

200 METER DASH - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Diane Lasichak	Alexandria	36:35 **
60-64	FIRST	Toni Letaw	Vienna	42:12 **
75-79	FIRST SECOND	Josephine Stewart Barbara Gladd	Manassas Annandale	42:38 ** 49:00
80 +	FIRST SECOND	Hedy Marque Carla Convery	Alexandria	55:42 ** 58:98

200 METER DASH - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Dave Bertagnoli	Arlington	29:88
55-59	FIRST SECOND THIRD	Robert Taylor Don Meli David Padilla	Arlington Annandale Falls Church	29:06 31:56 39:16
60-64	FIRST SECOND THIRD	John Clasby	McLean	35:31
65-69	FIRST SECOND THIRD	Philip Johnson	Oak Hill	34:91
70-74	FIRST SECOND THIRD	Hal Goolsby Curran Tiffany Sherman Chin	McLean Arlington Arlington	31:16 ** 33:62 37:18

400 METER RUN - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
65-69	FIRST	No entries		
80-84	FIRST	Hedy Marque		2:04:00 **

400 METER RUN - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST SECOND	Dave Bertagnoli Shabaka Jeusi	Arlington Manassas	1:06:00 1:13:00
55-59	FIRST SECOND THIRD	Don Meli James Books George Brown	Annandale Alexandria	1:07:00 1:24:00 1:25:00
70-74	FIRST SECOND	Hal Goolsby Curran Tiffany	McLean Arlington	1:13:00 ** 1:21:00

800 METER RUN - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST			
80-84	FIRST	Hedy Marque		4:21:00

800 METER RUN - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Dave Bertagnoli	Arlington	3:00:00 **
55-59	FIRST SECOND THIRD	David Padilla George Brown George Rao	Falls Church Fairfax Manassas	3:25:00 3:30:00 4:15:00
65-69	FIRST SECOND	# 1195 (???) # 1192 (???)		3:03:00 3:15:00
70-74	FIRST	Curran Tiffany	Arlington	3:34:00
80-84	FIRST	Mike Flynn	Alexandria	8:11:92

800 METER WALK - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Leslie Gough	Falls Church	6:06
60-64	FIRST SECOND THIRD	Sara Basti	Alexandria	7:04
65-69	FIRST SECOND THIRD	Rita Windish Mary Simpson Rita Hains	Alexandria Manassas Falls Church	5:29 6:19 6:36
70-74	FIRST SECOND THIRD	Mary Boska Terry Hamilton	Alexandria Reston	5:38 ** 5:42
75-79	FIRST SECOND	Barbara Gladd Betty Denton	Annandale Fairfax	7:02 7:20
80-84	FIRST SECOND			
85+	FIRST	Mary Lathram	Falls Church	6:37 **

800 METER WALK - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Shabaka Jeusi	Manassas	4:40
55-59	FIRST	Maurice Hayashi	Falls Church	5:06
60-64	FIRST SECOND THIRD	Roger Webb Ron Willard	Alexandria Springfield	5:32 6:47
65-69	FIRST SECOND THIRD	Charles Toftoy George Maghan	Arlington Manassas	5:25 6:46
70-74	FIRST SECOND THIRD	John Williams Dante Simbulan Robert Chalice	Manassas Burke Manassas	5:51 6:04 6:28
75-79	FIRST SECOND	Harry Bernat John Melescue	Annandale Springfield	5:59 6:44
80-84	FIRST	Shannon Ferguson	Alexandria	5:42
85+	FIRST	Edward Seeger	Falls Church	6:19 **

1500 METER WALK - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST			
60-64	FIRST	Kathryn Etherton	Arlington	11:51
65-69	FIRST SECOND THIRD	Rita Windish Mary Simpson Patricia Bradburn	Alexandria Manassas Catharpin	10:51 ** 11:50 12:02
70-74	FIRST			
75-79	FIRST SECOND THIRD			
80-84	FIRST SECOND	Betty Denton Barbara Gladd	Fairfax City Annandale	13:32 13:51
85+	FIRST	Mary Lathram	Falls Church	12:32 **

1500 METER WALK - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST SECOND THIRD	Shabaka Jeusi	Manassas	10:37
60-64	FIRST SECOND	Roger Webb	Alexandria	10:36
65-69	FIRST SECOND			
70-74	FIRST	John Williams	Manassas	11:15
75-79	FIRST SECOND	John Melescue	Springfield	12:03:66
80-84	FIRST	Shannon Ferguson	Alexandria	10:49
85+	FIRST	Edward Seeger	Falls Church	11:08 **

