



# 2023 EVENT RESULTS

September 9 – 30, 2023

Northern Virginia Senior Olympic Committee  
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[www.nvso.us](http://www.nvso.us)

## **2023 EVENT RESULTS**

### **41st Annual NORTHERN VIRGINIA SENIOR OLYMPICS**

#### **Co-Sponsored by:**

City of Alexandria Department of Recreation, Parks, and Cultural Activities  
Arlington County Department of Parks and Recreation  
Fairfax County Department of Neighborhood and Community Services  
Fairfax County Park Authority  
City of Fairfax Parks and Recreation Department  
City of Falls Church Department of Recreation and Parks  
Fauquier County Parks and Recreation Department  
Loudoun County Department of Parks and Recreation  
Prince William County Department of Parks and Recreation

#### **NORTHERN VIRGINIA SENIOR OLYMPIC COMMITTEE MEMBERS 2023**

Herb Levitan, Chair, ED & Co-Registrar  
Riley Geary, Vice Chair & ED  
Carol Mackela, Secretary & ED  
Karen Jarzynka-Hernandez, Assistant  
Secretary & Co-Registrar

Jack Hobbs, Treasurer  
Michael Coleman, Assistant Treasurer & ED  
Taacha Brown Drummond and  
Tracy Browand, Co-Coordinators

Rob Aaront  
Jeanne Coglianese, Web  
Anne Chase, ED  
Marvin Elliott, ED  
Janet Garber, ED  
Karen Gilmore  
Samantha Griffith, ED  
Dona Hobbs

Rod Hupp, ED  
Linda Lewis  
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Mike Marrone, ED  
Judy Massabny, ED  
Travis Middleton  
Melissa Nester, ED

Lydia Patrick, Web Master & Historian  
Sidney Reid  
Lona Ryan, Graphics Designer  
DonTillson, ED & Equipment Manager  
Miriam Witherspoon, Volunteer Coordinator  
Maria Zlotnik

ED = Event Director

#### **2023 Gold Patrons**

Advanced Hearing | Aetna | Elancé Luxury Living | Facial Plastic Surgery Center  
Falcons Landing | Goodwin Living | Greenspring Retirement Community  
Hunters Woods at Trails Edge | The Jefferson | Retirement Unlimited, Inc  
Sentara Health Plans

#### **2023 Silver Patrons**

Chesterbrooke Residences | Seniors Helping Seniors

#### **2023 Bronze Patrons**

Carrie Berlin | G. Stan Brown | Ann Chaney | Michael Coleman | Doug Hastings | Harry Jones |  
Kenneth Kops | Judy Massabny | Karl Mueller | Lydia Patrick | Potomac Valley Track Club |  
Paula Renfro | Mandy Whalen

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**The Northern Virginia Senior Olympic Committee would like to thank all of the volunteers and sponsoring agencies for their assistance!! The more than 900 senior registrants appreciate everyone's efforts on their behalf.**

## 2023 EVENT RESULTS

An Asterisk (\*) indicates a New Record has been set or tied

Age Group	Place	Age	First Name	Last Name	City	Result
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“Age Group” and age reflects age by end of 2023.

### BADMINTON

Not offered in 2023

### BASKETBALL FIELD GOALS – WOMEN (\*\* = tie breaker)

50-59	Gold	59	Sabrina	Tormoen	Bealeton	7/20
	Silver	58	Kristin	Haynes	Annandale	5/20
60-69	Gold	61	Vanstacia	Jackson	Alexandria	8/20
	Silver	63	Lynn	Thompson	Fairfax	4/20

### BASKETBALL FIELD GOALS – MEN (\*\* = tie breaker)

50-59	Gold	53	Darren	Snow	Warrenton	6/20
60-69	Gold	67	John	Schneider	Reston	2/20
70-74	Gold	70	Al	Giambone	Dumfries	8/20
	Silver	71	Rod	Hupp	Falls Church	7/20
	Bronze	70	Ken	Freund	Alexandria	0/20
75-79	Gold	76	Sam	Slowinski	Gainesville	13/20
	Silver	75	Douglas	Huff	Fairfax	6/20
	Bronze	76	Doyle	Talkington	Haymarket	5/20
		75	W Phil	Klinkhardt Jr.	Killeen	0/20
80-84	Gold	84	Gerald	Dahlin	Manassas	10/20
	Silver	80	James	Holmes	Springfield	7/20
	Bronze	84	Herb	Levitan	Arlington	0/20
85-89	Gold	86	Andrew	Dixon	Fairfax	8/20
	Silver	87	Eddie	Ladd	Potomac Falls	3/20

### BASKETBALL FREE THROW – WOMEN

50-59	Gold	59	Sabrina	Tormoen	Bealeton	9/20
	Silver	58	Kristin	Haynes	Annandale	8/20
60-69	Gold	61	Vanstacia	Jackson	Alexandria	12/20
	Silver	63	Lynn	Thompson	Fairfax	5/20

**BASKETBALL FREE THROW – MEN (\*\* = tie breaker)**

50-59	53	Gold	Darren	Snow	Warrenton	7/20
65-69	67	Gold	John	Schneider	Reston	6/20
70-74	71	Gold	Rod	Hupp	Falls Church	10/20
	70	Silver	Al	Giambone	Dumfries	6/20
	70	Bronze	Ken	Freund	Alexandria	2/20
75-79	76	Gold	Sam	Slowinski	Gainesville	16/20
	76	Silver	Doyle	Talkington	Haymarket	9/20
	75	Bronze	Douglas	Huff	Fairfax	8/20
	75	4	W Phil	Klinkhardt Jr.	Killeen	4/20
80-84	84	Gold	Gerald	Dahlin	Manassas	10/20
	80	Silver	James	Holmes	Springfield	8/20 **
	84	Bronze	Herb	Levitan	Arlington	8/20
85-89	86	Gold	Andrew	Dixon	Fairfax	10/20
	87	Silver	Eddie	Ladd	Potomac Falls	5/20

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**BOCCE – WOMEN**

50-59	Gold	58	Kristin	Haynes	Annandale
60-69	Gold	65	Linda	Sholl	Arlington
	Silver	63	Lynn	Thompson	Fairfax
	Bronze	60	Karen	Jarzynka-Hernandez	Arlington
	4	62	Deborah	Bastaich	North Springfield
70-79	Gold	74	Barbara	Williams	Alexandria
	Silver	77	Cheryl	Mahoney	Fairfax
	Bronze	77	Margaret	DeWilde	Dumfries
		75	Sally	Storr	Annandale
		70	Susan	Caputo	Springfield
		71	Meena	Bhagat	Ashburn
80-89	Gold	85	Louann	Larkin	Fairfax
	Silver	81	Janet	Simmons	Arlington
	Bronze	89	Carole	Perez	Arlington
	4	86	Joyce	Lloyd	Arlington
90-99	Gold	93	Barbara	Sholtz	Arlington
	Silver	92	Janine	Bland	Arlington

**BOCCE - MEN**

50-59	Gold	51	Juan	Hernandez	Arlington
	Silver	50	Paul	Smith	Arlington
	Bronze	59	Stephen	Neal	Chantilly
60-69	Gold	66	Michael	Fargano	Ashburn
	Silver	60	Bob	Portland Jr	Chantilly
	Bronze	61	Kit	Sheffield	Vienna
70-79	Gold	73	Magdi Michael	Kallini	Fairfax
	Silver	75	Charles	Paceley	Fairfax
	Bronze	78	Charles	Williams	Annandale
		70	Peter	Everett	Fairfax
		77	John	Rogers	Arlington
		77	John	Murphy	Fairfax Station
		78	Gordon	Carter	Falls Church
79	Naresh	Bhagat	Ashburn		
80-89	Gold	84	Carlos	Rodriguez	Dumfries
	Silver	80	Vincent	O'Connor	Fairfax
	Bronze	84	Richard (Dick)	Stohr	Lake Ridge
		82	Peter	Freeman	Arlington
		83	Herb	Rose	Arlington
		87	John C.	Gilbert	Fairfax
		88	Ralph	Hyer	Annandale
		89	Robert	Strohmayr	Burke
90-99	Gold	93	Nick	Garito	Fairfax
	Silver	92	James (Jim)	Miller	Fairfax
	Bronze	90	Michael	Hancher	Fairfax
		90	Joe	Marotta	Fairfax
		91	Sonny	Caputo	Springfield
		92	Ronald (Ron)	Gallier	Fairfax

**BOWLING – TEN PIN – WOMEN**

50-54	Gold	53	Jasmine	Joo	Burke	622*	
55-59	Gold	56	Kay	Christiansen	Woodbridge	507	
60-64	Gold	63	Kathy	McGarril	Arlington	589	
	Silver	61	Vanstacia	Jackson	Alexandria	578	
	Bronze	60	Coleen	Cornwell	Manassas	558	
		4	64	Jacklyn	Rush	Dumfries	556
		5	62	Deborah	Bastaich	North Springfield	525
65-69	Gold	69	Sandra	Friend	Woodbridge	579	
	Bronze	65	Daria	Zane	Arlington	575	
		Silver	66	Beverly	Holt	Fairfax	471
70-74	Gold	70	Diana	Rouse	Ashburn	611	
	Silver	70	Miriam	Witherspoon	Arlington	566	
	Bronze	70	Susan	Caputo	Springfield	557	
		4	74	Lancet Ann	Boyer	Herndon	540
		5	71	Shirley	Elrod	Ashburn	522

75-79	Gold	79	Lucky	Friend	Alexandria	592
	Silver	77	Margaret	Moyer	Alexandria	559
	Bronze	76	Kat	Brette	Warrenton	522
	4	76	Donna	Jerome	Haymarket	508
	5	77	Margaret	DeWilde	Dumfries	424
80-84	Gold	81	Sandra	Graves	Linden	538
	Silver	84	Mary	Dalessandris	Falls Church	490
85-89	Gold	89	Barbara	Williams	Sterling	632
	Silver	85	Betty	Graves	Alexandria	606
100+	Gold	100	Eva	Sorensen	Alexandria	527*

