Falls Church	32	1996

BAITCASTING - WOMEN

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

55 - 59	Joe McEvoy	Woodbridge	10	1993
60 - 64	Bob Kozan	McLean	16	1990
65 - 69	John Jackson	Annandale	20	1990
70 - 74	John Jackson	Annandale	20	1996
75 - 79	John Schlogl	Springfield	9	1994
80 - 84	Paul Strickler	Falls Church	5	1991
85 - +	Paul Strickler	Falls Church	1	1995

BASKETBALL FREE THROW - WOMEN

55 - 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	Queenie Buchanan	Arlington	18/25	1984
80 - 84	Birdie Hughes	Falls Church	12/25	1995

BASKETBALL FREE THROW - MEN

55 - 59	Harold Skeins	Fairfax	25/25	1995
60 - 64	Joe Phillips	Fairfax	21/25	1995
65 - 69	Richard Smith	Springfield	24/25	1997
70 - 74	Rudy Kirchgessner	Annandale	20/25	1990
75 - 79	John Schlogl	Springfield	20/25	1994
80 - 84	J.R. Cassidy	Manassas	15/25	1995

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

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 - +	Karin Marso	Burke	574	1996

BOWLING - TEN PIN - MEN

55 - 59	Clifford Noland	Springfield	675	1994
60 - 64	George Megan	Manassas	720	1994
65 - 69	Fred Kimberly	Manassas	701	1988
70 - 74	John Melescue	Springfield	716	1995
75 - 79	Stan Segal	Fairfax	686	1987
80 - 84	Herbert Koehne	Arlington	653	1993
85 - +	Michael Curcio	Manassas	636	1996

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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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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FRISBEE THROW - WOMEN

55 - 59	Guadalupe Delgado	Burke	68' 6"	1991
60 - 64	Lucille Garrett	Alexandria	84' 0"	1992
65 - 69	Mary Williams	Woodbridge	69' 0"	1992
70 - 74	Carla Convery	Alexandria	69' 0"	1992
75 - 79	Bernie Kleinschmidt	Annandale	67' 6"	1997
80 - 84	Birdie Hughes	Falls Church	35' 0"	1995
85 +	Lena Huntsinger		19' 4"	1997

FRISBEE THROW - MEN

55 - 59	Edwin Mosser	Burke	121' 0"	1994
60 - 64	Jim Maranville	Vienna	93' 6"	1993
65 - 69	John Jackson	Annandale	103' 0"	1992
70 - 74	Ben Robinson	Alexandria	120' 0"	1995
75 - 79	Herlindo Delgado	Burke	95' 5"	1997
80 - 84	Paul Strickler	Falls Church	91' 0"	1992
85 - +	Paul Strickler	Falls Church	83' 0"	1995

GOLF - GROSS SCORE - WOMEN

55 - 59	Linda Hurt	Fairfax	100	1997
60 - 64	Rosemary Austin	Herndon	97	1994
65 - 69	Rosemary Austin	Herndon	98	1995
70 - 74	Faye Schultz	Falls Church	117	1989
75 - 79	Mae Fuller	Reston	124	1996
80 - 84	Queenie Buchanan	Arlington	111	1989

GOLF - GROSS SCORE - MEN

55 - 59	Lou Lawlor		85	1994
60 - 64	Bernard Powers	Bristow	75	1996
65 - 69	Les Butler	Fairfax	74	1989
70 - 74	Jim Lemons	Vienna	74	1997
75 - 79	Gus Cavallo	Arlington	76	1997
80 - +	Irving Levitas	Reston	95	1989

GOLF - NET SCORE - WOMEN

60 - 64	Poppy Price	Springfield	83	1994
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 - NET SCORE - MEN

55 - 59	Bob Davis		69	1989
60 - 64	Claude Tyner	Fairfax	64	1991
65 - 69	George Powell	Falls Church	59	1991
70 - 74	James Glassco	McLean	59	1995
75 - 79	Bill Hutchings	Falls Church	65	1992
80 - 84	Paul Strickler	Falls Church	66	1990

MINIATURE GOLF - WOMEN

55 - 59	Betty Robertson	Arlington	41	1993
60 - 64	Anita Morgan	Arlington	42	1994
65 - 69	Polly Harrington	Falls Church	39	1992
70 - 74	Peg Harrington	Falls Church	40	1994
75 - 79	Dottie Gott	Arlington	41	1994
80 - 84	Birdie Hughes	Falls Church	40	1995
	Dorothy Segal	Fairfax	40	1995

MINIATURE GOLF - MEN

55 - 59	Ray Holt	Arlington	36	1994
60 - 64	Lester Morgan	Arlington	33	1994
65 - 69	Elkton Harrington	Falls Church	36	1992
	John Melescue	Springfield	36	1993
70 - 74	John Melescue	Springfield	36	1994
75 - 79	Paul Smail	Falls Church	30	1992
80 - 84	Paul Smail	Falls Church	36	1994

