

TRACK**AND****FIELD****50 METER DASH - WOMEN**

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Mary White	Arlington	8:45
55-59	FIRST	Sue Pratt	Fairfax	9:09
60-64	FIRST	Toni Letaw	Vienna	8:77
	SECOND	Lani Etherton	Arlington	10:28
65-69	FIRST	Pat Bradburn	Catharpin	11:09
	SECOND	Nettie Pera	Alexandria	13:88
70-74	FIRST	Josephine Stewart	Manassas	9:90
	SECOND	Mary Boska	Alexandria	11:13
	THIRD	Vivian Nielsen	Arlington	15:85
75-79	FIRST	Carla Convery	Alexandria	11:08
	SECOND	Barbara Gladd	Annandale	11:97

50 METER DASH - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Thomas Farrell	Chantilly	7:70
	SECOND	Gary Moore	Springfield	8:69
	THIRD	Jose Goitia	Annandale	8:99
55-59	FIRST	Robert Taylor	Arlington	7:00
	SECOND	Don Meli	Annandale	8:31
	THIRD	Joseph Scheibiler	Alexandria	9:01
60-64	FIRST	Robert Hatfield	Vienna	8:45
	SECOND	Bobby Morris	Alexandria	8:87
	THIRD	Ronald Willard	Springfield	9:85
65-69	FIRST	Richard Enrico	Ashburn	7:41
	SECOND	Dante Simbulan	Burke	9:09
	THIRD	Bob Dineen	Falls Church	9:81
70-74	FIRST	John Baker	Arlington	7:86
	SECOND	George Hibner	Alexandria	8:95
	THIRD	George Yip	Springfield	9:21
75-79	FIRST	Paul Lackey	Arlington	8:56
	SECOND	Dana Hodgdon	McLean	9:01
	THIRD	Edward Walter	Alexandria	11:10
85+	FIRST	Clarence Larson	Falls Church	16:02

100 METER DASH - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Mary White	Arlington	16:68
55-59	FIRST	Sue Pratt	Fairfax	18:78
60-64	FIRST	Toni Letaw	Vienna	17:93
	SECOND	Lani Etherton	Arlington	20:37
65-69	FIRST	Lee Glassco	McLean	20:84
	SECOND	Pat Bradburn	Catharpin	22:85
70-74	FIRST	Josephine Stewart	Manassas	18:80
	SECOND	Mary Boska	Alexandria	21:42
	THIRD	Marilyn Carney	Manassas	26:70
75-79	FIRST	Carla Convery	Alexandria	22:71
	SECOND	Barbara Gladd	Annandale	24:21

100 METER DASH - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Thomas Farrell	Chantilly	14:47
	SECOND	Dave Bertagnoli	McLean	14:69
	THIRD	Gary Moore	Springfield	17:30
55-59	FIRST	Robert Taylor	Arlington	13:57
	SECOND	Dan Barolo	Alexandria	14:31
	THIRD	Don Meli	Annandale	14:54
60-64	FIRST	Bobby Morris	Alexandria	18:02
	SECOND	Ronald Willard	Springfield	19:02
65-69	FIRST	Richard Enrico	Ashburn	14:17
	SECOND	Dante Simbulan	Burke	18:56
70-74	FIRST	George Yip	Springfield	17:34
	SECOND	George Hibner	Alexandria	17:42
	THIRD	David Bright	Manassas	19:18
75-79	FIRST	Dana Hodgdon	McLean	16:94
	SECOND	Edward Walter	Alexandria	22:35
	THIRD	Harry Bernat	Annandale	24:11
80-84	FIRST	Emanuel Hershkowitz	Reston	19:63

200 METER DASH - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Sue Pratt	Fairfax	42:37
65-69	FIRST	Lee Glassco	McLean	42:16
70-74	FIRST SECOND	Josephine Stewart Betty McCormick	Manassas Reston	44:90 1:16:75
75-79	FIRST SECOND	Carla Convery Barbara Gladd	Alexandria Annandale	52:31 54:67

200 METER DASH - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST SECOND	Dave Bertagnoli Thomas Farrell	McLean Chantilly	29:89 31:34
55-59	FIRST SECOND THIRD	Daniel Barolo Don Meli Robert Taylor	Alexandria Annandale Arlington	29:75 31:38 32:77
60-64	FIRST SECOND THIRD			
65-69	FIRST SECOND THIRD	Cliff DeWitt	Vienna	39:44
70-74	FIRST SECOND	Curran Tiffany David Bright	Arlington Manassas	34:88 44:09
75-79	FIRST	Henry Zak	Alexandria	47:70

400 METER RUN - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Sue Pratt	Fairfax	1:41:73
65-69	FIRST	Lee Glassco	McLean	1:44:10
70-74	FIRST	Mary Boska	Alexandria	1:52:78 **