### **BOWLING – TEN PIN – MEN**

50-54	Gold	53	George	Griffin	Alexandria	465
55-59	Gold	55	Taeheon	Kang	Centreville	630
65-69	Gold	68	Suk	Bae	Fairfax	654
70-74	Gold	72	Thomas	Shank	Woodbridge	573
75-79	Gold	78	Donald	Brette	Warrenton	654
	Gold	75	Raymond	Marquardt	Alexandria	654
	Silver	75	Christopher	Fialkovich	Arlington	645
	Bronze	78	Ted	Crews	Springfield	559
	4	75	Raymond	Ferguson	Fairfax	523
80-84	Gold	81	David	Tutt	Falls Church	575
	Silver	81	Robert	Foor	Alexandria	523
	Bronze	84	Carlos	Rodriguez	Dumfries	369+DNF
90-94	Gold	91	Dominador	Endoso	Annandale	567
	Silver	91	Sonny	Caputo	Springfield	538

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**BUNCO (Co-ed) (NOT OFFERED IN 2023)**

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**CANASTA (Resumed in 2018) Co-ED**

All ages	Gold	56	JJ	Sunday	Arlington	18140
	Gold	89	Jackson	Boswell	Arlington	
	Silver	74	Florence	Byrne	Haymarket	16875
	Silver		Joy	Reiger	Haymarket	
	Bronze	77	Sonni	Goffman	Arlington	14895
	Bronze	86	Rochelle	Markowitz	Arlington	
	4	77	Judy	Raman	Arlington	11055
	4	92	Ruth	Krulfeld	Arlington	
	5	76	Letizia	Teganini	Haymarket	9615
	5	78	Phyllis	Bowman	Haymarket	
	6	77	Mary	Miller	Alexandria	6745
	6	80	Sandra	Carpenter	Alexandria	
	7	73	Louise	Finkle	Alexandria	4220
	7	76	Donna	Jerome	Haymarket	
	8	89	Rita	Carney	Arlington	1555
	8	98	Hilda	Yuspeh	Arlington	

**CORNHOLE TOSS – SINGLES - WOMEN (New in 2015)**

All Ages	Gold	60	Colleen	Cornwell	Manassas
	Silver	65	Linda	Sholl	Arlington
	Bronze	76	Jacqueline	Miller	Alexandria
		61	Vanstacia	Jackson	Alexandria
		71	Jane	Hoge	Falls Church
		71	Meena	Bhagat	Ashburn
		75	Sally	Storr	Annandale
		84	Mary	Dalessandris	Falls Church

**CORNHOLE TOSS – SINGLES - MEN (New in 2015)**

All Ages	Gold	66	Larry	Moon	Leesburg
	Silver	62	Mark	Matsko	Arlington
	Bronze	73	Magdi Michael	Kallini	Fairfax
		59	Stephen	Neal	Chantilly
		63	Scott	MacEwen	Arlington
		66	Robert	Roll	Arlington
		70	Marc	Gordon	Alexandria
		73	Walter	Zaumseil	Arlington
		73	Jorge	Venegas	Arlington



		75	William	Guey-Lee	Arlington
		76	Jack	Katosh	Arlington
		78	Gordon	Carter	Falls Church
		79	Naresh	Bhagat	Ashburn
		83	Karl	Mueller	Alexandria
		83	Woody	Hair	Arlington

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**CORNHOLE TOSS – DOUBLES - WOMEN (New in 2015)**

All Ages	Gold	65	Linda	Sholl	Arlington
	Gold	71	Jane	Hoge	Falls Church
	Silver	76	Jacqueline	Miller	Alexandria
	Silver	71	Meena	Bhagat	Ashburn

**CORNHOLE TOSS – DOUBLES - MEN (New in 2015)**

All ages	Gold	59	Stephen	Neal	Chantilly
	Gold	76	Jack	Katosh	Arlington
	Silver	73	Magdi Michael	Kallini	Fairfax
	Silver	79	Naresh	Bhagat	Ashburn
	Bronze	73	Charles	Albert	Arlington
	Bronze	75	Brad	Bickford	Arlington

**CORNHOLE TOSS – MIXED DOUBLES (New in 2015)**

All Ages	Gold	59	Stephen	Neal	Chantilly
	Gold	71	Jane	Hoge	Falls Church
	Silver	65	Linda	Sholl	Arlington
	Silver	76	Jack	Katosh	Arlington
	Bronze	60	Colleen	Cornwell	Manassas
	Bronze	83	Woody	Hair	Arlington
		71	Meena	Bhagat	Ashburn
		79	Naresh	Bhagat	Ashburn
		76	Jacqueline	Miller	Alexandria
		73	Magdi Michael	Kallini	Fairfax

**CRIBBAGE – COED**

All Ages	Gold	81	Paul	McFarland	Springfield	9/4
	Silver	60	Mark	Wever	Springfield	8/4
	Bronze	75	Sally	Storr	Annandale	6/3
	4	86	Kurt	Molholm	Springfield	6/2
		63	James	Doperalski	Alexandria	5/2
		70	Ken	Freund	Alexandria	4/2
		70	Diana	Rouse	Ashburn	2/1
		62	Ted	Poulos	McLean	2/1
		76	George	Gero	Dumfries	2/1
		79	Sonja	Risser	Springfield	0/0

[Back To Table of Contents](#)[Back to list of Events with Records](#)**CROQUET- WOMEN (NEW IN 2018)**

All Ages	Gold	87	Beverly	Hennessey	Falls Church
	Silver	89	Jennifer	Santley	Falls Church
	Bronze	60	Karen	Jarzynka-Hernandez	Arlington
	4	80	Ellen	Dayton	Falls Church
	5	83	Jennifer	Frum	Falls Church

**CROQUET - MEN (NEW IN 2018)**

All Ages	Gold	92	John	Ewing	Falls Church
	Silver	70	Ken	Freund	Alexandria
	Bronze	71	Rod	Hupp	Falls Church
	4	51	Juan	Hernandez	Arlington

**CROSSWORD PUZZLE CO-ED (New in 2021)**

50-59	Gold	58	Ed	Brandmark	Vienna	53:25 min
	Silver	58	Laurie	Seaton	Fairfax	133:55
60-69	Gold	61	Kit	Sheffield	Vienna	25:00
	Silver	69	Eve	Pines	Springfield	31:30
	Bronze	62	Ted	Poulos	McLean	47:55
	4	67	Terry	McElroy	Woodbridge	48:15
	5	69	John	Cook	Arlington	88:00
	6	61	Mary	Johnson	Clifton	216:50
	7	65	Joe	Brunn	Fairfax	238:00
	8	69	David	Mann	Fairfax	244:00
70-79	Gold	70	Ken	Freund	Alexandria	51:34
	Silver	76	Jack	Katosh	Arlington	63:00
	Bronze	71	John	Scurto	Oakton	114:05
	4	72	Jeffrey	Klemm	McLean	118:59
	5	78	Harlan	Lee	Fairfax	143:00
	6	71	John	Olsen	Springfield	193:00
	7	75	John	Seymour	Arlington	206:20
	8	71	Timothy	Smith	Falls Church	472:00

80-89	Gold	82	Dorothy	Roberson	Fort Belvoir	92:10
	Silver	81	Sally	Racinos	Falls Church	118:21
	Bronze	81	Paul	McFarland	Springfield	128:15
	4	84	Susan	Daniels	Falls Church	153:15
	5	80	Fred	Morhart	Falls Church	164:00
	6	80	Stefanie	Reponen	Falls Church	172:05
	7	81	Marie	Schryver	Arlington	263:00
90-99	Gold	91	Verne	Vance	Arlington	147:00

**CYCLING – 10K TIME TRIAL – WOMEN** (Held at Vint Hill Village Green in 2016-2022; Northern Fauquier Community Park in 2013, 2014 & 2015; different circuit from 2011)

**Cancelled in 2023 because of Tropical Storm**

**CYCLING – 10K TIME TRIAL – MEN** (Held at Vint Hill Village Green in 2016-2022; Northern Fauquier Community Park in 2013, 2014 & 2015; different circuit from 2011)

**Cancelled in 2023 Because of Tropical Storm**

**CYCLING – 20K TIME TRIAL – WOMEN** (Held at Vint Hill Village Green in 2016-2022; Northern Fauquier Community Park in 2013, 2014 & 2015; different circuit from 2011)

**Cancelled in 2023 because of Tropical Storm**

**CYCLING – 20K TIME TRIAL – MEN** (Held at Vint Hill Village Green in 2016-2022; Northern Fauquier Community Park in 2013, 2014 & 2015; different circuit from 2011)

**Cancelled in 2023 Because of Tropical Storm**

**DISC GOLF – Women (New in 2023)**

60-64	Gold	61	Emily	Smith	Annandale	53*
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**DISC GOLF – Men (New in 2023)**

55-59	Gold	58	Kevin	Walton	Ashburn	32*
	Gold	56	Juan	Serrano, Jr.	Gainesville	32*
	Bronze	58	Ed	Brandmark	Vienna	36
60-64	Gold	63	Jon	Berglund	Springfield	32*
65-69	Gold	66	Robert	Roll	Arlington	43*
70-74	Gold	71	Rod	Hupp	Falls Church	30*
	Silver	70	Ken	Freund	Alexandria	34

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**DIVING 1 M – WOMEN**

50-54	Gold	51	Deb	Ryan	Arlington	202.60*
	Silver	52	Nora	Ristovska	Arlington	152.40
55-59	Gold	55	Elizabeth	Alves	Arlington	134.67
60-64	Gold	61	Madeline	Fleckenstein	Arlington	164.15
70-74	Gold	74	Karen	Alderman	Arlington	150.05
	Silver	73	Carol J	Mackela	Springfield	146.75