3 MILE WALK - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Leslie Gough	Falls Church	41:46:98
60-64	FIRST	Maureen Franks	Alexandria	38:05:33
	SECOND	Carol Gray	Alexandria	43:39:05
	THIRD	Pearl Cano	Alexandria	43:41:34
65-69	FIRST	Rita Windish	Alexandria	36:20:07*
	SECOND	Mary Simpson	Manassas	39:22:00
	THIRD	Evie Herbst	Annandale	41:46:90
70-74	FIRST	Terry Hamilton	Reston	37:51:92
	SECOND	Mary Ann Cusack	Alexandria	39:16:24
	THIRD	Nancy Laymon	Arlington	43:39:37
75-79	FIRST	Gerda Mudd	Alexandria	40:31:22
	SECOND	Betty Denton	Fairfax City	44:47:86
	THIRD	Helen Horwich	Alexandria	45:31:22
80-84	FIRST	Mrs. A. V. Symington	Leesburg	1:07:31:39
85+	FIRST	Mary Lathram	Falls Church	43:17:89*

3 MILE WALK - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Maurice Hayashi	Falls Church	34:07:57
	SECOND	George Rao	Manassas	40:46:71
60-64	FIRST	Gerald Sacks	Alexandria Springfield	35:53:08
	SECOND	Roger Webb		35:57:78
	THIRD	Lloyd Martin		40:28:01
65-69	FIRST	Charles Toftoy	Arlington	35:16:02
	SECOND	George Maghan	Manassas	43:22:68
	THIRD	Dennis Dawson	Fairfax	???
70-74	FIRST	John Williams	Manassas	37:10:96
	SECOND	Dante Simbulan	Burke	38:38:11
	THIRD	Robert Chalice	Manassas	39:36:47
75-79	FIRST	John Melescue	Springfield	43:16:81
	SECOND	Gerald Labella	Alexandria	???
80-84	FIRST	Shannon Ferguson	Alexandria	35:58:09
	SECOND	Gordon Bradburn	Manassas	???
85+	FIRST	Edward Seeger	Falls Church	38:39:47 **

DISCUS - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST	Camila (Maria) Miller	Arlington	70' 8 1/2"***
60-64	FIRST	Toni Letaw	Vienna	51' 2 1/2"
	SECOND	Kathryn Etherton	Arlington	46' 2 1/2"
65-69	FIRST	Patricia Bradburn	Catharpin	39' 8 1/2"
	SECOND	Jane Filkins	Falls Church	37' 11 1/2"
	THIRD	Jacqueline Oliver	Fairfax Station	29' 8"
70-74	FIRST	Mary Boska	Alexandria	40' 0"
	SECOND	Terry Hamilton	Reston	37' 2"
	THIRD	Leticia Cagungan	Alexandria	28' 11 1/2"
75-79	FIRST	Bernie Kleinschmidt	Annandale	43' 0"
	SECOND	Josephine Stewart	Manassas	42' 10"
	THIRD	Cesarina Olschner	Alexandria	34' 9"
80-84	FIRST	Carla Convery	Alexandria	31' 9 1/2"***
85+	FIRST	Mary Lathram	Falls Church	28' 6 1/2"***

DISCUS - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Randy Myers	Arlington	59' 8" **
55-59	FIRST	Don Meli	Annandale	78' 1"
	SECOND	Olliver Hutchinson	Alexandria	71' 5 1/2"
60-64	FIRST	John Clasby	McLean	69' 8 1/2"
	SECOND	Lloyd Martin	Springfield	64' 2 1/2"
	THIRD	Bobby Morris	Alexandria	55' 1 1/2"
65-69	FIRST	William Smith	Alexandria	113' 0" **
	SECOND	Hector Herrera	Falls Church	71' 5"
	THIRD	George Maghan	Manassas	70' 2 1/2"
70-74	FIRST	John Baker	Arlington	63' 2"
	SECOND	Dante Simbulan	Burke	55' 5 1/2"
	THIRD	Robert Chalice	Manassas	49' 6"
75-79	FIRST	Charles Pistorino	McLean	73' 6"
	SECOND	Robert Kraus	Fairfax	57' 1"
	THIRD	Ben Robinson	Alexandria	54' 4"
80-84	FIRST	Herlindo Delgado	Burke	70' 4"
	SECOND	George Ryffel	Arlington	57' 2 1/2"
	THIRD	John Hofbauer	Falls Church	50' 1/2"
85+	FIRST	J.R. Cassidy	Manassas	66' 1/2" **
	SECOND	Paul Strickler	Falls Church	42' 1"