400 METER RUN - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST SECOND THIRD	Dave Bertagnoli Thomas Ferrell Jose Goitia	McLean Chantilly	1:05:84 ** 1:08:77 1:30:31
55-59	FIRST	Don Meli	Annandale	1:07:22
60-64	FIRST	Brian Greene		1:14:91
65-69	FIRST SECOND	Cliff Dewitt Dante Simbulan	Vienna Burke	1:28:06 1:39:46
70-74	FIRST SECOND	Curran Tiffany George Hibner	Arlington Alexandria	1:17:42 1:40:49
75-79	FIRST	Paul Lackey	Arlington	1:29:69

800 METER RUN - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST			
70-74	FIRST	Marilyn Carney	Arlington	6:35:22 **

800 METER RUN - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST SECOND THIRD	Dave Bertagnoli Thomas Farrell Jose Goitia	McLean Chantilly	3:03:95 ** 3:05:35 3:33:67
60-64	FIRST	Frank Green		3:09:16
75-79	FIRST	Paul Lackey	Arlington	3:26:85 **
80-84	FIRST	Mike Flynn	Alexandria	5:13:31

800 METER WALK - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Suzanne Bowes	??	7:09:51
55-59	FIRST	Sue Pratt	Fairfax	6:17:24
60-64	FIRST	Rita Windish	Alexandria	5:46:20
	SECOND	Lani Etherton	Arlington	6:04:19
	THIRD	Geraldine Hyatt	Manassas	8:08:18
65-69	FIRST	Mary Simpson	Manassas	6:18:27
	SECOND	Patricia Bradburn	Manassas	6:36:98
	THIRD	Natalie DaCunto	??	6:53:37
70-74	FIRST	Terry Hamilton	Reston	5:39:15 **
	SECOND	Mary Boska	Alexandria	5:45:94
	THIRD	Betty Kirkman	Alexandria	7:00:35
75-79	FIRST	Betty Denton	Fairfax	7:06:21
	SECOND	Barbara Gladd	Annandale	7:18:83
80-84	FIRST	Mary Lathram	Falls Church	6:39:36
	SECOND	Virginia Pierce	Falls Church	7:19:30
	THIRD	Grace Wang	??	11:42:19

800 METER WALK - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Bob Ryan	Ashburn	4:28:79 **
	SECOND	Shabaka Jeus	Manassas	4:42:46
	THIRD	Thomas Farrell	Chantilly	4:49:31
55-59	FIRST	Maurice Hayashi	Falls Church	5:14:10
60-64	FIRST	Charles Toftoy	Arlington	4:54:08
	SECOND	Roger Webb	Alexandria	6:13:58
	THIRD	Ron Willard	Springfield	6:29:44
65-69	FIRST	Robert Chalice	Manassas	5:45:51
	SECOND	Harry Bridges	Springfield	6:00:69
	THIRD	George Maghan	Manassas	6:37:38
70-74	FIRST	David Bright	Manassas	5:00:47
	SECOND	George Hibner	Alexandria	5:39:05
	THIRD	David Kirkman	Alexandria	6:29:71
75-79	FIRST	Shannon Ferguson	Alexandria	5:36:43
		John Melescue	Springfield	6:23:18
80-84	FIRST	Edward Seeger	Falls Church	6:03:88

1500 METER WALK - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST			
60-64	FIRST	Rita Windish	Alexandria	11:00:81
65-69	FIRST	Mary Simpson	Manassas	11:59:03
	SECOND	Fay Hauer	Alexandria	12:48:42
	THIRD	Anne Powell	Falls Church	13:36:19
70-74	FIRST	Terry Hamilton	Reston	10:54:83 **
75-79	FIRST	Eloise Over	Alexandria	11:50:10 **
	SECOND	Betty Denton	Fairfax City	13:36:60
	THIRD	Barbara Gladd	Annandale	13:41:52
80-84	FIRST	Mary Lathram	Falls Church	12:32:12 **

1500 METER WALK - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Bob Ryan	Ashburn	9:50:12 **
	SECOND	Shabaka Jeus	Manassas	10:30:03
	THIRD	Dave Bertagnoli	McLean	11:58:80
	THIRD	Thomas Farrell	Chantilly	11:58:80
60-64	FIRST	Charles Toftoy	Arlington	10:33:45
	SECOND	Roger Webb	Alexandria	11:56:24
65-69	FIRST	Harry Bridges	Springfield	11:49:15
	SECOND	Robert Chalice	Manassas	11:49:65
75-79	FIRST	Shannon Ferguson	Alexandria	10:49:23
	SECOND	John Melescue	Springfield	12:03:66
80-84	FIRST	Edward Seeger	Falls Church	11:36:76