**DIVING 1 M – MEN**

50-54	Gold	54	Miguel	Perez	Oakton	200.90
60-64	Gold	62	Douglas	Bell	Vienna	166.45
70-74	Gold	74	R Duane	Clayton-Cox	Fairfax	139.50
80-84	Gold	83	Kim	Alderman	Arlington	140.80

**DIVING 3 M – WOMEN (NEW IN 2022)**

50 - 54	51	Gold	Deb	Ryan	Arlington	177.86*
60 - 64	61	Gold	Madeline	Fleckenstein	Arlington	191.95*
70 - 74	73	Gold	Carol J	Mackela	Springfield	145.40

**DIVING 3 M – MEN (NEW IN 2022)**

50- - 54	54	Gold	Miguel	Perez	Oakton	219.20*
70 - 74	74	Gold	R Duane	Clayton-Cox	Fairfax	157.70*
80-84	83	Gold	Kim	Alderman	Arlington	154.20

**DIVING – SYNCHRONIZED CO-ED (NEW IN 2023)**

All ages	Gold	73	Carol J	Mackela	Springfield	142.19*
	Gold	74	Karen	Alderman	Arlington	
	Silver	83	Kim	Alderman	Arlington	122.1
	Silver	51	Deb	Ryan	Arlington	
	Bronze	61	Madeline	Fleckenstein	Arlington	118.38
	Bronze	52	Nora	Ristovska	Arlington	
	4	54	Miguel	Perez	Oakton	105.45
	4	62	Doug	Bell	Vienna	

**DOMINOES MEXICAN TRAIN - WOMEN (DNQ = Did not Qualify)**

All ages	Gold	100	Eva	Sorensen	Alexandria	58
	Silver	84	Helen	Pape	Alexandria	69
	Bronze	69	Marian	McLaughlin	Springfield	70
	4	83	Janyce	Cone	Alexandria	79
	5	68	Paula	Kane	Burke	87
	6	76	Frances	Feiner	Arlington	107
		65	Helen	Onufrak	Arlington	DNQ
		75	Sally	Storr	Annandale	DNQ
		78	Anna	Krassy	Ashburn	DNQ
		92	Ruth	Krulfeld	Arlington	DNQ

**DOMINOES – MEXICAN TRAIN MEN**

No men participated

**DUPLICATE BRIDGE - Co-Ed (All Ages)**

Not Offered in 2023

**EIGHT BALL POOL – WOMEN**

50-59	Gold	51	Dawn	Crenshaw	Burke
60-69	Gold	65	Linda	Sholl	Arlington
70-79	Gold	74	Shelley	Wade	Arlington
	Silver	76	Dong	Ma	Springfield

**EIGHT BALL POOL – MEN**

50-59	Gold	59	Alberto	Bautista	Arlington
	Silver	59	Stephen	Neal	Chantilly
	Bronze	53	George	Griffin	Alexandria
60-69	Gold	64	Patrick	Grondin	Centreville
	Silver	65	Joe	Brunn	Fairfax
70-79	Gold	70	Alan	Schwaber	Arlington
	Silver	75	Florencio	Cruz	Herndon
	Bronze 4	73	Cornelius	Davis, Jr.	Bristow
		73	Charles	Albert	Arlington
		77	Chela	Bathija	Bristow
		77	Robert	Grannis	Manassas
		78	Phillip	Simpson	Alexandria
		78	Arthur	Bohn	Manassas
		75	William	Guey-Lee	Arlington
		72	Gary	Jackson	Fairfax
74	Deogracias	Mangubat	Alexandria		
80-89	Gold	86	Charles	Van Horn	Dumfries
	Silver	86	Yining	Wang	Fairfax
	Bronze 4	80	Charles	Wolford	Bristow
		81	Howard	Kaplan	Alexandria
		80	Daniel	Mancini	Alexandria
		82	John	Edman	Sterling
		84	Carlos	Rodriguez	Dumfries
		84	Leon	Anstee	Gainesville
		85	John	Ziolkowski	Arlington
		86	Melvin	Engbert	Gainesville
		87	Clifford	Nolan	Bristow
		89	Horace	Reyes	Arlington
		89	Fred	Holhweg	Falls Church
90-99	Gold	90	Nicholas	Fidandis	Alexandria
	Silver	95	George	White	Alexandria

**FOOTBALL THROW – WOMEN**

50-54	Gold	51	Janeen	Hair	Woodbridge	62' 2"
55-59	Gold	59	Sabrina	Tormoen	Bealeton	85' 11" *
	Silver	58	Kristin	Haynes	Annandale	50' 5"
60-64	Gold	61	Lee Anne	Orndorff	Alexandria	89' 2" *
	Silver	60	Colleen	Cornwell	Manassas	64' 7"
	Bronze	60	Karyn	Moreland	Aldie	56' 5"
	4	61	Betsy	Berglund	Springfield	35' 6"
	5	63	Lynn	Thompson	Fairfax	32' 11"
65-69	Gold	66	Carol	Mcelroy	Woodbridge	35' 4"
	Silver	65	Kathleen	Wilson	Springfield	53' 1"
70-74	Gold	71	Jane	Hoge	Falls Church	56' 2" *
75-79	Gold	78	Nancy	Joyner	Annandale	34' 11"
	Silver	76	Jacqueline	Miller	Alexandra	28' 6"
80-84	Gold	82	SC	Whitehouse	Potomac Falls	22' 5" *
	Silver	84	Rosemary	Adams	Potomac Falls	17' 8"
	Bronze	83	Barbara	O'Brien	Potomac Fallx	16' 10"

**FOOTBALL THROW – MEN**

50-54	Gold	50	Brian	Hair	Woodbridge	133' 3" *
55-59	Gold	57	Magdi	Amin	McLean	69' 8"
	Silver	59	Stephen	Neal	Chantilly	60' 5"
60-64	Gold	62	Michael	Purcell	Ashburn	118' 1" *
	Silver	62	Ken	Moreland	Aldie	103' 0"
	Bronze	63	Jon	Berglund	Springfield	97' 7"
	4	64	Louie	Harris	Clifton	83' 2"
65-69	Gold	67	William	Highsmith	Arlington	83' 1"
	Silver	65	Patrick	Manley	Alexandria	60' 7"
	Bronze	67	John	Schneider	Reston	51' 0"
70-74	Gold	71	Rod	Hupp	Falls Church	98' 3"
	Silver	74	Doug	Hastings	Gainesville	94' 9"
	Bronze	70	Ken	Freund	Alexandria	51' 8"
	4	74	Kenneth	Mass	Falls Church	49' 10"
	5	73	Magdi Michael	Kallini	Fairfax	34' 7"
75-79	Gold	75	Gharemon	Suleymon	McLean	68' 8"
	Silver	75	Eiji	Yasuhara	Sterling	66' 8"
	Bronze	76	Don	Sodo	Dumfries	64' 7"
	4	76	Jack	Katosh	Arlington	51' 6"
	5	79	Don	Meli	Annandale	48' 8"
	6	77	Matt	Kline	Alexandria	46' 6"
	7	79	Charles	Kleymeyer	Arlington	42' 8"
80-84	Gold	81	Robert	Foor	Alexandria	56' 5"
	Silver	84	Carlos	Rodriguez	Dumfries	45' 9"
	Bronze	84	Herb	Levitan	Arlington	38' 9"

85-89	Gold	86	Andrew	Dixon	Fairfax	56' 9"
	Silver	88	Jerry	Bradley	Oakton	49' 8"
	Bronze	87	Eddie	Ladd	Potomac Falls	38' 8"
	4	89	Robert	Strohmayr	Burke	21' 6"
90-94	Gold	90	Bill	Brennan	Annandale	37' 4"
	Silver	92	Richard	Ragold	Gainesville	36' 8"

### FRISBEE THROW – WOMEN

55-59	Gold	58	Kristin	Haynes	Annandale	69' 0"
60-64	Gold	61	Lee Anne	Orndorff	Alexandria	79' 8"
	Silver	60	Colleen	Cornwell	Manassas	73' 9"
	Bronze	63	Lynn	Thompson	Fairfax	53' 0"
	4	61	Vanstacia	Jackson	Alexandria	44' 3"
	5	60	Karyn	Moreland	Aldie	43' 7"
	6	61	Betsy	Berglund	Springfield	41' 4"
65-69	Gold	66	Carol	Mcelroy	Woodbridge	55' 7"
70-74	Gold	71	Jane	Hoge	Falls Church	55' 3"
75-79	Gold	76	Jacqueline	Miller	Alexandria	21' 3"
80-84	Gold	82	SC	Whitehouse	Potomac Falls	26' 8"

### FRISBEE THROW – MEN

50-54	Gold	51	Brian	Lee	Alexandria	151' 5"
	Silver	50	Brian	Hair	Woodbridge	137' 8"
55-59	Gold	59	Stephen	Neal	Chantilly	62' 4"
60-64	Gold	63	Jon	Berglund	Springfield	139' 0"
	Silver	62	Ken	Moreland	Aldie	109' 3"
65-69	Gold	66	Larry	Moon	Leesburg	121' 11"
	Silver	65	Patrick	Manley	Alexandria	75' 8"
	Bronze	67	Terry	McElroy	Woodbridge	62' 9"
	4	67	John	Schneider	Reston	46' 2"
70-74	Gold	71	Rod	Hupp	Falls Church	140' 9"
	Silver	70	Ken	Freund	Alexandria	104' 8"
75-79	Gold	75	Gharemon	Suleymon	McLean	86' 8"
	Silver	77	Robert	Grannis	Manassas	79' 9"
	Bronze	79	Charles	Kleymeyer	Arlington	69' 2"
	4	75	Eiji	Yasuhara	Sterling	57' 6"
	5	77	Matt	Kline	Alexandria	53' 6"
	6	76	Jack	Katosh	Arlington	51' 3"
	7	75	Jon	Roberts	Sterling	45' 1"
	8	79	Don	Meli	Annandale	41' 9"
80-84	Gold	84	Carlos	Rodriguez	Dumfries	46' 7"
85-89	Gold	87	Eddie	Ladd	Potomac Falls	63' 6"
	Silver	88	Jerry	Bradley	Oakton	49' 4"
	Bronze	86	Paul	Schwartz	Potomac Falls	41' 6"

