

		EVENT:	Long Jump				
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<b>LONG JUMP - RUNNING – WOMEN</b>							
50 - 54	Diane Lasichak	Alexandria	12'				2001
55 - 59	Sabrina Tormoen	Bealeton	11' 1"	3.38M			2022
60 - 64	Tsipi Mercurio	Reston	10' 4 ½"				2016
65 - 69	Hannah Phillips	Alexandria	10' 7"	3.23M			2019
70 - 74	Hannah Phillips	Alexandria	8' 5"	2.57M			2022
75 - 79	Bess Larson	Annandale	6' 4 ½"				1994
80 - 84	Carla Convery	Alexandria	6' 4"				2002
85 - 89	Alease Brooks	Arlington	4' 9 1/4"	1.46M			2019
90 – 94	Alease Brooks	Arlington	3' 6.5"				2023*

List of Participants 2023							
<b>Sex</b>	<b>Age Group</b>	<b>Age</b>	<b>Place</b>	<b>Firstname</b>	<b>LastName</b>	<b>City</b>	<b>Results</b>
F	55-59	59		Sabrina	Tormoen	Bealeton	DNP
F	60-64	62	Gold	Joanne	Shabelski	Springfield	8' 6.75" 2.61M
F		61		Lee Anne	Orndorff	Alexandria	DNP
F	70-74	71		Hannah	Phillips	Alexandria	DNP
F		71		Meena	Bhagat	Ashburn	DNP
F	90-94	90	Gold	Alease	Brooks	Arlington	3' 6.5"* 1.08M

<b>LONG JUMP - RUNNING – MEN</b>							
50 - 54	James Lake	Annandale	15; 3"	4.65M			2021
55 - 59	Robert Taylor	Arlington	15' 9"				1998
60 - 64	Richard Enrico	Fairfax	13' 8 ½"				1993
65 - 69	John Baker	Arlington	13' 5"				1994
70 - 74	Bernhard Stamm	Ashburn	12' 2 ½"				2013
75 - 79	Bernhard Stamm	Ashburn	12' 1 ½"	3.70			2014
80 - 84	Josiah Smith	Ashburn	9' 11"				1998
85 - 89	Mike Grayson	Falls Church	8' 7"				2002
90 – 94	Mike Lowe	Springfield	4' 7 ½"				2010

<b>Sex</b>	<b>Age Group</b>	<b>Age</b>	<b>Place</b>	<b>Firstname</b>	<b>LastName</b>	<b>City</b>	<b>Results</b>
M	50-54	53		Darren	Snow	Warrenton	DNP
M	55-59	56		JJ	Sunday	Arlington	DNP
M		57		Jeff	Huse	Centreville	DNP
M		59		Stephen	Neal	Chantilly	DNP
M	60-64	63	Gold	Jon	Berglund	Springfield	5' 5" 1.65M
M	65-69	65		Jeff	James	Purcellville	DNP

M	<b>70-74</b>	71	Gold	Rod	Hupp	Falls Church	10' 4"	3.15M
M		70	Silver	Michael	Emery	Burke	8' 10.5"	2.71M
M		73	Bronze	Safdar	Enferadi	Arlington	8' 8.5"	2.65M
M		74		Doug	Hastings	Gainesville		
M	<b>75-79</b>	75	Gold	Jeff	Young	McLean	9' 4"	2.84M
M		75	Silver	Gharemon	Suleymon	McLean	9' 0.25"	2.75M
M		75	Bronze	Eiji	Yasuhara	Sterling	8' 3.25"	2.52M
M		79	4	Don	Meli	Annandale	6' 9.25"	2.06M
M		77		Thomas	Nabi	Fairfax	DNP	
M		77		John	Cordyack	Reston	DNP	
M		79		Naresh	Bhagat	Ashburn	DNP	
M	<b>80-84</b>	81	Gold	Parviz	Youssefi	Gainesville	8' 2.75"	2.67M
M		84	Silver	Carlos	Rodriguez	Dumfries	3' 5.5"	1.05M
M		80		David	Brown	Arlington	DNP	
M	<b>85-89</b>	88	Gold	Jerry	Bradley	Oakton	5' 11.5"	1.82M
M		87		Eddie	Ladd	Potomac Falls	DNP	
M		88		G. Edward	Mott	Falls Church	DNP	
M		88		Jay	Edwards	McLean	DNP	
M	<b>90-94</b>	90		Nicholas	Fidandis	Alexandria	DNP	
M		92		John	Ewing	Falls Church	DNP	
M	<b>95-99</b>	95		Leonard	Kalkwarf	Springfield	DNP	