3 MILE WALK - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Beth Baynes	Arlington	35:13:0 **
55-59	FIRST	Elizabeth Ritchie	Alexandria	45:31:6
	SECOND	Pearl Cano	Alexandria	45:31:6
60-64	FIRST	Rita Windish	Alexandria	36:16:9
	SECOND	Marie Martin	Springfield	46:27:3
	THIRD	Janet Houser	??	49:24:6
65-69	FIRST	Mary Ann Cusack	Alexandria	39:06:9
	SECOND	Helen Glick	McLean	41:27:6
	THIRD	Jean Varney	Alexandria	42:39:1
70-74	FIRST	Mary Boska	Alexandria	35:45:7 **
	SECOND	Terry Hamilton	Reston	36:56:5
	THIRD	Vivian Nielsen	Arlington	42:40:4
75-79	FIRST	Eloise Over	Alexandria	38:00:0
	SECOND	Betty Denton	Fairfax City	42:23:6
	THIRD	Barbara Gladd	Annandale	45:18:6
80-84	FIRST	Mary Lathram	Falls Church	41:03:92

3 MILE WALK - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Bob Ryan	Ashburn	32:09:7 **
	SECOND	Thomas Ferrell	Chantilly	36:20:9
	THIRD	Jose Goitia	??	41:27:6
55-59	FIRST	Maurice Hayashi	Falls Church	34:58:7
	SECOND	Donald Peniska	Arlington	44:34:6
60-64	FIRST	Charles Toftoy	Arlington	33:16:9
	SECOND	Gerald Sacks	Alexandria	37:22:2
	THIRD	Roderick McDonald	Fairfax	37:26:2
65-69	FIRST	Harry Bridges	Springfield	40:23:9
70-74	FIRST	George Hibner	Alexandria	36:20:0
	SECOND	Wayne Ford	Alexandria	41:22:6
75-79	FIRST	Shannon Ferguson	Alexandria	35:43:6
	SECOND	Jorge Soler	Falls Church	35:52:8
	THIRD	John Melescue	Springfield	40:22:7
80-84	FIRST	Edward Seeger	Falls Church	37:33:2

DISCUS - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Sue Phillips	Centreville	47' 4"
55-59	FIRST	Camila (Maria) Miller	Arlington	61' 9" **
60-64	FIRST	Toni Letaw	Vienna	48' 7"
	SECOND	Kathryn Etherton	Arlington	37' 3"
	THIRD	Jacqueline Oliver	Fairfax Station	28' 7"
65-69	FIRST	Jane Filkins	Falls Church	39' 3"
	SECOND	Patricia Bradburn	Manassas	36' 10"
70-74	FIRST	Josephine Stewart	Manassas	40' 11"
	SECOND	Mary Williams	Woodbridge	31' 0"
	THIRD	Cesarina Olschner	Alexandria	29' 2"
75-79	FIRST	Bernie Kleinschmidt	Annandale	39' 9"
	SECOND	Carla Convery	Alexandria	25' 5"
	THIRD	Sunie Clark	Arlington	24' 0"
80-84	FIRST	Mary Lathram	Falls Church	24' 8"
85+	FIRST	Peg Bell	Manassas	23' 7"

DISCUS - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Dan Bowes	Woodbridge	59' 4" **
55-59	FIRST	Don Meli	Annandale	67' 3"
60-64	FIRST	William Smith	Alexandria	119' 6"
	SECOND	Lloyd Martin	Springfield	62' 0"
	THIRD	Jesse Hill	Springfield	50' 10"
65-69	FIRST	Hector Herrera	Falls Church	78' 4"
	SECOND	George Maghan	Manassas	69' 8"
	THIRD	Bob Dineen	Falls Church	61' 2"
70-74	FIRST	John Baker	Arlington	78' 0"
	SECOND	Del Norwood	Annandale	70' 0"
	THIRD	David Kirkman	Alexandria	42' 4"
75-79	FIRST	Herlindo Delgado	Burke	57' 0"
	SECOND	Harry Bernat	Annandale	42' 11"
80-84	FIRST	J.R. Cassidy	Manassas	56' 5"
	SECOND	John Hofbauer	??	32' 0"
	THIRD	Joseph May	Vienna	27' 1"
85+	FIRST	Clarence Larson	Falls Church	38' 5"
	SECOND	Paul Strickler	Falls Church	29' 4"

RUNNING LONG JUMP - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Sue Phillips	Centreville	9' 6" **
55-59	FIRST	Maria Miller	Arlington	10' 11" **
60-64	FIRST	Toni Letaw	Vienna	9' 7" **
	SECOND	Kathryn Etherton	Arlington	7' 3"
65-69	FIRST	Patricia Bradburn	Manassas	6' 10"
	SECOND	Colleen Ercole	Alexandria	5' 9"
70-74	FIRST	Mary Williams	Woodbridge	6' 3"
	SECOND	Leticia Cagungun	Alexandria	4' 3"
	THIRD	Josephine Stewart	Manassas	4' 0"
75-79	FIRST	Carla Convery	Alexandria	6' 0"
	SECOND	Sunie Clark	Arlington	5' 8"
	THIRD	Bernie Kleinschmidt	Annandale	5' 5"