**GOLF – 9-Hole, 3 par Women (New in 2023)**

50-54	Gold Silver	52 50	Lynn Janeen	Gilbertson Hair	Burke Woodbridge	41* 43
55-59	Gold	59	Sabrina	Tormoen	Bealeton	43*
60-64	Gold	60	Karen	Jarzynka-Hernandez	Arlington	47*
75-79	Gold Silver	79 79	Sonja Jule Ann	Risser Cheslock	Springfield Springfield	43* 49

**GOLF – 9-Hole, 3 par Men (New in 2023)**

50-54	Gold Silver Bronze	50 59 51	Brian George Juan	Hair Griffin Hernandez	Woodbridge Alexandria Arlington	33* 48 49
55-59	Gold Silver	55 57	Steve Jose	Kishok Palomo	Fairfax Woodbridge	34* 49
60-64	Gold Silver Silver	60 63 64	Jiadong Jon Slawomir	Huang Berglund Olender	Fairfax Springfield McLean	34* 44 44
65-69	Gold Silver	65 69	Michael John	Garcia Cook	McLean Arlington	32* 37
70-74	Gold Silver	72 70	Allan Ken	Dosik Freund	Arlington Alexandria	42* 44
75-79	Gold Silver Bronze 4	77 75 79 75	John W Phil Glenwood Douglas	Higgins Klinkhardt Jr. Sickels Huff	Reston Killeen Haymarket Fairfax	34* 35 42 43
85+	Gold Silver Bronze	89 91 86	William James Charles	White Fahey Van Horn	Clifton Vienna Dumfries	34* 36 40

[Back To Table of Contents](#)[Back to list of Events with Records](#)**HORSESHOES – WOMEN**

50-59	Gold Silver Bronze 4	59 51 58 56	Sabrina Dawn Kristin Jeanne	Tormoen Crenshaw Haynes Palomo	Bealeton Burke Annandale Woodbridge
60-69	Gold Silver Bronze	65 61 63	Linda Emily Lynn	Sholl Smith Thompson	Arlington Annandale Fairfax
70-79	Gold Silver	70 71	Susan Meena	Caputo Bhagat	Springfield Ashburn
80-89	Gold	83	Janyce	Cone	Alexandria

**HORSESHOES – MEN**

50-59	Gold Silver Bronze	59 57 50	Stephen Jose Paul	Neal Palomo Smith	Chantilly Woodbridge Arlington
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60-69	Gold	66	Larry	Moon	Leesburg
70-79	Gold	71	Rod	Hupp	Falls Church
	Silver	73	Walter	Zaumseil	Arlington
	Bronze	70	Peter	Everett	Fairfax
	4	70	Ken	Freund	Alexandria
	5	73	Magdi Michael	Kallini	Fairfax
	5	76	Doyle	Talkington	Haymarket
80-89	Gold	84	Carlos	Rodriguez	Dumfries
	Silver	88	Jerry	Bradley	Oakton
	Bronze	84	Richard (Dick)	Stohr	Lake Ridge
	4	86	Melvin	Engbert	Gainesville
	5	83	Herb	Rose	Arlington

### JIGSAW PUZZLE SINGLES (NEW IN 2019)

50-59	Gold	58	Laurie	Seaton	Fairfax	1:05 hr:min
	Silver	59	Mary	Smolenski	Arlington	1:15
	Bronze	58	Elaine	Brenner	Falls Church	1:28
60-64	Gold	60	Karen	Jarzynka-Hernandez	Arlington	2:30
	Silver	60	Cindy	Mathys	Alexandria	3:03
	Bronze	62	Kathleen	Murray	Arlington	3:31
65-69	Gold	66	Katherine	Good	Woodbridge	1:50
	Silver	68	Sue	Thaler	Arlington	1:56
	Bronze	69	Marian	McLaughlin	Springfield	DNF
70-74	Gold	70	Diane	White	Annandale	1:26
	Silver	70	Ken	Freund	Alexandria	1:57
	Bronze	74	Barbara	Williams	Alexandria	2:22
	4	70	Nancy	Christy	Great Falls	2:30
	5	70	Diana	Rouse	Ashburn	2:45
		70	Lydia	Patrick	Reston	DNF
75-79	Gold	76	Christine	French	Arlington	1:55
	Silver	77	Lorie	Brush	Falls Church	2:11
	Bronze	77	Betty	Charles	Springfield	2:16
	4	79	Mary Lee	Payton	Falls Church	2:20
		77	Beth	Baynes	Alexandria	DNF
		78	Arlene	Gribben	Springfield	DNF
80-89	Gold	81	Sharon	Muir	Springfield	3:38
	Silver	81	Patricia	Fisher	Alexandria	5:10
	Bronze	82	Lee	Schumacher	Woodbridge	5:53
		80	Jan	Keyes	Springfield	DNF
		83	Trude	Myers	Falls Church	DNF
		85	Michael	Kelly	Arlington	DNF
90-99	Gold	95	Katie	Creane	Springfield	3:50

### JIGSAW PUZZLE DOUBLES (NEW IN 2022)

50-69	Gold	55	Sally	Hazard	Alexandria	1:33 hrs:min
	Gold	61	Andra	Ryan	Annandale	1:33
	Silver	61	Mary	Eward	Leesburg	1:35
	Silver	61	Lynne	DePaso	Vienna	1:35
	Bronze	63	Handan	Gencogluer	Mc Lean	1:53
	Bronze	65	Reid	Mueller	McLean	1:53
	4	53	Theresa	Akin	Ashburn	3:25
	4	54	Kari	Bennett	Leesburg	3:25
		55	Annemarie	Schaefer	Alexandria	DNF
		56	Cooper	Pierce	Alexandria	DNF
<b>70+</b>	Gold	71	Pamela	Mendell	Warrenton	3:36
	Gold	76	Kat	Brettle	Warrenton	3:36
	Silver	83	Susan	LaRue	Falls Church	5:38
	Silver	89	Shirley	Lytle	Falls Church	5:38
	Bronze	76	Mary	Paxton	Oakton	7:00
	Bronze	80	Carol	Collins	Gainesville	7:00

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**LINE DANCING Co-Ed, All Ages (RENEWED IN 2019)**

Gold	The Etceteras	74	Melanie	Ferrara	Arlington
Gold	The Etceteras	77	Mary Ann	Orecchio	Arlington
Gold	The Etceteras	83	Suzanne	Hughes	Falls Church
Gold	The Etceteras	59	Yi	Guo	Arlington
Gold	The Etceteras	76	Gloria	Lau	Arlington
Gold	The Etceteras	77	Leah	Murray	Alexandria
Gold	The Etceteras	70	Kitty	Russell	Arlington
Gold	The Etceteras	61	Leeann	Li	Arlington
Silver	Hawaiian Stars	64	Mikyung	Jo	Burke
Silver	Hawaiian Stars	80	June	Campany	Springfield
Silver	Hawaiian Stars	78	Carol	Takafuji	Vienna
Silver	Hawaiian Stars	61	Holly	Bell	Vienna
Silver	Hawaiian Stars	80	Maria T.	Puri	Burke
Silver	Hawaiian Stars	80	Frances	Cornett	Fairfax Station
Silver	Hawaiian Stars	57	Johanna	Mauro	Herndon
Silver	Hawaiian Stars	80	Chung (Cathy)	Byon	Annandale
Bronze	Fire Flame	81	Julie	Parsons	Alexandria
Bronze	Fire Flame	77	Jong-rai	Jeong	Alexandria
Bronze	Fire Flame	76	Jane	Lee	Alexandria
Bronze	Fire Flame	80	Jenny	Lozada	Alexandria
Bronze	Fire Flame	85	Doddie	Cave	Springfield
Bronze	Fire Flame	71	Doddie	Lee	Alexandria
4	Come Dance With Me	73	Bill	Wong	Merrifield
4	Come Dance With Me	79	Chuangchan	Phongsavan	Springfield
4	Come Dance With Me	76	Jean L	Pooladi	Fairfax
4	Come Dance With Me	76	Julie	Chon	Arlington
4	Come Dance With Me	76	Cathy	Becker	Alexandria
4	Come Dance With Me	66	Shirley	Genter	Alexandria

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**MAH JONGG (New in 2014)**

<b>50-69</b>	Gold	64	Sondra	Rojas	Sterling	255
	Silver	68	Sue	Thaler	Arlington	185
	Bronze	66	Patricia	Cosler	Alexandria	175
	4	54	Stacy	Offord	Haymarket	150
	5	58	Martha	Atkins	Arlington	125
	6	66	Carol	Sadoff	McLean	120
	7	69	Linda	Moreno	Haymarket	95
	8	67	Wendy	MacDonald	Woodbridge	85
	9	65	Rochelle	Kornreich	Arlington	75
	10	68	Cindy	Santner	Arlington	70
	11	66	Deb	Cohen	McLean	45
	12	68	Ida	Drain	Alexandria	20
	13	65	Sylvia	Prosak	Arlington	10
<b>70-79</b>	Gold	77	Judy	Raman	Arlington	250
	Silver	77	Nance	DeMarco	Falls Church	215
	Bronze	76	Donna	Jerome	Haymarket	190
	4	74	Florence	Byrne	Haymarket	170
	5	77	Barbara	Small	Haymarket	160
	6	78	Anna	Krassy	Ashburn	155
	7	70	Betty	McElderry	Ashburn	105
	8	77	Carol	Enninga	Haymarket	100
	8	78	Phyllis	Bowman	Haymarket	100
	10	73	Judy	Wall	Arlington	85
	10	76	Carmelita	Tucker	Arlington	85
	10	76	Jean L	Pooladi	Fairfax	85
	10	76	Letizia	Teganini	Haymarket	85
	14	77	Elaine	Lomax	Falls Church	55
	15	76	Mary Ann	Brandenburg	Reston	35
<b>80+</b>	Gold	80	Sally	Werntz	Reston	160
	Silver	83	Olga	Jacobsen	Woodbridge	150
	Bronze	82	Margaret	Canedo	Ashburn	95
	4	83	Lynn	Durel	Falls Church	90
	5	94	Catharine (Kitty)	Cacciapaglia	Falls Church	65
	6	81	Judy	Greenberg	Falls Church	60
	7	91	Iris	Shamaskin	Arlington	45
	8	81	Debbie	Messey	Falls Church	40

