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Senior Olympians Breaking Records

The 2022 Northern Virginia Senior Olympics began Saturday, Sept. 10 and so far 13 records have been broken reports Herb Levitan, NVSO chair. Results show two diving records, one in 1 meter, age 50-54, Thomas Blakeman, Falls Church and 3 meter, age 70-74, Carol Mackela, Springfield. In ERG rowing, records were broken in age 60-64, women, Karen Keith, Gainesville, 55-59, men, John Armstrong, Centreville, 65-69, Marshall Keith, Gainesville and 90-94, William Wieand, McLean.

Seven track events were held following the opening ceremonies at the Thomas Jefferson Community Center in Arlington on opening day. Records broken were in the 60 meter dash, women, 55-59, Sabrina Tormoen, Bealeton and 60-64, Lee Anne Orndorff, Alexandria. In the 400 meter run, women, 75-79, Ruth Hamilton, McLean and men, 85-89, Jerry Bradley, Oakton. In the 800 meter run, women, 75-79, Ruth Hamilton and 80-84, men, Karl Mueller, Alexandria. In the 800 meter walk, men, 75-79, Bill Palmer, Arlington.

Most NVSO events are in five year age groups and by gender. Gold, silver and bronze medals are awarded after each event. Full results are being posted on the NVSO website, www.nvso.us, after they have been processed and certified. NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church. NVSO is also supported by Gold Patrons who contribute \$1000 enabling NVSO to purchase and replace equipment and services, promote participation and provide awards of recognition. 100% of money donated is used entirely for NVSO activities. It is a non-profit 501-C-3 organization.

2022 Gold Patrons are Hunters Woods at Trails Edge, Chesterbrook Residences, Advanced Hearing Services, Greenspring Retirement Community, Anthem HealthKeepers Plus, Westminster at Lake Ridge, Goodwin Living, Facial Plastic Surgery Center, The Jefferson, Ashleigh at Lansdowne, Heatherwood Retirement Community, The Virginian, INF Care, Paul Spring Retirement Community, Wellington at Lake Manassas, Koons Arlington Toyota, Chesterbrook Residences and Aarondale Assisted Living.

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