RUNNING LONG JUMP - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Robert Taylor	Arlington	15' 8"
	SECOND	Don Meli	Annandale	11' 7"
	THIRD			
60-64	FIRST	Robert Hatfield	Vienna	12' 0"
	SECOND	Ronald Willard	Springfield	9' 0"
	THIRD	Jesse Hill	Springfield	8' 5"
65-69	FIRST	Richard Enrico	Ashburn	12' 0"
	SECOND	Marvin Reed	Oak Hill	9' 10"+
	THIRD	Dante Simbulan	Burke	9' 10"
70-74	FIRST	David Bright	Manassas	9' 0"
	SECOND	George Yip	Springfield	7' 9"
	THIRD	David Kirkman	Alexandria	6' 1"
75-79	FIRST	Frank Andy	Lansdowne	8' 9"
	SECOND	John Melescue	Springfield	8' 8"
		Herlindo Delgado	Burke	8' 4"
80-84	FIRST	Keith Culbertson	Vienna	8' 1"
	SECOND	Mike Grayson	Falls Church	7' 5"
85+	FIRST	Clarence Larson	Falls Church	4' 6"

STANDING LONG JUMP - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Sue Phillips	Centreville	5' 4"
55-59	FIRST	Maria Miller	Arlington	6' 0"
60-64	FIRST	Toni Letaw	Vienna	6' 4" **
	SECOND	Kathryn Etherton	Arlington	5' 0"
65-69	FIRST	Patricia Bradburn	Manassas	5' 0"
	SECOND	Colleen Ercole	Alexandria	4' 1"
70-74	FIRST	Josephine Stewart	Manassas	5' 3"
	SECOND	Mary Williams	Woodbridge	4' 10"
	THIRD	Leticia Cagungun	Alexandria	3' 4"
75-79	FIRST	Carla Convery	Alexandria	3' 11"
	SECOND	Bernie Kleinschmidt	Annandale	3' 10"
	THIRD	Sunie Clark	Arlington	3' 4"
80-84	FIRST	Mary Latham	Falls Church	3' 7"

STANDING LONG JUMP - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Robert Taylor	Arlington	7' 7"
	SECOND	Don Meli	Annandale	6' 7"
60-64	FIRST	Jesse Hill	Springfield	6' 3"
	SECOND	Roger Webb	Alexandria	5' 9"
	THIRD	Ron Willard	Springfield	5' 3"
65-69	FIRST	Richard Enrico	Ashburn	7' 6"
	SECOND	Charles Bennett	Annandale	6' 10"
	THIRD	Marvin Reed	Oak Hill	6' 2"
70-74	FIRST	John Baker	Arlington	7' 6"
	SECOND	George Yip	Springfield	6' 7"
	THIRD	David Bright	Manassas	6' 3"
75-79	FIRST	Herlindo Delgado	Burke	5' 7"
	SECOND	Frank Andy	Lansdowne	5' 6"
	THIRD	John Melescue	Springfield	5' 4"
80-84	FIRST	Keith Culbertson	Vienna	5' 6"
	SECOND	Mike Grayson	Falls Church	5' 1"
	THIRD	J.R. Cassidy	Manassas	4' 4"
85+	FIRST	Clarence Larson	Falls Church	3' 2"

SHOT PUT - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Sue Phillips	Centreville	24' 6"
55-59	FIRST	Maria Miller	Arlington	29' 1" **
60-64	FIRST	Toni Letaw	Vienna	21' 10"
	SECOND	Kathryn Etherton	Arlington	19' 0"
	THIRD	Jacqueline Oliver	Fairfax Station	13' 5"
65-69	FIRST	Pat Bradburn	Manassas	19' 3"
	SECOND	Jane Filkins	Falls Church	17' 10 1/2"
70-74	FIRST	Josephine Stewart	Manassas	22' 0"
	SECOND	Mary Williams	Woodbridge	16' 5"+
	THIRD	Leticia Cagungun	Alexandria	16' 5"
75-79	FIRST	Bernie Kleinschmidt	Annandale	18' 8"
	SECOND	Jeri Patt	Fairfax	14' 4"
	THIRD	Carla Convery	Alexandria	13' 8"+
80-84	FIRST	xxx		
85+	FIRST	Peg Bell	Manassas	13' 0"