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**MINIATURE GOLF – WOMEN (\*\* = tie breaker)**

50-54	Gold	52	Lynn	Gilbertson	Burke	64
55-59	Gold	59	Sabrina	Tormoen	Bealeton	52
	Silver	56	Jeanne	Palomo	Woodbridge	53
60-64	Gold	60	Karen	Jarzynka-Hernandez	Arlington	46
	Silver	63	Lynn	Thompson	Fairfax	51
	Bronze	60	Karyn	Moreland	Aldie	57
	4	61	Emily	Smith	Annandale	61
65-69	Gold	65	Linda	Sholl	Arlington	58
	Silver	67	Linda	Andrews	Fairfax	65
70-74	Gold	74	Barbara	Williams	Alexandria	51
	Silver	71	Meena	Bhagat	Ashburn	53
	Bronze	73	Ursula	Carter	Falls Church	61
	4	70	Susan	Caputo	Springfield	62
75-79	Gold	79	Sonja	Risser	Springfield	50
	Silver	75	Linda	Whitmore	Alexandria	50
	Bronze	79	Jule Ann	Cheslock	Springfield	65
	4	77	Margaret	DeWilde	Dumfries	67
80-84	Gold	84	Mary	Dalesandris	Falls Church	57
	Silver	83	Jacqueline	Broz	Falls Church	60

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**MINIATURE GOLF – MEN (\*\* = tie breaker)**

50-54	Gold	51	Juan	Hernandez	Arlington	46
55-59	Gold	59	Stephen	Neal	Chantilly	50
	Silver	55	Alok	Jain	Fairfax	53
60-64	Gold	61	Kit	Sheffield	Vienna	50
	Silver	62	Ken	Moreland	Aldie	57
65-69	Gold	65	Daniel	Clark	Fairfax	42
	Silver	69	William	ORourke	Springfield	43
	Bronze	69	David	Mann	Fairfax	50
	4	66	Robert	Roll	Arlington	52
70-74	Gold	71	Rod	Hupp	Falls Church	45
	Silver	70	Robert	Aaront	Centreville	48
	Bronze	70	Ken	Freund	Alexandria	49
	4	74	Gerald	Sajewski	Arlington	50
	5	73	Magdi Michael	Kallini	Fairfax	51
75-79	Gold	78	Gordon	Carter	Falls Church	42
	Silver	78	Charles	Williams	Annandale	48
	Bronze	79	Naresh	Bhagat	Ashburn	49
	4	75	Douglas	Huff	Fairfax	50
80-84	Gold	83	Woody	Hair	Arlington	45
	Silver	84	Carlos	Rodriguez	Dumfries	55
	Bronze	83	Herb	Rose	Arlington	63
85-89	Gold	85	Rob	Warne	Falls Church	54
90-94	Gold	91	Sonny	Caputo	Springfield	55

**NINE BALL POOL - WOMEN (New in 2015)**

60-69	Gold	65	Linda	Sholl	Arlington
70-79	Gold	76	Dong	Ma	Springfield
	Silver	74	Shelley	Wade	Arlington

**NINE BALL POOL - MEN (New in 2015)**

50-59	Gold	59	Stephen	Neal	Chantilly
	Silver	53	George	Griffin	Alexandria
	Bronze	50	Paul	Smith	Arlington
60-69	Gold	64	Patrick	Grondin	Centreville
	Silver	69	Bob	Drain	Alexandria
70-79	Gold	75	William	Guey-Lee	Arlington
	Silver	73	Cornelius	Davis, Jr.	Bristow
	Bronze	70	Alan	Schwaber	Arlington
		78	Phillip	Simpson	Alexandria
		78	Stephen	Thacher	Burke
		72	Gary	Jackson	Fairfax
74	Deogracias	Mangubat	Alexandria		
80-89	Gold	80	Daniel	Mancini	Alexandria
	Silver	80	Charles	Wolford	Bristow
	Bronze	84	Carlos	Rodriguez	Dumfries
		80	Wayne	Southard	Alexandria
		81	Howard	Kaplan	Alexandria
		85	John	Ziolkowski	Arlington
		86	Charles	Van Horn	Dumfries
		86	Yining	Wang	Fairfax
		87	Clifford	Nolan	Bristow
		89	Horace	Reyes	Arlington
89	Fred	Holhweg	Falls Church		
90-99	Gold	95	George	White	Alexandria

**ORIENTEERING Beginner Course – (Lake Accotink in 2023; Gunston Hall in 2022) New in 2016**

50-59	Gold	56	Michael	Tyson	Alexandria	37:01
	Silver	51	Juan	Hernandez	Arlington	1:17:11
60-69	Gold	61	Emily	Smith	Annandale	48:35
	Silver	61	Michael	Graham	Alexandria	50:35
	Bronze	60	Karen	Jarzynka-Hernandez	Arlington	1:17:08
		4	65	Daniel	Clark	Fairfax
70-79	Gold	79	Harry	Jones	Haymarket	53:32
	Silver	76	Jacqueline	Miller	Alexandria	2:00:02
	Bronze	78	Charles	Williams	Annandale	9 Controls
80-89	Gold	84	Herb	Levitan	Arlington	5 Controls
	Silver	81	Karen	Levitan	Arlington	4 Controls

**ORIENTEERING Advanced Course - ((Lake Accotink in 2023;Gunston Hall in 2022) New in 2016**

50-59	Gold	57	Paul	Hession	Fairfax	1:38:29
	Silver	58	Jeroen	van Ek	Reston	1:45:27
60-69	Gold	66	Einar	Olsen	Arlington	1:15:46
	Silver	66	Katherine	Good	Woodbridge	1:39:44
70-79	Gold	71	Gary	Smith	Fairfax	1:19:36
	Silver	71	Alex	McLellan	Herndon	1:35:02
		70	Gene	Garrett	Dumfries	2 Controls
80-89	Gold	81	Dennis	Morin	Sterling	3:09:44

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**PICKLEBALL – MIXED DOUBLES**

50-59	Gold	56	Kristine	Hamilton	Arlington
	Gold	51	Brian	Lee	Alexandria
	Silver	59	Rose	Hamid	Manassas Park
	Silver	61	Rayman	Hamid	Manassas Park
	Bronze	59	Matt	Durant	Warrenton
	Bronze	54	Monique	Durant	Warrenton
		56	Paul	Cachion	Arlington
		53	Sylvie	Mortimer	Arlington
		59	Tony	Hoffman	Arlington
		68	Micki	Bowman	Alexandria
		62	Wanda	Baez	Arlington
		59	Eduardo	Yus	Arlington
60-64	Gold	64	Albert (Gee)	Winchester	Falls Church
	Gold	65	Deborah	Winchester	Falls Church
	Silver	61	Diane	Spindel	Centreville
	Silver	62	David	Morris	Gainesville
	Bronze	67	Tracey	Yensen	Arlington
	Bronze	64	Brian	Hess	Arlington
	4	71	Robert	Thompson	Arlington
	4	62	Kathleen	Murray	Arlington

		65	Patrick	Manley	Alexandria
		60	Colleen	Cornwell	Manassas
		61	Nellie	Freeman	Vienna
		67	Randolf	Hardock	McLean
		68	Peggy	Tugwell	Springfield
		60	Ray	Cicale	Alexandria
		64	Todd	Mayman	McLean
		64	Susan	Mayman	McLean
		62	Ken	Moreland	Aldie
		60	Karyn	Moreland	Aldie
		62	Wendy	Ricketts	Gainesville
		63	Eric	Ricketts	Gainesville
65-69	Gold	68	Sue	Thaler	Arlington
	Gold	70	Michael	Thaler	Arlington
	Silver	73	Jonathan	Schaffer	Arlington
	Silver	67	MaryBeth	Wilson	Arlington
	Bronze	65	Barbara	Sprout	Fairfax
	Bronze	72	James	Carboni	Oak Hill
	4	68	H. E.	Wolff	Arlington
	4	68	Holly	Wolff	Arlington
70-79	Gold	71	Jane	Hoge	Falls Church
	Gold	77	Neil	Shawen	Falls Church
	Silver	76	William	Pearson	McLean
	Silver	74	Honora	Dent	Arlington
	Bronze	75	John	Seymour	Arlington
	Bronze	78	Manuela	Banerjee	McLean
	4	79	Alemayehu	Woldegebreal	Arlington
	4	77	Beth	Baynes	Alexandria
80-84	Gold	82	John	Sherburne	Fairfax
	Gold	83	Helen	Crum	Annandale



	Silver	80	Anne	Chen	Springfield
	Silver	83	Robert	Chen	Springfield
85-89	Gold	88	Betty	de la Cruz	Arlington
	Gold	85	Gerard	de la Cruz	Arlington
	Silver	86	Margareta	Bennett	Gainesville
	Silver	88	Lawrence	Boyle	Gainesville
90-99	Gold	90	Alease	Brooks	Arlington
			Mike	Marrone	
			(Consolation	Game)	

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**PICKLEBALL – DOUBLES – WOMEN**