LONG JUMP, RUNNING - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Diane Lasichak	Alexandria	11' 1" **
55-59	FIRST	Maria Miller	Arlington	9' 11"
60-64	FIRST SECOND	Toni Letaw Kathryn Etherton	Vienna Arlington	9' 10" ** 7' 3 1/2"
65-69	FIRST SECOND	Patricia Bradburn Colleen Ercole	Catharpin Alexandria	7' 4' 11"
70-74	FIRST	Leticia Cagungun	Alexandria	2' 10"
75-79	FIRST SECOND	Bernie Kleinschmidt Sunie Clark	Annandale Arlington	3' 11" 3' 4"
80-84	FIRST	Carla Convery	Alexandria	5' 1" **

LONG JUMP, RUNNING - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Randy Myers	Arlington	8' 5 3/4"
55-59	FIRST SECOND THIRD	Robert Taylor Don Meli Jim Fostek	Arlington Annandale Fairfax	14' 2" 11' 3" 10' 4"
60-64	FIRST SECOND	John Clasby Ronald Willard	McLean Springfield	10' 7" 8' 7"
65-69	FIRST SECOND	Charles Bennett Gerald Shannon	Annandale Falls Church	8' 10" 4' 4"
70-74	FIRST SECOND THIRD	John Baker Sherman Chin Dante Simbulan	Arlington Arlington Burke	12' 1" ** 9' 6" 8' 6"
75-79	FIRST SECOND THIRD	John Melescue Charles Pistorino David Kirkman	Springfield McLean Alexandria	7' 6" 6' 9" 4' 11"
80-84	FIRST SECOND	Herlindo Delgado George Ryffel	Burke Arlington	7' 11" 6' 10"

LONG JUMP, STANDING - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Diane Lasichak	Alexandria	5' 6 1/2"
55-59	FIRST	Maria Miller	Arlington	5' 9"
60-64	FIRST SECOND	Toni Letaw Kathryn Etherton	Vienna Arlington	5' 8 1/4" 5' 1"
65-69	FIRST SECOND	Patricia Bradburn Colleen Ercole	Catharpin Alexandria	4' 1 1/4" 3' 10"
70-74	FIRST SECOND THIRD	Mary Boska Leticia Cagungun	Alexandria Alexandria	3' 6 3/4" 3' 1 1/4"
75-79	FIRST SECOND THIRD	Sunie Clark Bernie Kleinschmidt	Falls Church Annandale	2' 8" 2" 5 3/4"
80-84	FIRST	Carla Convery	Alexandria	3' 5 3/4"
85+	FIRST	Mary Lathram	Falls Church	3' 4" **

LONG JUMP, STANDING - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
55-59	FIRST SECOND THIRD	Robert Taylor James Fostek Don Meli	Arlington Fairfax Annandale	7' 1" 6' 6 1/4" 6' 4"
60-64	FIRST SECOND THIRD	John Clasby Ron Willard Bobby Morris	McLean Springfield Alexandria	6' 10 1/2" 5' 11 1/2" 5' 7"
65-69	FIRST	Charles Bennett	Annandale	6' 3"
70-74	FIRST SECOND	John Baker Sherman Chin	Arlington Arlington	7' 1" 5' 5"
75-79	FIRST	Robert Kraus	Fairfax	5' 9"
80-84	FIRST SECOND	Herlindo Delgado George Ryffel	Burke Arlington	5' 6" 4' 11"