SHOT PUT - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Dan Bowes	Woodbridge	36' 5"
55-59	FIRST	Don Meli	Annandale	39' 7"
60-64	FIRST	William Smith	Alexandria	45' 1"
	SECOND	Robert Hatfield	Vienna	38' 2"
	THIRD	Frank Green	??	33' 1 1/2"
65-69	FIRST	Hector Herrera	Falls Church	42' 11"
	SECOND	Bob Dineen	Falls Church	35' 0"
	THIRD	Robert Chalice	Springfield	34' 1"
70-74	FIRST	John Baker	Arlington	36' 10"
	SECOND	David Kirkman	Alexandria	27' 4 1/2"
	THIRD	George Yip	Springfield	25' 5"
75-79	FIRST	Harry Bernat	Annandale	25' 7 1/2"
	SECOND	Herlindo Delgado	Burke	25' 5"
80-84	FIRST	J.R. Cassidy	Manassas	29' 1/2"
	SECOND	John Hofbauer	??	25' 5"
	THIRD	Joseph May	Vienna	16' 7"
85+	FIRST	Clarence Larson	Falls Church	16' 9"

SOFTBALL HIT - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Sue Phillips	Centreville	35' 0"
55-59	FIRST	Maria Miller	Arlington	76' 2"
60-64	FIRST	Toni Letaw	Vienna	118' 10"
	SECOND	Kathryn Etherton	Arlington	106' 2"
	THIRD	Louise Richardson	??	15' 0"
65-69	FIRST	Jane Filkins	Falls Church	99' 2"
	SECOND	Pat Bradburn	Manassas	84' 0"
	THIRD	Nettie Pera	Alexandria	66' 1"
70-74	FIRST	Josephine Stewart	Manassas	69' 0"
	SECOND	Mary Williams	Woodbridge	55' 7"
	THIRD	Mary Boska	Alexandria	42' 6"
75-79	FIRST	Bernie Kleinschmidt	Annandale	78' 7"
	SECOND	Sunie Clark	Arlington	63' 8"
	THIRD	Marion Lee	Montclair	41' 3"
80-84	FIRST	Mary Lathram	Falls Church	52' 3"
85+	FIRST	Peg Bell	Manassas	7' 9"

SOFTBALL HIT - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Dan Bowes	Woodbridge	135' 1"
55-59	FIRST	Don Meli	Annandale	169' 0"
60-64	FIRST	Robert Hatfield	Vienna	194' 2"
	SECOND	Del Wilson	Burke	172' 0"
	THIRD	Jesse Hill	Springfield	152' 0"
65-69	FIRST	Bob Dineen	Falls Church	164' 1"
	SECOND	Joe McEvoy	Woodbridge	154' 6"
	THIRD	Marvin Reed	Oak Hill	142' 6"
70-74	FIRST	Al Smith	Fairfax	231' 7" **
	SECOND	Del Norwood	Annandale	217' 2"
	THIRD	Dave Mullaney	Reston	162' 6"
75-79	FIRST	Bill Honey	Falls Church	130' 0"
	SECOND	John Melescue	Springfield	122' 9"
80-84	FIRST	Keith Culbertson	Vienna	127' 7"
	SECOND	J.R. Cassidy	Manassas	124' 0"
	THIRD	Mike Grayson	Falls Church	117' 7"
85+	FIRST	Paul Strickler	Falls Church	85' 3"
	SECOND			

SOFTBALL THROW - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Sue Phillips	Centreville	93' 3"
55-59	FIRST	Maria Miller	Arlington	122' 2"
60-64	FIRST	Toni Letaw	Vienna	92' 3" **
	SECOND	Kathryn Etherton	Arlington	89' 10"
65-69	FIRST	Jane Filkins	Falls Church	52' 3"
	SECOND	Pat Bradburn	Manassas	52' 1"
	THIRD	Colleen Ercole	Alexandria	46' 8"
70-74	FIRST	Josephine Stewart	Manassas	78' 4"
	SECOND	Mary Williams	Woodbridge	62' 8"
	THIRD	Mary Boska	Alexandria	60' 4"
75-79	FIRST	Carla Convery	Alexandria	50' 8"
	SECOND	Bernie Kleinschmidt	Annandale	49' 4"
	THIRD	Sunie (Eula) Clark	Arlington	41' 9"
80-84	FIRST	Mary Lathram	Falls Church	47' 2"
85+	FIRST	Peg Bell	Manassas	33' 7" **

SOFTBALL THROW - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Dan Bowes	Woodbridge	127' 3"
55-59	FIRST	Dan Barolo	Alexandria	219' 1" **
	SECOND	Don Meli	Annandale	156' 8"
60-64	FIRST	Bobby Morris	Alexandria	151' 5"
	SECOND	Robert Hatfield	Vienna	124' 6"
	THIRD	Jesse Hill	Springfield	77' 1"
65-69	FIRST	Richard Enrico	Ashburn	128' 10"
	SECOND	Bob Dineen	Falls Church	126' 4"
	THIRD	George Maghan	Manassas	119' 9"
70-74	FIRST	Del Norwood	Annandale	148' 0"
	SECOND	Al Smith	Fairfax	129' 9"
	THIRD	Dave Mullaney	Reston	110' 0"
75-79	FIRST	John Jackson	Annandale	116' 7"
	SECOND	Herlindo Delgado	Burke	90' 2"
80-84	FIRST	J.R. Cassidy	Manassas	113' 6"
	SECOND	Keith Culbertson	Vienna	74' 3"
	THIRD	Joseph May	Vienna	68' 0"
85+	FIRST	Paul Strickler	Falls Church	57' 0"
		Clarence Larson	Falls Church	56' 8"