SWIMMING - BACKSTROKE - WOMEN

55 - 59	Betty Griffin	Falls Church	48:70	1986
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

SWIMMING - BACKSTROKE - MEN

55 - 59	Tom Scott	Woodbridge	36:53	1995
60 - 64	Niel Sween	Vienna	35:89	1995
65 - 69	James Glassco	McLean	40:46	1992
70 - 74	James Glassco	McLean	41:80	1982
75 - 79	David McAfee	Falls Church	47:22	1984
80 - 84	J.R. Cassidy	Manassas	50:44	1997
85 - +	Bert Kassell	Arlington	1:09:44	1997

SWIMMING - BREAST STROKE - WOMEN

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	Anne Walker	Arlington	1:08:65	1992
80 - 84	J. H. Symington	Leesburg	1:41:75	1997

SWIMMING - BREAST STROKE - MEN

55 - 59	William Philips	Arlington	43:83	1982
60 - 64	Lawrence Cohen	Sterling	41:07	1997
65 - 69	Curran Tiffany	Arlington	41:20	1991
70 - 74	Curran Tiffany	Arlington	43:75	1996
75 - 79	Mohammad Assareh	Alexandria	49:26	1997
80 - 84	Bert Kassell	Arlington	1:01:50	1992
85 - +	Bert Kassell	Arlington	1:36:34	1997

SWIMMING - FREESTYLE - WOMEN

55 - 59	Mary Schreiner	Annandale	34:11	1997
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

SWIMMING - FREESTYLE - MEN

55 - 59	Tom Scott	Woodbridge	28:34	1995
60 - 64	Charles Grandjean	Vienna	32:25	1989
65 - 69	John Shelley	Fairfax	34:48	1985
70 - 74	Bert Kassell	Arlington	32:47	1984
75 - 79	Bert Kassell	Arlington	33:21	1988
80 - 84	Bert Kassell	Arlington	38:60	1992
85 - +	Bert Kassell	Arlington	52:50	1997

SWIMMING - HALF MILE - WOMEN

55 - 59	Betty Griffin	Falls Church	16:12:54	1986
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

SWIMMING - HALF MILE - MEN

55 - 59	Bill Dean	Springfield	13:21:32	1990
60 - 64	Lawrence Cohen	Sterling	12:44:00	1997
65 - 69	William Philips	Arlington	15:44:66	
70 - 74	David McAfee	Falls Church	15:11:12	1983
75 - 79	Pat Russell	McLean	17:49:48	1995
80 - 84	Burt Kassell	Falls Church	22:47:00	1995

TRACK AND FIELD EVENTSDISCUS - WOMEN

55 - 59	Toni Letaw	Vienna	55' 8"	1996
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	Bernie Kleinschmidt	Annandale	45' 4"	1997
80 - 84	Peg Bell	Manassas	29' 9"	1992
85 - +	Peg Bell	Manassas	26' 10 1/2"	1997

DISCUS - MEN

55 - 59	Leonard Olsen	Centreville	145' 7"	1990
60 - 64	Leonard Olsen	Centreville	152' 0"	1991
65 - 69	John Baker	Arlington	110'4 7/8"	1995
70 - 74	Charles Pistorino	McLean	102' 1/2"	1996
75 - 79	Robert Laurents	Fairfax	92' 7 1/4"	1996
80 - 84	J.R. Cassidy	Manassas	81'1 3/4"	1995
85 - +	Clarence Larson	Falls Church	49' 8"	1997

LONG JUMP - RUNNING - WOMEN

55 - 59	Helen Crum	Annandale	9'	1996
60 - 64	Donna Packard	Vienna	8' 3"	1994
65 - 69	Phyllis Kozan	McLean	7' 10"	1997
70 - 74	Josephine Stewart	Manassas	7' 3"	1997
75 - 79	Bess Larson	Annandale	6' 4 1/2"	1994
80 - 84	Irene Tierney	Montclair	4' 8"	1997

LONG JUMP - RUNNING - MEN

55 - 59	Wayne Wilson	Fairfax	15' 3 3/4"	1994
60 - 64	Richard Enrico	Fairfax	13' 8 1/2"	1993
65 - 69	John Baker	Arlington	13' 5"	1994
70 - 74	Glenn Drummond	Fairfax	12'	1994
75 - 79	Josiah Smith	Ashburn	10' 10 1/4"	1994
80 - 84	Richard Williams	Falls Church	8' 8"	1994
85 - +	Clarence Larson	Falls Church	5' 9 1/2"	1995

