

		Event:		Frisbee Throw				
	Women Record Holders							
	<b>FRISBEE THROW – WOMEN</b>							
	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 2023							
<b>Sex</b>	<b>Age Group</b>	<b>Place</b>	<b>Age</b>	<b>Firstname</b>	<b>LastName</b>	<b>City</b>	<b>Results</b>	
F	55-59	Gold	58	Kristin	Haynes	Annandale	69' 0"	
F	60-64	Gold	61	Lee Anne	Orndorff	Alexandria	79' 8"	
F		Silver	60	Colleen	Cornwell	Manassas	73' 9"	
F		Bronze	63	Lynn	Thompson	Fairfax	53' 0"	
F			4	61	Vanstacia	Jackson	Alexandria	44' 3"
F			5	60	Karyn	Moreland	Aldie	43' 7"
F			6	61	Betsy	Berglund	Springfield	41' 4"
F	65-69	Gold	66	Carol	Mcelroy	Woodbridge	55' 7"	
F	70-74	Gold	71	Jane	Hoge	Falls Church	55' 3"	
F	75-79	Gold	76	Jacqueline	Miller	Alexandria	21' 3"	
F	80-84	Gold	82	SC	Whitehouse	Potomac Falls	26' 8"	

Men Record Holders							
<b>FRISBEE THROW – MEN</b>							
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	
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	50-54	Gold	51	Brian	Lee	Alexandria	151' 5"
M		Silver	50	Brian	Hair	Woodbridge	137' 8"
M			53	Darren	Snow	Warrenton	DNP
M	55-59	Gold	59	Stephen	Neal	Chantilly	62' 4"
M			57	Jeff	Huse	Centreville	DNP
M	60-64	Gold	63	Jon	Berglund	Springfield	139' 0"
M		Silver	62	Ken	Moreland	Aldie	109' 3"
M			61	Patrick	OBriant	Arlington	DNP
M	65-69	Gold	66	Larry	Moon	Leesburg	121' 11"
M		Silver	65	Patrick	Manley	Alexandria	75' 8"
M		Bronze	67	Terry	McElroy	Woodbridge	62' 9"
M			4 67	John	Schneider	Reston	46' 2"
M			68	Benjamin	Viellieu	Burke	DNP
M	70-74	Gold	71	Rod	Hupp	Falls Church	140' 9"
M		Silver	70	Ken	Freund	Alexandria	104' 8"
M			73	Magdi Michael	Kallini	Fairfax	DNP
M	75-79	Gold	75	Gharemon	Suleymon	McLean	86' 8"
M		Silver	77	Robert	Grannis	Manassas	79' 9"
M		Bronze	79	Charles	Kleymeyer	Arlington	69' 2"
M			4 75	Eiji	Yasuhara	Sterling	57' 6"
M			5 77	Matt	Kline	Alexandria	53' 6"
M			6 76	Jack	Katosh	Arlington	51' 3"
M			7 75	Jon	Roberts	Sterling	45' 1"
M			8 79	Don	Meli	Annandale	41' 9"
M			77	John	Cordyack	Reston	DNP
M			78	Thomas	Sullivan	Oakton	DNP

M		Gold	84	Carlos	Rodriguez	Dumfries	46' 7"
M			84	Herb	Levitan	Arlington	DNP
M			80	Michael	Fellenz	Potomac Falls	DNP
M			82	John	Foti	Potomac Falls	DNP
M	85-89	Gold	87	Eddie	Ladd	Potomac Falls	63' 6"
M		Silver	88	Jerry	Bradley	Oakton	49' 4"
M		Bronze	86	Paul	Schwartz	Potomac Falls	41' 6"
M			88	Jay	Edwards	McLean	DNP
M	95-99		95	Leonard	Kalkwarf	Springfield	DNP