NORTHERN VIRGINIA SENIOR OLYMPICS

1999 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	Wayne Bell	Annandale	263	1999
65 - 69	Bill Ayers	Springfield	269	1991
70 - 74	David Kirkman	Alexandria	175	1995
80 +	John Pederson	Manassas	107	1991

ARCHERY - RECURVE - WOMEN

50 - 54	Sue Phillips	Centreville	256	1999
55 - 59	Toni Letaw	Vienna	268	1998
60 - 64	Donna Packard	Vienna	278	1998
65 - 69	Bernie Kleinschmidt	Annandale	167	1991
70 - 74	Bernie Kleinschmidt	Annandale	139	1993
75 - 79	Bernie Kleinschmidt	Annandale	250	1999

ARCHERY - RECURVE - MEN

55 - 59	Robert Keaton	Manassas	230	1991
60 - 64	Thomas Cox	Dale City	221	1990
65 - 69	Bill Ayers	Springfield	167	1991
70 - 74	Fernand Achee	Alexandria	118	1991
75 - 79	Steve Hajek	Woodbridge	46	1995
80 - 84	Steve Hajek	Woodbridge	150	1998
85 - +	Paul Strickler	Falls Church	97	1998

BAITCASTING - WOMEN

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	Bernie Kleinschmidt	Annandale	19/25	1999
80 - 84	Birdie Hughes	Falls Church	12/25	1995

BASKETBALL FREE THROW - MEN

50 - 54	Don Meli	Annandale	9/25	1998
55 - 59	Harold Skeins	Fairfax	25/25	1995
60 - 64	Harold Skeins	Fairfax	23/25	1999
65 - 69	Richard Smith	Springfield	24/25	1997
70 - 74	Rudy Kirchgessner	Annandale	20/25	1990
75 - 79	John Schlogl	Springfield	20/25	1994
80 - 84	J.R. Cassidy	Manassas	15/25	1995
85 +	Paul Strickler	Falls Church	10/25	1998

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 Wendhack	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	655	1998
85 - +	Michael Curcio	Manassas	679	1998

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	Toni Letaw	Vienna	75' 10"	1998
60 - 64	Lucille Garrett	Alexandria	84' 0"	1992
65 - 69	Mary Williams	Woodbridge	69' 0"	1992
70 - 74	Carla Convery	Alexandria	69' 0"	1992
75 - 79	Bernie Kleinschmidt	Annandale	67' 6"	1997
80 - 84	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
	Ben Robinson	Alexandria	95' 5"	1998
80 - 84	Paul Strickler	Falls Church	91' 0"	1992
85 - +	Paul Strickler	Falls Church	83' 0"	1995

GOLF - GROSS SCORE - WOMEN

50 - 54	Sharon Orling	Springfield	100	1999
55 - 59	Linde Hurt	Fairfax	92	1999
60 - 64	Ruth Romeo	Fairfax	92	1998
65 - 69	Rosemary Austin	Herndon	95	1998
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

50 - 54	Mike Winters	Falls Church	79	1999
55 - 59	Lou Lawlor	Annandale	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 - 84	Harry Sparshott	Leesburg	93	1999
85 +	Harold Leibert	Alexandria	103	1999

GOLF - NET SCORE - WOMEN

50 - 54	Yung Kim	Vienna	73	1999
	Linda Powell	Chantilly	73	1999
55 - 59	Frances Herrity	Sterling	72	1998
60 - 64	Marie Sterne	Vienna	80	1999
65 - 69	Anne Sharp	Arlington	64	1991
70 - 74	Cecilia Ivy	Springfield	70	1991
75 - 79	Dorothy Segal	Fairfax	87	1991
80 - 84	Queenie Buchanan	Arlington	80	1990

GOLF - NET SCORE - MEN

50 - 54	John Newman	Burke	65	1999
55 - 59	Bob Davis		69	1989
60 - 64	Bill Lowder	Falls Church	64	1999
	Claude Tyner	Fairfax	64	1991
65 - 69	Orland VanBavel	Woodbridge	58	1998
70 - 74	James Glassco	McLean	59	1995
75 - 79	Bill Hutchings	Falls Church	65	1992
80 - 84	Emanuel Hershkowitz	Reston	64	1998
85 +	Glen Swanson	Leesburg	69	1999

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
85 - +	A. Edward DeSomma	McLean	44	1998

SWIMMING - BACKSTROKE - WOMEN

50 - 54	Andrea Haines	Alexandria	37:83	1998
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

50 - 54	Don Meli	Annandale	43:44	1998
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