50-59	Gold	57	Traci	Outland	Midland
	Gold	54	Teresa	Kroencke	Midland
	Silver	50	Julie	Meehan	Falls Church
	Silver	51	Nicole	Twedde	Falls Church
		51	Dawn	Crenshaw	Burke
		53	Kimberley	Williams	Burke
		57	Lynn	Nguyen	Chantilly
		55	Van	Trinh	Centreville
		57	Lorraine	Chan	Marshall
		56	Giovanna	Nall	Gainesville
	DQ	59	Rose	Hamid	Manassas Park
	DQ	56	Kristine	Hamilton	Arlington
60-64	Gold	60	Kerry	O'Hare	Arlington
	Gold	68	Micki	Bowman	Alexandria
	Silver	60	Betty	Francis	Warrenton
	Silver	60	Maureen	Pan	Fairfax
	Bronze	60	DeStephanie	Johnson	Lorton
	Bronze	61	Diane	Spindel	Centreville
	4	69	Carmen	Alatorre-Martin	Occoquan
	4	61	Katrina	Koons	Centreville

		60	Karen	Barberie	Falls Church
		65	Dorothy	Salak	Falls Church
		61	Nellie	Freeman	Vienna
		60	Jeanne	Rucks	Vienna
		60	Lois	Groth	Fairfax Station
		66	Charlene	O'Brien	Fairfax
		62	Kathleen	Murray	Arlington
		62	Jerriane	O'Day	Arlington
65-69	Gold	65	Deborah	Winchester	Falls Church
	Gold	67	Tracey	Yensen	Arlington
	Silver	68	Sue	Thaler	Arlington
	Silver	65	Katherine	Strotman	Fairfax Station
	Bronze	67	MaryBeth	Wilson	Arlington
	Bronze	66	Peggy	Tugwell	Springfield
70-79	Gold	74	Honora	Dent	Arlington
	Gold	71	Pat	Magin	Arlington
	Silver	71	Jane	Hoge	Falls Church
	Silver	77	Beth	Baynes	Alexandria
80-89	Gold	83	Helen	Garrett	McLean
	Gold	81	Sandra	Simmers	Hillsboro
	Silver	83	Helen	Crum	Annandale
	Silver	88	Betty	de la Cruz	Arlington

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**PICKLEBALL – DOUBLES – MEN**

50-59	Gold	53	Nabil	Bourdouane	Falls Church
	Gold	61	Rayman	Hamid	Manassas Park
	Silver	54	Mick	Baitinger	Fairfax
	Silver	52	Joe	Zamoyta	Falls Church
	Bronze	55	Javier	Fernandez	Alexandria
	Bronze	57	George	Fruchterman	Annandale

	4	70	Chris	Girolamo	Reston
	4	51	Patrick	Mulvaney	Reston
		59	Tony	Hoffman	Arlington
		57	David	Tax	Falls Church
		59	Binh	Nguyen	Chantilly
		58	Hung	Trinh	Centreville
	DQ	59	Matt	Durant	Warrenton
60-64	Gold	62	Raymond	Towle	Arlington
	Gold	71	Gregory	Gallagher	Alexandria
	Silver	64	Timothy	Ryan	Arlington
	Silver	64	David	Weiner	Arlington
	Bronze	60	Antonio	Heredia	Arlington
	Bronze	73	Walter	Zaumseil	Arlington
	4	64	Todd	Mayman	McLean
	4	69	Ed	Oppenheimer	Arlington
65-69	Gold	68	Chip	Hollands	Falls Church
	Gold	75	Gary	Usrey	Arlington
	Silver	66	David	Snow	Gainesville
	Silver	73	Peter	Gruene	Gainesville
	Bronze	68	Randall	Mars	Arlington
	Bronze	67	Randolf	Hardock	McLean
70-74	Gold	70	Marc	Gordon	Alexandria
	Gold	70	Michael	Thaler	Arlington
	Silver	71	Robert	Thompson	Arlington
	Silver	73	Ed	Latsha	Arlington
	Bronze	71	Aurelio	Roca	Haymarket
	Bronze	72	Henry	Blinder	Vienna
	4	74	Howard	Gale	Arlington
	4	72	Fergus	Oxley	Arlington

		77	Michael	Perel	Annandale
		72	Rafe	Katkin	Burke
		70	Ronald	Scully	Falls Church
		73	Stephen	Yannucci	Burke
75-79	Gold	76	Mark	Egber	Burke
	Gold	77	Neil	Shawen	Falls Church
	Silver	77	Richard	Stevens	Reston
	Silver	75	William	Guey-Lee	Arlington
	Bronze	76	William	Pearson	Mclean
	Bronze	79	Alemayehu	Woldegebreal	Arlington
	4	75	John	Seymour	Arlington
	4	89	William	White	Clifton
		79	Lynn	Juhl	Falls Church
		80	Donald	Gurney	Falls Church
		76	Tony	Barkume	Alexandria
		75	David	Chase	Alexandria
80-84	Gold	80	Don	Tomb	Arlington
	Gold	81	Dennis	Clague	Arlington
	Silver	83	Chandra	Sekhar	Ashburn
	Silver	85	Gerard	de la Cruz	Arlington
	Bronze	83	Woody	Hair	Arlington
	Bronze	81	Hugh	O'Hara	Falls Church
	4	83	Richard	Mehl	Gainesville
	4	88	Larry	Boyle	Gainesville
	5	82	Thomas	Hawkins	Gainesville
	5	82	Peter	Carruthers	Gainesville

**PICKLEBALL – SINGLES – WOMEN**

50-59	Gold	59	Rose	Hamid	Manassas Park
	Silver	55	Laura	Wissing	Ashburn
60-69	Gold	63	Leigh	Kidd	Alexandria
	Silver	68	Marianne	Simonton	Vienna

70-79	Gold	74	Honora	Dent	Arlington
	Silver	77	Beth	Baynes	Alexandria
80-89	Gold	88	Betty	de la Cruz	Arlington
90-99	Gold	90	Alease	Brooks	Arlington

### PICKLEBALL – SINGLES – MEN

50-59	Gold	50	Paul	Smith	Arlington
	Silver	52	Joe	Zamoyta	Falls Church
	Bronze	54	John	Vaught	Burke
	4	51	Brian	Lee	Alexandria
	5	59	Eduardo	Yus	Arlington
	6	56	Paul	Cachion	Arlington
60-64	Gold	62	John	Heather	Falls Church
	Silver	62	Mark	Matsko	Arlington
	Bronze	64	Slawomir	Olender	McLean
	4	63	Jon	Berglund	Springfield
65-69	Gold	67	Russ	Travers	Arlington
	Silver	68	Bernie	Hawco	Fairfax
	Bronze	65	Thomas	Anderson	Falls Church
	4	65	James	Scarborough	Arlington
	5	67	Randolf	Hardock	McLean
70-74	Gold	74	Doug	Hastings	Gainesville
	Silver	72	Fergus	Oxley	Arlington
	Bronze	71	Robert	Thompson	Arlington
	4	73	Jonathan	Schaffer	Arlington
		70	Chris	Girolamo	Reston
		70	Ronald	Scully	Falls Church
		70	Michael	Thaler	Arlington
		72	Rafe	Catkin	Burke
		72	Roger	Yackel	Gainesville
75-79	Gold	76	Tony	Barium	Alexandria
	Silver	79	Naresh	Bhagat	Ashburn
	Bronze	75	William	Gueye-Lee	Arlington
	4	79	Alemayehu	Colleterial	Arlington
80-84	Gold	82	John	Sherburne	Fairfax
	Silver	81	Dennis	Clague	Arlington

85-89	Gold	89	William	White	Clifton
	Silver	85	Gerard	de la Cruz	Arlington
	Bronze	88	Charles	Tufto	Arlington

### **RACQUETBALL – WOMEN**

55-59	Gold	55	Laura	Wissing	Ashburn
60-64	Gold	60	DeStephanie	Johnson	Lorton
	Silver	60	Karyn	Moreland	Aldie

### **RACQUETBALL – MEN**

60-64	Gold	62	Ken	Moreland	Aldie
70-74	Gold	71	Stuart	Rabinowitz	Herndon
	Silver	70	Ronald	Scully	Falls Church
	Bronze	71	Jerry	Dixon	Fairfax Station
		70	Ken	Freund	Alexandria
80-84	Gold	81	Phillip	Rosenthal	Fairfax Station

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### **ROWING – 2 Km - WOMEN (NEW IN 2013)**

50-54	Gold	53	Casey	Weiser	Arlington	9:28
	Silver	53	Kimberley	Williams	Burke	10:06.9
55-59	Gold	55	Laura	Wissing	Ashburn	9:01.5
	Silver	56	Susanna	Brown	Aldie	12:39.2
60-64	Gold	60	Lois	Groth	Fairfax Station	8:37*
65-69	Gold	69	Lillian	Brown	Sterling	10:20.4
70-74	Gold	73	Jill	Hill	Springfield	10:08
75-79	Gold	78	Georgia	Fuller	Falls Church	19:44
90-94	Gold	90	Alease	Brooks	Arlington	20:24

### **ROWING – 2 Km - MEN (NEW IN 2013)**

60-64	Gold	64	John	Sullivan	Fairfax	8:15.4
	Silver	61	Kit	Sheffield	Vienna	8:34
65-69	Gold	65	Craig	Mccarthy	Alexandria	7:54.3
	Silver	67	William	Highsmith	Arlington	7:58.9
	Bronze	69	John	Cook	Arlington	9:42.8
70-74	Gold	72	Michael	Coleman	Falls Church	8:47.5
	Silver	73	Michael	McCormick	Alexandria	9:34
	Bronze	74	Gary	Swenson	Fairfax Station	9:43.7
		4	70	Ken	Freund	Alexandria
75-79	Gold	76	Bob	Pearson	Fairfax Station	10:01.3
	Silver	76	Andrew	Leighton	Arlington	10:02.9
	Bronze	77	John	Rogers	Arlington	10:47.5

80-84	Gold	83	Karl	Mueller	Alexandria	8:46.8
	Silver	80	Hugh	Haworth	Alexandria	9:10.5
85-89	Gold	88	Jay	Edwards	McLean	13:45.7
90-94	Gold	90	Nicholas	Fidandis	Alexandria	12:39.7
	Silver	92	John	Ewing	Falls Church	14:17.6