LONG JUMP - STANDING - WOMEN

55 - 59	Antonia Letaw	Vienna	5' 9"	1995
60 - 64	Jean Campbell	Alexandria	5' 10"	1987
65 - 69	Elizabeth Deem	Woodbridge	5' 6 1/2"	1986
70 - 74	Elizabeth Deem	Woodbridge	5' 4 1/4"	1992
75 - 79	Elizabeth Deem	Woodbridge	4' 8"	1994
80 - 84	Mary Lathram	Falls Church	3' 11"	1995

LONG JUMP - STANDING - MEN

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	Neel Price	McLean	7' 6 3/4"	1985
75 - 79	Glen Drummond	Fairfax	6' 7"	1996
80 - 84	Josiah Smith	Ashburn	5' 9"	1997
85 - +	Clarence Larson	Falls Church	3' 10"	1995

SHOT PUT - WOMEN

55 - 59	Audrey Hollifield	Annandale	26'	1995
60 - 64	Ellen Tharpe	Nokesville	23' 11"	1991
65 - 69	Maxine Bartlett	Woodbridge	26' 1/2"	1995
70 - 74	Josephine Stewart	Manassas	23' 8 1/2"	1996
75 - 79	Dorothy Decot	Falls Church	18' 11"	1996
80 - 84	Irene Tierney	Montclair	16' 11 1/2"	1997
85 - +	Peg Bell	Manassas	14' 1 1/2"	1997

SHOT PUT - MEN

55 - 59	Richard West	Springfield	54' 10"	1984
60 - 64	Leonard Olson	Centreville	52' 8"	1991
65 - 69	Charles Pistorino	McLean	43' 9"	1992
70 - 74	Charles Pistorino	McLean	40' 11 1/2"	1994
75 - 79	John Schlogl	Springfield	38' 3 1/2"	1994
80 - 84	J.R. Cassidy	Manassas	35' 11 1/2"	1995
85 - +	Clarence Larson	Falls Church	22' 6"	1995

SOFTBALL HIT - WOMEN

55 - 59	Antonia Letaw	Vienna	166' 7"	1994
60 - 64	Donna Packard	Vienna	156'	1994
65 - 69	Joseph Stewart	Manassas	135' 0"	1990
70 - 74	Joseph Stewart	Manassas	140'	1995
75 - 79	Annis Hudson	Manassas	86'	1995
80 - 84	Mary Lathram	Falls Church	73'	1995
85 - +	Peg Bell	Manassas	41' 10"	1997

SOFTBALL HIT - MEN

55 - 59	Ray Holt	Arlington	261'	1994
60 - 64	Charles Toftoy	Arlington	222'	1995
65 - 69	Leon Braxton	Alexandria	218' 2"	1988
70 - 74	Al Smith	Fairfax	216' 5"	1997
75 - 79	Raymond Kaminski	Annandale	186'	1995
80 - 84	Raymond Kaminski	Annandale	166' 9"	1997
85 - +	Clarence Larson	Falls Church	117'	1995

SOFTBALL THROW - WOMEN

55 - 59	Gloria Bortell	Arlington	122' 5"	1990
60 - 64	Donna Packard	Vienna	91'	1995
65 - 69	Josephine Stewart	Manassas	86' 6"	1991
70 - 74	Josephine Stewart	Manassas	87'	1995
	Mary Williams	Woodbridge	87'	1996
75 - 79	Elizabeth Deem	Woodbridge	55' 2"	1994
80 - 84	Birdie Hughes	Falls Church	52' 6"	1996
85 - +	Peg Bell	Manassas	32' 11"	1997

SOFTBALL THROW - MEN

55 - 59	Walter Hubbell	Alexandria	185' 4"	1987
60 - 64	Alan Dale Clark	Vienna	198' 0"	1985
65 - 69	Ray Kaminski	Annandale	160' 9"	1985
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 - +	Clarence Larson	Falls Church	81'	1995

50 METER DASH - WOMEN

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	Carla Convery	Alexandria	9:78	1997
80 - 84	Irene Tierney	Montclair	10:97	1997

50 METER DASH - MEN

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	Clarence Larson	Falls Church	8:84	1990
85+	Clarence Larson	Falls Church	12:52	1996

100 METER DASH - WOMEN

55 - 59	Helen Mitchell	Vienna	16:16	1985
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	Carla Convery	Alexandria	22:20	1997
80 - 84	Irene Tierney	Montclair	25:10	1997

100 METER DASH - MEN

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

200 METER DASH - WOMEN

55 - 59	Helen Crum	Annandale	36:83	1996
60 - 64	Barbara Peters	Alexandria	44:34	1990
65 - 69	Josephine Stewart	Manassas	39:15	1993
70 - 74	Josephine Stewart	Manassas	42:48	1995
75 - 79	Carla Convery	Alexandria	49:40	1995
80 - 84	Irene Tierney	Montclair	1:01:74	1996