50 - 54	Andrea Haines	Alexandria	46:06	1998
55 - 59	Joanne Leilich	Springfield	41:54	1997
60 - 64	Minna Hamner	Annandale	50:65	1983
65 - 69	Grace Hamilton	Annandale	56:78	1985
70 - 74	Minna Hamner	Annandale	58:43	1997
75 - 79	Minna Hamner	Annandale	1:05:75	1998
80 - 84	Mrs. J. H. Symington	Leesburg	1:28:18	1998

SWIMMING - BREAST STROKE - MEN

50 - 54	Don Meli	Annandale	42:94	1998
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

50 - 54	Andrea Haines	Alexandria	33:05	1998
55 - 59	Mary Schreiner	Annandale	31:49	1998
60 - 64	Minna Hamner	Annandale	40:76	1983
65 - 69	Elizabeth Deem	Woodbridge	37:38	1984
70 - 74	Anne Walker	Arlington	41:96	1987
75 - 79	Anne Walker	Arlington	43:99	1993
80 - 84	Anne Walker	Arlington	45:72	1997

SWIMMING - FREESTYLE - MEN

50 - 54	Don Meli	Annandale	32:55	1998
55 - 59	Tom Scott	Woodbridge	28:34	1995
60 - 64	Lawrence Cohen	Sterling	30:09	1998
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

50 - 54	Andrea Haines	Alexandria	12:56:26	1998
55 - 59	Mary Beth Schreiner	Annandale	14:11:06	1998
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

50 - 54	Don Meli	Annandale	14:25:83	1998
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	Pat Russell	McLean	20:41:93	1999

TRACK AND FIELD EVENTS

DISCUS - WOMEN

50 - 54	Maria Miller	Arlington	58' 8 1/2"	1998
55 - 59	Maria Miller	Arlington	61' 9"	1999
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

50 - 54	Dan Bowes	Woodbridge	59' 4"	1999
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

50 - 54	Sue Phillips	Centreville	9' 6"	1999
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 1/2 "	1994
80 - 84	Irene Tierney	Montclair	4' 8"	1997

LONG JUMP - RUNNING - MEN

55 - 59	Robert Taylor	Arlington	15' 9"	1998
60 - 64	Richard Enrico	Fairfax	13' 8 1/2"	1993
65 - 69	John Baker	Arlington	13' 5"	1994
70 - 74	Glenn Drummond	Fairfax	12'	1994
75 - 79	Josiah Smith	Ashburn	10' 10 1/4"	1994
80 - 84	Josiah Smith	Ashburn	9' 11"	1998
85 - +	Clarence Larson	Falls Church	5' 9 1/2"	1995

LONG JUMP - STANDING - WOMEN

50 - 54	Maria Miller	Arlington	6' 3"	1998
55 - 59	Antonia Letaw	Vienna	6' 3"	1998
60 - 64	Toni Letaw	Vienna	6' 4"	1999
65 - 69	Elizabeth Deem	Woodbridge	5' 6 1/2"	1986
70 - 74	Rusty Dowling	Fairfax	6' 2"	1998
75 - 79	Elizabeth Deem	Woodbridge	4' 8"	1994
80 - 84	Mary Latham	Falls Church	3' 11"	1995

LONG JUMP - STANDING - MEN

50 - 54	Don Meli	Annandale	7' 2"	1998
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	6'	1998
85 - +	Clarence Larson	Falls Church	3' 10"	1998

SHOT PUT - WOMEN

50 - 54	Maria Miller	Arlington	29' 2"	1998
55 - 59	Maria Miller	Arlington	29' 1"	1999
60 - 64	Ellen Tharpe	Nokesville	23' 11"	1991
65 - 69	Maxine Bartlett	Woodbridge	26' 1/2"	1995
70 - 74	Josephine Stewart	Manassas	23' 8 1/2"	1996
75 - 79	Bernie Kleinschmidt	Annandale	19' 1"	1998
80 - 84	Irene Tierney	Montclair	16' 11 1/2"	1997
85 - +	Peg Bell	Manassas	14' 1 1/2"	1997

SHOT PUT - MEN

50 - 54	Don Meli	Annandale	41' 5"	1998
55 - 59	Richard West	Springfield	54' 10"	1984
60 - 64	Leonard Olson	Centreville	52' 8"	1991
65 - 69	Charles Pistorino	McLean	43' 9"	1992
70 - 74	Charles Pistorino	McLean	40' 11 1/2"	1994
75 - 79	John Schlogl	Springfield	38' 3 1/2"	1994
80 - 84	J.R. Cassidy	Manassas	35' 11 1/2"	1995
85 - +	Clarence Larson	Falls Church	22' 6"	1995

SOFTBALL HIT - WOMEN

50 - 54	Darlene Huntsinger	Woodbridge	156'	1998
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	Annis Hudson	Manassas	86'	1995
80 - 84	Mary Latham	Falls Church	73' 6"	1998
85 - +	Peg Bell	Manassas	49'	1998