SHOT PUT - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Diane Lasichak	Alexandria	21' 2 1/2"
55-59	FIRST	Maria Miller	Arlington	26' 8 1/2"
60-64	FIRST	Kathryn Etherton	Arlington	22' 5 1/2"
	SECOND	Toni Letaw	Vienna	20' 7 1/2"
65-69	FIRST	Pat Bradburn	Catharpin	17' 6 3/4"
	SECOND	Jane Filkins	Falls Church	17' 4 1/2"
	THIRD	Jacqueline Oliver	Fairfax Station	11' 11 3/4"
70-74	FIRST	Mary Boska	Alexandria	17' 4 1/2"
	SECOND	Terry Hamilton	Reston	14' 1/2"
	THIRD	Leticia Cagungun	Alexandria	13' 5"
75-79	FIRST	Josephine Stewart	Manassas	21' 6" **
	SECOND	Bernie Kleinschmidt	Annandale	17' 0"
	THIRD	Cesarina Olschner	Alexandria	13' 8"
80-84	FIRST	Carla Convery	Alexandria	12' 5 1/2"

SHOT PUT - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Randy Myers	Arlington	27' 5"
55-59	FIRST	Jim Fostek	Fairfax	33' 9"
	SECOND	Don Meli	Annandale	33' 1"
	THIRD	Olliver Hutchinson	Alexandria	31' 1"
60-64	FIRST	John Clasby	McLean	31' 9"
	SECOND	Lloyd Martin	Springfield	28' 7"
	THIRD	Ronald Willard	Springfield	26' 1 3/4"
65-69	FIRST	William Smith	Alexandria	39' 9 1/2"
	SECOND	Hector Herrera	Falls Church	32' 6"
	THIRD	Frank Green	Annandale	31' 3 1/2"
70-74	FIRST	John Baker	Arlington	30' 6"
	SECOND	Robert Chalice	Springfield	27' 4"
	THIRD	Dante Simbulan	Burke	24' 11 3/4"
75-79	FIRST	Charles Pistorino	McLean	29' 8 1/4"
	SECOND	Ben Robinson	Alexandria	25' 1 1/2"
	THIRD	David Kirkman	Alexandria	22' 5 1/2"
80-84	FIRST	George Ryffel	Arlington	30' 0"
	SECOND	John Hofbauer	Falls Church	24' 9"
	THIRD	Herlindo Delgado	Burke	24' 7 1/2"
85+	FIRST	J.R. Cassidy	Manassas	28' 8 3/4"*

SOFTBALL HIT - WOMEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST			
55-59	FIRST			
60-64	FIRST	Shirley Glazener	Alexandria	132'
	SECOND	Kathryn Etherton	Arlington	123' 6"
	THIRD	Toni Letaw	Vienna	107' 9"
65-69	FIRST	Jane Filkins	Falls Church	100' 8"
	SECOND	Colleen Ercole	Alexandria	60'
	THIRD	Pat Bradburn	Manassas	44'
70-74	FIRST	Mary Boska	Alexandria	74'
	SECOND	Leticia Cagungun	Alexandria	31' 7"
	THIRD			
75-79	FIRST	Josephine Stewart	Manassas	111' **
	SECOND	Bernie Kleinschmidt	Annandale	91' 8"
	THIRD	Cesarina Olschner	Alexandria	61' 5"
85+	FIRST	Mary Lathram	Falls Church	52' 3" **

SOFTBALL HIT - MEN

AGE	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST			
55-59	FIRST	Olliver Hutchinson	Alexandria	215'
	SECOND	Don Meli	Annandale	178'
	THIRD	Bob Dahms	Arlington	163'
60-64	FIRST	Paul Schott	Alexandria	193'
	SECOND			
	THIRD			
65-69	FIRST	Joe McEvoy	Woodbridge	168'
	SECOND	George Maghan	Manassas	132' 7"
	THIRD	Frank Green	Annandale	120'
70-74	FIRST	John Baker	Arlington	178' 4"
	SECOND	Sherman Chin	Arlington	155'
75-79	FIRST	Robert Kraus	Fairfax	135' 4"
	SECOND	David Kirkman	Alexandria	125' 6"
	THIRD	John Melescue	Springfield	120'
80-84	FIRST	James New	Arlington	156'
	SECOND	Mike Grayson	Falls Church	135' 7"
	THIRD			
85+	FIRST	J.R. Cassidy	Manassas	97'
	SECOND			