200 METER DASH - MEN

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	Curran Tiffany	Arlington	31:55	1996
75 - 79	Josiah Smith	Ashburn	35:38	1992
80 - 84	Josiah Smith	Ashburn	35:25	1997

400 METER RUN - WOMEN

55 - 59	Rachel Brown	Fairfax	1:24:36	1987
60 - 64	Barbara Peters	Alexandria	1:34:77	1989
65 - 69	Irene Sutherland	Manassas	1:36:43	1989
70 - 74	Eloise Over	Alexandria	2:02:62	1996

400 METER RUN - MEN

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	Leroy Simpson	Arlington	1:13:34	1994
75 - 79	Josiah Smith	Ashburn	1:23:13	1993
80 - 84	John Allums	Falls Church	1:49:09	1992

800 METER RUN - WOMEN

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	Grace Munkasey	Falls Church	6:38:00	1985
75 - 79	Eloise Over	Alexandria	5:12:00	1996

800 METER RUN - MEN

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	Josiah Smith	Ashburn	3:43:70	1992
80 - 84	John Allums	Falls Church	4:20:07	1992

800 METER WALK - WOMEN

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	5:46:70	1997
75 - 79	Mary Lathram	Falls Church	5:57:75	1990
80 - 84	Mary Lathram	Falls Church	6:35:61	1995

800 METER WALK - MEN

55 - 59	Jack Ozment	Philomont	4:10:00	1987
60 - 64	David Bright	Manassas	4:31:09	1989
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 Seegar	Falls Church	5:30:02	1997

1500 METER WALK - WOMEN

55 - 59	Rita Windish	Alexandria	10:40:58	1995
60 - 64	Rita Windish	Alexandria	10:44:00	1996
65 - 69	Mary Boska	Alexandria	11:06:32	1992
70 - 74	Mary Boska	Alexandria	11:15:00	1996
75 - 79	Mary Lathram	Falls Church	12:22:93	1994
80 - 84	Mary Lathram	Falls Church	12:38:07	1995

1500 METER WALK - MEN

55 - 59	Jim Miller	Woodbridge	9:22:36	1993
60 - 64	Bernard Powers	Bristow	10:32:08	1995
65 - 69	Shannon Ferguson	Alexandria	10:00:00	1992
70 - 74	John Dunaway	Arlington	10:11:22	1992
75 - 79	John Schlogl	Springfield	11:33:66	1994
80 - 84	Ed Seegar	Falls Church	10:35:90	1997

1600 METER RUN - WOMEN

55 - 59	Betty Dameron	Arlington	6:55:42	1990
60 - 64	Helen Simpson	Arlington	8:17:00	1988
65 - 69	Irene Sutherland	Manassas	8:34:62	1988
70 - 74	Kay Bachman	Falls Church	12:44:00	1984
75 - 79	Virginia Pierce	Falls Church	14:03:60	1991
80 - +	Eva Belle Mimms	Arlington	15:51:34	1991

1600 METER RUN - MEN

55 - 59	Herb Chisholm	Alexandria	5:30:00	1983
60 - 64	Herb Chisholm	Alexandria	5:38:07	1986
65 - 69	John McIntyre	Springfield	6:25:98	1986
70 - 74	Jules Averitt	Alexandria	8:22:14	1990
75 - 79	Alwym Woods	Springfield	9:32:23	1986

1600 METER WALK - WOMEN

55 - 59	Dorothy Michaels	Arlington	9:49:00	1982
60 - 64	Jean Wood	Springfield	10:28:06	1986
65 - 69	Jean Wood	Springfield	11:11:09	1989
70 - 74	Mary Lathram	Falls Church	12:02:58	1989
75 - 79	Mary Lathram	Falls Church	12:31:03	1990
80 - +	Eva Belle Mimms	Arlington	15:51:34	1991

1600 METER WALK - MEN

55 - 59	Jack Ozment	Philomont	8:49:19	1989
60 - 64	John Dunaway	Arlington	9:54:00	1986
65 - 69	John Dunaway	Arlington	9:59:37	1989
70 - 74	Clarence Patton	Annandale	7:46:48	1989
75 - 79	John Allums	Falls Church	9:27:88	1989
80 - +	John Hoffman	Woodbridge	14:23:86	1988

3 MILE WALK - WOMEN

55 - 59	Dot Michaels	Arlington	32:30:00	1983
60 - 64	Jean Wood	Springfield	34:25:00	1986
65 - 69	Irene Sutherland	Manassas	36:47:00	1988
70 - 74	Mary Boska	Alexandria	36:39:79	1996
75 - 79	Eloise Over	Alexandria	37:37:80	1997
80 - 84	Mary Lathram	Falls Church	40:25:98	1995

3 MILE WALK MEN

55 - 59	S.J. Miller	Woodbridge	29:18:91	1991
60 - 64	John Dunaway	Arlington	30:02:98	1986
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

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