

		EVENT:	Frisbee Throw						
	Women Record Holders								
	FRISBEE THROW – WOMEN								
	50 – 54	Maureen Pan		Alexandria	79' 5"	2014			
	55 - 59	Sue Hedges		Ashburn	92'	2015			
	60 - 64	Cindy Hook		Annandale	97' 6"	2018			
	65 - 69	Mary Williams		Woodbridge	69' 0"	1992			
	70 - 74	Carla Convery		Alexandria	69' 0"	1992			
	75 - 79	Bernie Kleinschmidt		Annandale	67' 6"	1997			
	80 - 89	Carla Convery		Alexandria	56'10"	2005			
	85 – 89	Sally Dishun		Herndon	48'	2016			
	90 – 99	Josephine Stewart		Manassas	36' 2"	2013			
	List of Participants 2022								
	Sex	Age Group	Age	Place	Firstname	LastName	City	Results	
	F	50-54	51		Renee	LaRue	Richmond	DNP	
	F		54		JT	Thomas	Alexandria	DNP	
	F	55-59	57	Gold	Kristin	Haynes	Annandale	72' 6"	
	F		58	Silver	Sabrina	Tormoen	Bealeton	71' 4"	
	F		55		Kathleen	Canedo	Oakton	DNP	
	F	60-64	60	Gold	Lee Anne	Orndorff	Alexandria	69' 11"	
	F		62	Silver	Lynn	Thompson	Fairfax	48' 7"	
	F		63	Bronze	Nancy	Anthony	Manassas	47' 7"	
	F	65-69	65	Gold	Carol	McElroy	Woodbridge	47' 3"	
	F		65		Lori	Grimm	Arlington	DNP	
	F		67		Cindy	Hook	Annandale	DNP	
	F	75-79	75	Gold	Jacqueline	Miller	Alexandria	40' 2"	
	F		77	Silver	Georgia	Fuller	Falls Church	24' 4"	

	Men Record Holders												
	FRISBEE THROW – MEN												
	50 - 59			Steve Goodwin		Arlington		156' 7"		2012			
	55 – 59			Ed Scholl		Arlington		160' 1"		2017			
	60 – 64			Jon Berglund		Springfield		150' 10"		2022*			
	65 - 69			Thomas Sullivan		Oakton		172'		2014			
	70 - 74			Thomas Sullivan		Oakton		174'		2015			
	75 - 79			Robert Grannis		Manassas		96'		2021			
	80 - 84			Herlindo Delgado		Burke		98'		2000			
	85 - 90			J.R. Cassidy		Manassas		99'		2000			
	90 - 94			Leonard Kalkwarf		Springfield		47' 8"		2019			
	95 – 99			J.R. Cassidy		Manassas		27' 7"		2012			
	List of Participants 2022												
	Sex	Age Group	Age	Place	Firstname	LastName	City	Results					
	M	50-54	50		Brian	Lee	Alexandria	DNP					
	M	55-59	55	Gold	Russell	Mohler	Warrenton	80' 5"					
	M		58	Silver	Stephen	Neal	Chantilly	75' 5"					
	M		55		Juan	Serrano	Gainesville	DNP					
	M		56		Louis	Novak	Alexandria	DNP					
	M	60-64	62	Gold	Jon	Berglund	Springfield	150' 10" *					
	M		64	Silver	Patrick	Manley	Alexandria	70' 6"					
	M		64		Edward	Scholl	Arlington	DNP					
	M	65-69	65	Gold	Leland (Lee	Shores	Sterling	89' 11"					
	M		69	Silver	Ken	Freund	Alexandria	81' 7"					
	M		66	Bronze	Terry	Mcelroy	Woodbridge	80' 11"					
	M		68	4	Bill	Byrne	Oak Hill	63' 8"					
	M		66	5	John	Schneider	Reston	48' 7"					

M		67		Benjamin	Viellieu	Burke	DNP			
M		69		Charles	Geyer	Fairfax Station	DNP			
M	70-74	70	Gold	Rod	Hupp	Falls Church	134' 11"			
M		74	Silver	Gharemon	Suleymon	McLean	76' 8"			
M		71	Bronze	Allan	Dosik	Arlington	63' 2"			
M		74	4	Eiji	Yasuhara	Sterling	59' 0"			
M		72		Magdi Michael	Kallini	Fairfax	DNP			
M	75-79	76	Gold	Robert	Grannis	Manassas	72' 4"			
M		76	Silver	John	Cordyack	Reston	50' 10"			
M		75	Bronze	Jack	Katosh	Arlington	48' 2"			
M		78	4	Charles	Kleymeyer	Arlington	46' 2"			
M		78		Donald	Meli	Annandale	DNP			
M	80-84	84	Gold	John	Ewing	Falls Church	44' 1"			
M		83	Silver	Carlos	Rodriguez	Dumfries	39' 3"			
M		83	Bronze	Herb	Levitan	Arlington	32' 8"			
M		82		Herbert	Rose	Arlington	DNP			
M	85-89	87	Gold	Jerry	Bradley	Oakton	44' 4"			
M		86	Silver	Eddie	Ladd	Potomac Falls	43' 11"			
M		87		Jay	Edwards	McLean	DNP			
M	90-94	94		Leonard	Kalkwarf	Springfield	DNP			