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### RUMMIKUB

<b>50-77</b>	Gold	67	Myra	Wisnaes	Fairfax	2
	Silver	55	Laura	Wissing	Ashburn	14
	Bronze	74	Francis	Pfleckl	Gainesville	25
	4	75	Sally	Storr	Annandale	32
		66	Youmna	Bonnot	Arlington	DNQ
		68	Sue	Thaler	Arlington	DNQ
		69	Marian	McLaughlin	Springfield	DNQ
		70	Ken	Freund	Alexandria	DNQ
		75	Jamie	Gallagher	Falls Church	DNQ
		77	Chris	White	Falls Church	DNQ
		77	Gail	Sorrell	Gainesville	DNQ
<b>78+</b>	Gold	81	Carol Louise	Ingram	Falls Church	12
	Silver	83	Lynn	Durel	Falls Church	44
	Bronze	78	Sheila	Balas	Alexandria	63
	4	100	Eva	Sorensen	Alexandria	100
		80	Carol	Jackson	Gainesville	DNQ
		83	Jennifer	Frum	Falls Church	DNQ
		85	Mary	Ross	Alexandria	DNQ
		91	Iris	Shamaskin	Arlington	DNQ
		91	Diana	Moore	Falls Church	DNQ
		91	Kit	Leider	Alexandria	DNQ
		92	Ruth	Krulfeld	Arlington	DNQ

### SCRABBLE

All ages	Gold	83	Lynn	Durel	Falls Church	3 wins +426
	Silver	74	Jonathan	Ruskin	Falls Church	3 wins +411
	Bronze	66	Carol	Sadoff	McLean	3 wins +365
	4	83	Jennifer	Frum	Falls Church	3 wins +317
	5	77	Chari	Bartolome	Arlington	2 wins, 1 loss +332
	6	89	Jennifer	Santley	Falls Church	2 wins, 1 loss +271
	7	66	Youmna	Bonnot	Arlington	2 wins, 1 loss +268
	8	77	Nance	DeMarco	Falls Church	2 wins, 1 loss +267
	9	84	Gerald	Dahlin	Manassas	2 wins, 1 loss +206
	10	81	Barbara	Phillips	Alexandria	2 wins, 1 loss +197
	11	79	Janet	Horwitz	Falls Church	2 wins, 1 loss +73
	12	92	Bruce	Roth	Woodbridge	2 wins, 1 loss +64

	13	66	Cholina	Donovan	Ashburn	2 wins, 1 loss +9
	14	79	Irene	McGhee	Springfield	2 wins, 1 loss -90
	15	77	Ann	Kurzius	Falls Church	2 wins, 1 loss -184
	16	85	Fidelita	Levy	Alexandria	1 win, 2 losses -3
	17	69	Marian	McLaughlin	Springfield	1 win, 2 losses -10
	18	89	Shirley	Lytle	Fall Church	1 win, 2 losses -62
	19	63	Michael V.	Peters	Oakton	1 win, 2 losses -187
	20	81	Carol Louise	Ingram	Falls Church	1 win, 2 losses -193
	21	88	Julia	Shawn	Potomac Falls	1 win, 2 losses -219
	22	78	Carol	Takafuji	Vienna	1 win, 2 losses -228
	23	75	Sally	Storr	Annandale	1 win, 2 losses -322
	24	63	Margie	Urano	Fairfax	1 win, 2 losses -367
	25	84	Carole	Massart	Gainesville	3 losses -153
	26	57	Frances	Corrington	Arlington	3 losses -231
	27	79	Margaret	Leake	Gainesville	2 losses -191 DNF
	28	51	Brian	Lee	Alexandria	2 losses -234 DNF
	29	80	Carol	Jackson	Gainesville	2 losses -276 DNF

### SOFTBALL HIT – WOMEN

50-54	Gold	51	Janeen	Hair	Woodbridge	130' 3"
55-59	Gold	58	Kristin	Haynes	Annandale	91' 3"
60-64	Gold	61	Lee Anne	Orndorff	Alexandria	119'
	Silver	60	Karyn	Moreland	Aldie	77' 11"
65-69	Gold	66	Charlene	O'Brien	Fairfax	22' 9"
70-74	Gold	71	Jane	Hoge	Falls Church	74' 9"
75-79	Gold	76	Jacqueline	Miller	Alexandria	82' 2"
	Silver	78	Nancy	Joyner	Annandale	49' 1"
80-84	Gold	82	SC	Whitehouse	Potomac Falls	49' 7"
	Silver	84	Rosemary	Adams	Potomac Falls	46' 6"
	Bronze	83	Barbara	O'Brien	Potomac Falls	41' 2"

### SOFTBALL HIT – MEN

50-54	Gold	50	Brian	Hair	Woodbridge	224' 7"
55-59	Gold	57	Magdi	Amin	McLean	156' 2"
	Silver	59	Stephen	Neal	Chantilly	142' 1"
60-64	Gold	62	Ken	Moreland	Aldie	226'
	Silver	64	Louie	Harris	Clifton	190'
	Bronze	61	Micheal	Graham	Alexandria	109' 6"
65-69	Gold	67	Tom	Gately	Reston	226' 11"
	Silver	66	Larry	Moon	Leesburg	167' 9"
	Bronze	65	Patrick	Manley	Alexandria	158' 3"
		4	67	William	Highsmith	Arlington
	5	67	Terry	McElroy	Woodbridge	139' 3"
70-74	Gold	71	Rod	Hupp	Falls Church	175.1"
	Silver	74	Kenneth	Mass	Falls Church	111' 6"



75-79	Gold	75	Eiji	Yasuhara	Sterling	144' 9"
	Silver	75	Jeff	Young	McLean	120' 1"
	Bronze	76	Jack	Katosh	Arlington	111' 6"
	4	79	Don	Meli	Annandale	104' 2"
	5	75	Gharemon	Suleymon	McLean	89' 6"
	6	79	Charles	Kleymeyer	Arlington	87'
80-84	Gold	81	Robert	Foor	Alexandria	106'
	Silver	84	Herb	Levitan	Arlington	98' 7"
	Bronze	82	Thomas	Hawkins	Gainesville	86' 5"
	4	84	Carlos	Rodriguez	Dumfries	57'
85-89	Gold	89	William	White	Clifton	135' 8"
	Silver	88	Jerry	Bradley	Oakton	134' 4"
	Bronze	87	Eddie	Ladd	Potomac Falls	130' 10"
	4	86	Andrew	Dixon	Fairfax	91' 5"
90-94	Gold	90	Bill	Brennan	Annandale	81' 9"

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### SOFTBALL THROW – WOMEN

50-54	Gold	51	Janeen	Hair	Woodbridge	59' 8"
55-59	Gold	58	Kristin	Haynes	Annandale	80' 1"
60-64	Gold	60	Colleen	Cornwell	Manassas	105' 6"
	Silver	61	Lee Anne	Orndorff	Alexandria	96' 2"
	Bronze	60	Karyn	Moreland	Aldie	70' 3"
	4	61	Vanstacia	Jackson	Alexandria	56' 5"
	5	64	Quanda	Finch	Alexandria	16' 9"
70-74	Gold	71	Jane	Hoge	Falls Church	74'
75-70	Gold	76	Jacqueline	Miller	Alexandria	53' 1"
	Silver	78	Nancy	Joyner	Annandale	46' 3"
80-84	Gold	83	Barbara	O'Brien	Potomac Falls	42' 8"
	Silver	84	Rosemary	Adams	Potomac Falls	38' 1"
	Bronze	82	SC	Whitehouse	Potomac Falls	36' 5"

### SOFTBALL THROW – MEN

50-54	Gold	50	Brian	Hair	Woodbridge	184' 7"
55-59	Gold	57	Magdi	Amin	McLean	105' 9"
	Silver	59	Stephen	Neal	Chantilly	75' 1"
60-64	Gold	62	Michael	Purcell	Ashburn	184' 11"
	Silver	64	Louie	Harris	Clifton	161' 6"
	Bronze	62	Ken	Moreland	Aldie	151' 9"
	4	61	Michael	Graham	Alexandria	120' 9"
	5	63	Jon	Berglund	Springfield	111' 1"
65-69	Gold	67	Tom	Gately	Reston	157' 9"
	Silver	67	William	Highsmith	Arlington	104' 2"
	Bronze	65	Patrick	Manley	Alexandria	85'
	4	67	Terry	McElroy	Woodbridge	76' 7"
	5	67	John	Schneider	Reston	73' 5"

70-74	Gold	71	Rod	Hupp	Falls Church	123'
	Silver	74	Doug	Hastings	Gainesville	119' 6"
	Bronze	70	Ken	Freund	Alexandria	66' 2"
	4	74	Kenneth	Mass	Falls Church	65' 8"
	5	73	Magdi Michael	Kallini	Fairfax	50' 5"
75-79	Gold	75	Jeff	Young	McLean	114' 10"
	Silver	75	Eiji	Yasuhara	Sterling	94' 9"
	Bronze	77	Robert	Grannis	Manassas	90' 7"
	4	75	Gharemon	Suleymon	McLean	72' 9"
	5	76	Jack	Katosh	Arlington	72' 8"
	6	76	Don	Sodo	Dumfries	72' 1"
	7	79	Charles	Kleymeyer	Arlington	58' 3"
	8	79	Don	Meli	Annandale	55' 1"
80-84	Gold	82	Thomas	Hawkins	Gainesville	75' 5"
	Silver	81	Robert	Foor	Alexandria	62' 9"
	Bronze	84	Herb	Levitan	Arlington	60' 6"
	4	84	Carlos	Rodriguez	Dumfries	49' 5"
85-89	Gold	86	Andrew	Dixon	Fairfax	84' 2"
	Silver	88	Jerry	Bradley	Oakton	64' 8"
	Bronze	87	Eddie	Ladd	Potomac Falls	58' 9"
	4	86	Paul	Schwartz	Potomac Falls	56' 9"
90-94	Gold	90	Bill	Brennan	Annandale	45' 4"