SOFTBALL THROW - WOMEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Diane Lasichak	Alexandria	65'
55-59	FIRST	Maria Miller	Arlington	115'
60-64	FIRST	Shirley Glazener	Alexandria	85'
	SECOND	Toni Letaw	Vienna	84'
	THIRD	Kathryn Etherton	Arlington	80'
65-69	FIRST	Pat Bradburn	Manassas	51'
	SECOND	Jane Filkins	Falls Church	50'
	THIRD	Colleen Ercole	Alexandria	46'
70-74	FIRST	Mary Boska	Alexandria	57'
	SECOND	Leticia Cagungan	Alexandria	45'
	THIRD	Mary Ann Cusack	Alexandria	40'
75-79	FIRST	Josephine Stewart	Manassas	82' 5" **
	SECOND	Bernie Kleinschmidt	Annandale	52'
	THIRD	Cesarina Olschner	Alexandria	47'
80-84	FIRST			
85+	FIRST	Mary Lathram	Falls Church	38' **

SOFTBALL THROW - MEN

AGE GROUP	PLACE	WINNERS	LOCALITY	SCORE
50-54	FIRST	Randy Myers	Arlington	137' **
55-59	FIRST	James Fostek	Fairfax	164'
	SECOND	Bob Dahms	Arlington	161'
	THIRD	Olliver Hutchinson	Alexandria	155'
60-64	FIRST	Bobby Morris	Alexandria	140'
	SECOND			
	THIRD			
65-69	FIRST	Frank Green	Annandale	112'
	SECOND	Joseph McEvoy	Woodbridge	108'
	THIRD	George Maghan	Manassas	103'
70-74	FIRST	Sherman Chin	Arlington	111'
	SECOND	John Baker	Arlington	108'
	THIRD			
75-79	FIRST	Charles Pistorino, Jr.	McLean	90'
	SECOND	John Melescue	Springfield	67'
80-84	FIRST	James News	Arlington	103'
	SECOND	Herlindo Delgado	Burke	81'
	THIRD			
85+	FIRST	J.R. Cassidy	Manassas	95' **

NORTHERN VIRGINIA SENIOR OLYMPICS

2000 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	Carla Convery	Alexandria	14/25	2000

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	George Ryffel	Arlington	20/25	2000
85 +	Paul Strickler	Falls Church	9/25	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 Wendehack	Alexandria	6:11	1984
75 - 79	Edith Hebbletwaite	Arlington	3:53	1987

BICYCLING - MEN

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

BOWLING - DUCK PIN - WOMEN

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

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

50 - 54	Mary Johnson	Dale City	500	2000
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 - +	Esther Robinson	Woodbridge	579	2000

BOWLING - TEN PIN - MEN

50 - 54	Michael Crotty	Springfield	533	2000
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	Herlindo Delgado	Burke	98'	2000
85 - +	J.R. Cassidy	Manassas	99'	2000

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 - "PEORIA" 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 - "PEORIA" 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

GOLF --- "CALLAWAY" - NET SCORE

50 - 59	Carol Blair	Reston	50	2000
60 - 69	Lazell Hunigan	Sterling	64	2000
70 - 79	Wanda Bridgman	Fairfax	63	2000

GOLF --- "CALLAWAY" - NET SCORE

50 - 59	Ron Scanlon	Centreville	64	2000
60 - 69	Don Borcharding	McLean	49	2000
70 - 79	Jim Lemons	Vienna	51	2000
80 +	Frank Licord	Sterling	85	2000

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
85 +	Mary Lathram	Falls Church	1:00:77	2000

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	Niel Sween	Vienna	39:42	2000
70 - 74	James Glassco	McLean	41:80	1982
75 - 79	James Glassco	McLean	44:23	2000
80 - 84	J.R. Cassidy	Manassas	50:44	1997
85 - +	J.R. Cassidy	Manassas	58:75	2000

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
85 +	Mary Lathram	Falls Church	1:01:39	2000

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 +	J.R. Cassidy	Manassas	47:03	2000

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 EVENTSDISCUS - WOMEN

50 - 54	Maria Miller	Arlington	58' 8 1/2"	1998
55 - 59	Maria Miller	Arlington	70' 8 1/2"	2000
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	Carla Convery	Alexandria	31' 9 1/2"	2000
85 - +	Mary Lathram	Falls Church	28' 6 1/2"	2000

DISCUS - MEN

50 - 54	Randy Meyers	Arlington	59' 8"	2000
55 - 59	Leonard Olsen	Centreville	145' 7"	1990
60 - 64	Leonard Olsen	Centreville	152' 0"	1991
65 - 69	William Smith	Alexandria	113' 0"	2000
70 - 74	Charles Pistorino	McLean	102' 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 - +	J.R. Cassidy	Manassas	66' 1/2"	2000