SOFTBALL HIT - MEN

50 - 54	Don Meli	Annandale	206' 4"	1998
55 - 59	Ray Holt	Arlington	261'	1994
60 - 64	Del Wilson	Burke	229' 4"	1998
65 - 69	Leon Braxton	Alexandria	218' 2"	1988
70 - 74	Al Smith	Fairfax	231' 7"	1999
75 - 79	Raymond Kaminski	Annandale	186'	1995
80 - 84	Raymond Kaminski	Annandale	166' 9"	1997
85 - +	Clarence Larson	Falls Church	117'	1995

SOFTBALL THROW - WOMEN

50 - 54	Maria Miller	Arlington	102' 3"	1998
55 - 59	Gloria Bortell	Arlington	122' 5"	1990
60 - 64	Toni Letaw	Vienna	92' 3"	1999
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	33' 7"	1999

SOFTBALL THROW - MEN

50 - 54	Don Meli	Annandale	134'	1998
55 - 59	Dan Barolo	Alexandria	219' 1"	1999
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

50 - 54	Darlene Huntsinger	Woodbridge	8:32	1998
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

50 - 54	Don Meli	Annandale	6:94	1998
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+	Clarence Larson	Falls Church	12:52	1996

100 METER DASH - WOMEN

50 - 54	Darlene Huntsinger	Woodbridge	16:35	1998
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	Carla Convery	Alexandria	22:20	1997
80 - 84	Hedy Margue	Alexandria	22:53	1998

100 METER DASH - MEN

50 - 54	Don Meli	Annandale	13:84	1998
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 - +	Clarence Larson	Falls Church	28:87	1998

200 METER DASH - WOMEN

50 - 54	Darlene Huntsinger	Woodbridge	36:60	1998
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

50 - 54	Terrance Kuruppu	McLean	29:54	1998
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	Doralie Segal	Arlington	1:35:53	1998
70 - 74	Mary Boska	Alexandria	1:52:78	1999

400 METER RUN - MEN

50 - 54	Dave Bertagnoli	McLean	1:05:84	1999
55 - 59	James Bradley	Springfield	1:05:89	1993
60 - 64	Hal Goolsby	McLean	1:07:22	1992
65 - 69	Curran Tiffany	Arlington	1:08:32	1991
70 - 74	Leroy Simpson	Arlington	under 1:13:34	protest 1994
75 - 79	Josiah Smith	Ashburn	1:23:13	1993
80 - 84	Josiah Smith	Ashburn	1:32:28	1997

800 METER RUN - WOMEN

50 - 54	Joy Chambers	Alexandria	4:19:90	1998
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 Margue	Alexandria	3:58:20	1998

800 METER RUN - MEN

50 - 54	Dave Bertagnoli	McLean	3:03:95	1999
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

800 METER WALK - WOMEN

50 - 54	Kim Fess	Annandale	5:25:76	1998
55 - 59	Dot Michaels	Arlington	4:51:00	1983
60 - 64	Jean Wood	Springfield	5:05:00	1986
65 - 69	Jean Wood	Springfield	5:22:49	1990
70 - 74	Terry Hamilton	Reston	5:39:15	1999
75 - 79	Mary Lathram	Falls Church	5:57:75	1990
80 - 84	Mary Lathram	47 Falls Church	6:35:61	1995

800 METER WALK - MEN

50 - 54	Bob Ryan	Ashburn	4:28:79	1999
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

50 - 54	Joy Chambers	Alexandria		1998
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	Terry Hamilton	Reston	10:54:83	1999
75 - 79	Eloise Over	Alexandria	11:50:10	1999
80 - 84	Mary Lathram	Falls Church	12:32:12	1999

1500 METER WALK - MEN

50 - 54	Bob Ryan	Ashburn	9:50:12	1999
55 - 59	Jim Miller	Woodbridge	9:22:36	1993
60 - 64	Charles Toftoy	Arlington	10:08:30	1998
65 - 69	Shannon Ferguson	Alexandria	10:00:00	1992
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

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

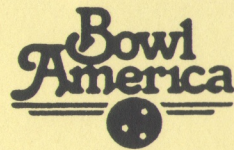
50 - 54	Beth Baynes	Arlington	35:13:00	1999
55 - 59	Dot Michaels	Arlington	32:30:00	1983
60 - 64	Jean Wood	Springfield	34:25:00	1986
65 - 69	Irene Sutherland	Manassas	36:47:00	1988
70 - 74	Mary Boska	Alexandria	35:45:70	1999
75 - 79	Eloise Over	Alexandria	37:37:80	1997
80 - 84	Mary Lathram	Falls Church	40:25:98	1995

3 MILE WALK MEN

50 - 54	Bob Ryan	Ashburn	32:09:70	1999
55 - 59	S.J. Miller	Woodbridge	29:18:91	1991
60 - 64	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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