LONG JUMP - RUNNING - WOMEN

50 - 54	Diane Lasichak	Alexandria	11' 1"	2000
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	Carla Convery	Alexandria	5' 1"	2000

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	John Baker	Arlington	12' 1"	2000
75 - 79	Josiah Smith	Ashburn	10' 10 1/4"	1994
80 - 84	Josiah Smith	Ashburn	9' 11"	1998
85 - +	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 Lathram	Falls Church	3' 11"	1995
85 - +	Mary Lathram	Falls Church	3' 4"	2000

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	Josephine Stewart	Manassas	21' 6"	2000
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 - +	J.R. Cassidy	Manassas	28' 8 3/4"	2000

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	Josephine Stewart	Manassas	111'	2000
80 - 84	Mary Lathram	Falls Church	73' 6"	1998
85 - +	Mary Lathram	Falls Church	52' 3"	2000

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	Josephine Stewart	Manassas	82' 5"	2000
80 - 84	Birdie Hughes	Falls Church	52' 6"	1996
85 - +	Mary Lathram	Falls Church	38'	2000

SOFTBALL THROW - MEN

50 - 54	Randy Meyers	Arlington	137'	2000
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 - +	J.R. Cassidy	Manassas	95'	2000

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	Josephine Stewart	Manassas	9:28	2000
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	DianeLasichak	Alexandria	15:96	2000
55 - 59	Sharon Helton	Vienna	15:54	1998
60 - 64	Jean Campbell	Alexandria	16:09	1987
65 - 69	Josephine Stewart	Manassas	17:91	1992
70 - 74	Josephine Stewart	Manassas	17:68	1996
75 - 79	Josephine Stewart	Manassas	19:04	2000
80 - 84	Hedy Marque	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	Diane Lasichak	Alexandria	36:35	2000
55 - 59	Helen Crum	Annandale	36:83	1996
60 - 64	Toni Letaw	Vienna	42:12	2000
65 - 69	Josephine Stewart	Manassas	39:15	1993
70 - 74	Josephine Stewart	Manassas	42:48	1995
75 - 79	Josephine Stewart	Manassas	42:38	2000
80 - 84	Hedy Marque	Alexandria	55:42	2000

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	Hal Goolsby	McLean	31:16	2000
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
80 - 84	Hedy Marque	Alexandria	2:04:00	2000

400 METER RUN - MEN

50 - 54	Dave Bertagnoli	McLean	1:05:84	1999
55 - 59	James Bradley	Springfield	1:05:89	1993
60 - 64	Hal Goolsby	McLean	1:07:22	1992
65 - 69	Curran Tiffany	Arlington	1:08:32	1991
70 - 74	Hal Goolsby	McLean	1:13:00	2000
75 - 79	Josiah Smith	Ashburn	1:23:13	1993
80 - 84	Josiah Smith	Ashburn	1:32:28	1997

800 METER RUN - 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 Marque	Alexandria	3:58:20	1998

800 METER RUN - MEN

50 - 54	Dave Bertagnoli	Arlington	3:00:00	2000
55 - 59	Ronald Gerugthy	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	Mary Boska	Alexandria	5:38:00	2000
75 - 79	Mary Lathram	Falls Church	5:57:75	1990
80 - 84	Mary Lathram	Falls Church	6:35:61	1995
85 - +	Mary Lathram	Falls Church	6:37:00	2000

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
85 - +	Ed Seegar	Falls Church	6:19:00	2000

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	Rita Windish	Alexandria	10:51:00	2000
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
85 - +	Mary Lathram	Falls Church	12:32:00	2000

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
85 - +	Ed Seegar	Falls Church	11:08:00	2000

1600 METER RUN - WOMEN

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

1600 METER RUN - MEN

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

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	Rita Windish	Alexandria	36:20:07	2000
70 - 74	Mary Boska	Alexandria	35:45:70	1999
75 - 79	Eloise Over	Alexandria	37:37:80	1997
80 - 84	Mary Lathram	Falls Church	40:25:98	1995
85 - +	Mary Lathram	Falls Church	43:17:89	2000

3 MILE WALK - MEN

50 - 54	Bob Ryan	Ashburn	32:09:70	1999
55 - 59	S.J. Miller	Woodbridge	29:18:91	1991
60 - 64	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
85 - +	Edward Seegar	Falls Church	38:39:47	2000

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