### SUDOKU – REGULAR

<b>50-69</b>	Gold	61	Thao	Phan	Alexandria	95:32
	Silver	66	Carol	Mcelroy	Woodbridge	95:35
	Bronze	69	Charles	Gritton	Sterling	137:10
	4	59	Stephen	Neal	Chantilly	214:00
<b>70-79</b>	Gold	76	Jack	Katosh	Arlington	40:15
	Silver	70	Diane	White	Annandale	56:50
	Bronze	74	Honora	Dent	Arlington	64:45
	4	72	James	LaBarre	Alexandria	79:20
	5	72	Terence	O'Brien	Manassas	83:15
	6	78	Harlan	Lee	Fairfax	91:00
	7	76	Christine	French	Arlington	140:05
	8	79	Lynn	Juhl	Falls Church	142:35
	9	70	Diana	Rouse	Ashburn	144:53
	10	71	John	Olsen	Springfield	148:12
	11	79	Richard	Ziegler	Arlington	152:00
<b>80-89</b>	Gold	84	Susan	Daniels	Falls Church	77:45
	Silver	81	Allen	Eickstaedt	Falls Church	88:30
	Bronze	82	Lee	Schumacher	Woodbridge	92:50
	4	82	Gary	Nooger	Falls Church	117:55
	5	84	Carlos	Rodriguez	Dumfries	163:00
	6	81	Sally	Racinos	Falls Church	172:50
		84	Rosemary	Jenkins	Arlington	DNF

## SUDOKU - ADVANCED

<b>50-69</b>	Gold	61	Mary	Johnson	Clifton	126:55
	Silver	62	Ted	Poulos	McLean	137:10
	Bronze	69	John	Cook	Arlington	150:45
	4	60	Karen	Jarzynka-Hernandez	Arlington	181:00
	5	55	Laura	Wissing	Ashburn	201:00
<b>70+</b>	Gold	71	John	Scurto	Oakton	131:45
	Silver	72	Jeffrey	Klemm	McLean	149:00
	Bronze	81	Paul	McFarland	Springfield	219:00
	4	83	Jennifer	Frum	Falls Church	230:00

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## SWIMMING – BACKSTROKE 50 YARDS – WOMEN

50-54	Gold	52	Renee	LaRue	Richmond	1:38.50
55-59	Gold	57	Marilyn	Lipstreuer	Bristow	39.66
	Silver	55	Laura	Wissing	Ashburn	47.53
	Bronze	56	Susanna	Brown	Aldie	1:07.50
60-64	Gold	63	Deborah	Sulik	Springfield	49.19
	Silver	63	Lynn	Thompson	Fairfax	1:06.02
	Bronze	60	Karyn	Moreland	Aldie	1:39.40
70-74	Gold	71	Denise	Kirwan	Leesburg	43.59
	Silver	70	Bobbe	Duquette	Herndon	50.38
	Bronze	71	Carol	Rivers	Arlington	2:07.65
75-79	Gold	76	Valerie	Campbell	Bristow	1:14.10
85-89	Gold	87	Geertruida	DeRosa	Springfield	1:27.68
	Silver	86	Joyce	Tobias	Haymarket	1:40.88

## SWIMMING – BACKSTROKE 50 YARDS – MEN

55-59	Gold	57	Sean	Sinclair	Vienna	48.0
60-64	Gold	62	Gregory	DeRosa	Herndon	35.78
	Silver	64	Slawomir	Olender	McLean	49.23
	Bronze	62	Ken	Moreland	Aldie	58.65
65-69	Gold	68	Benjamin	Viellieu	Burke	40.72
	Silver	67	William	Wilson	Burke	43.69
	Bronze	68	Kap	Ro	Nokesville	58.03
	4	65	John	Gudgel	Herndon	1:30.87
70-74	Gold	71	Frank	Millikan	Woodbridge	47.10
	Silver	73	Joseph	White	Fairfax	48.84
75-79	Gold	77	Kevin	Culhane	Purcellville	41.44
	Silver	78	James	Leimkuhler	McLean	47.47
	Bronze	79	Don	Meli	Annandale	58.53
	4	75	Eiji	Yasuhara	Sterling	1:04.31

80-84	Gold	81	Frederick	Zamon	Fairfax	45.44*
	Silver	81	Hugh	McGee	Annandale	47.72
	Bronze	80	Ted	Nanz	Fairfax Station	1:01.88
	4	84	Carlos	Rodriguez	Dumfries	1:25.85
90-94	Gold	94	Phil	Case	Springfield	1:10.3

### SWIMMING – BACKSTROKE 100 YARDS – WOMEN (NEW IN 2014)

50-54	Gold	52	Renee	LaRue	Richmond	3:58.72
55-59	Gold	57	Marilyn	Lipstreuer	Bristow	1:27.31
	Silver	55	Laura	Wissing	Ashburn	1:43.93
	Bronze	58	Ann	Chaney	Bristow	1:58.09
60-64	Gold	63	Deborah	Sulik	Springfield	1:53.94
70-74	Gold	71	Denise	Kirwan	Leesburg	1:30.50
	Silver	70	Bobbe	Duquette	Herndon	1:55.03
	Bronze	71	Carol	Rivers	Arlington	5:01.12
75-79	Gold	76	Valerie	Campbell	Bristow	2:37.78
85-89	Gold	86	Joyce	Tobias	Haymarket	3:43.81

### SWIMMING – BACKSTROKE 100 YARDS – MEN (NEW IN 2014)

50-54	Gold	51	Jeff	Woodall	Sterling	1:34.40
55-59	Gold	57	Sean	Sinclair	Vienna	1:51.70
60-64	Gold	64	Slawomir	Olender	McLean	1:52.22
	Silver	62	Ken	Moreland	Aldie	2:03.97
65-69	Gold	67	William	Wilson	Burke	1:73.82
	Silver	68	Kap	Ro	Nokesville	2:18.66
70-74	Gold	73	James	Hill	Springfield	1:30.66
	Silver	71	Frank	Millikan	Woodbridge	1:43.37
	Bronze	70	Ken	Freund	Alexandria	2:25.68
75-79	Gold	78	James	Leimkuhler	McLean	1:46.75
	Silver	79	Don	Meli	Annandale	2:01.88
80-84	Gold	81	Frederick	Zamon	Fairfax	1:44.69*
	Silver	81	Hugh	McGee	Annandale	1:54.63
	Bronze	84	Carlos	Rodriguez	Dumfries	3:18.56
90-94	Gold	94	Phil	Case	Springfield	2:47.50

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**SWIMMING – BREASTSTROKE 50 YARDS – WOMEN**

55-59	Gold	57	Marilyn	Lipstreuer	Bristow	43.91
55-59	Silver	55	Laura	Wissing	Ashburn	49.09
55-59	Bronze	56	Susanna	Brown	Aldie	1:09.50
60-64	Gold	60	Karyn	Moreland	Aldie	1:59.65
70-74	Gold	71	Denise	Kirwan	Leesburg	53.81
75-79	Gold	76	Jennifer	Johnston	Annandale	1:55.47

**SWIMMING –BREASTSTROKE 50 YARDS – MEN**

50-54	Gold	51	Jeff	Woodall	Sterling	45.88
55-59	Gold	55	Art	Singletary	Fairfax	37.31
55-59	Silver	58	Mark	Ross	Gainesville	43.19
55-59	Bronze	57	Sean	Sinclair	Vienna	45.47
60-64	Gold	64	Slawomir	Olender	McLean	50.62
60-64	Silver	62	Ken	Moreland	Aldie	1:06.2
65-69	Gold	68	Benjamin	Viellieu	Burke	47.28
65-69	Silver	65	John	Gudgel	Herndon	1:04.5
70-74	Gold	70	Ken	Freund	Alexandria	1:09.28
75-79	Gold	77	Kevin	Culhane	Purcellville	43.96
75-79	Silver	78	James	Leimkuhler	McLean	53.94
75-79	Bronze	75	Eiji	Yasuhara	Sterling	59.0
75-79	4	79	Don	Meli	Annandale	1:05.53
80-84	Gold	81	Frederick	Zamon	Fairfax	54.47
80-84	Silver	84	Carlos	Rodriguez	Dumfries	1:10.47
85-89	Gold	86	Paul	Schwartz	Potomac Falls	1:08.68
90-94	Gold	90	Vsevolod	Ivanov	Arlington	1:13.25*

**SWIMMING – BREASTSTROKE 100 YARDS – WOMEN (NEW IN 2016)**

55-59	Gold	57	Marilyn	Lipstreuer	Bristow	1:33.78
	Silver	55	Laura	Wissing	Ashburn	1:41.72
	Bronze	58	Ann	Chaney	Bristow	2:06.95
70-74	Gold	71	Denise	Kirwan	Leesburg	2:00.82
75-79	Gold	76	Jennifer	Johnston	Annandale	3:46.25

**SWIMMING – BREASTSTROKE 100 YARDS – MEN (NEW IN 2016)**

50-54	Gold	51	Jeff	Woodall	Sterling	1:33.87
55-59	Gold	58	Mark	Ross	Gainesville	1:33.50
	Silver	57	Sean	Sinclair	Vienna	1:36.50
60-64	Gold	64	Slawomir	Olender	McLean	1:49.03
	Silver	62	Ken	Moreland	Aldie	2:30.0
65-69	Gold	68	Mark	Monaco	Manassas	2:51.5
70-74	Gold	73	James	Hill	Springfield	1:30.44
75-79	Gold	78	James	Leimkuhler	McLean	1:52.50
	Silver	75	Eiji	Yasuhara	Sterling	2:06.75
	Bronze	79	Don	Meli	Annandale	2:16.81
80-84	Gold	81	Frederick	Zamon	Fairfax	1:57.89
	Silver	84	Carlos	Rodriguez	Dumfries	3:05.15

[Back To Table of Contents](#)[Back to list of Events with Records](#)**SWIMMING – FREESTYLE 50 YARDS – WOMEN**

50-54	Gold	52	Renee	LaRue	Richmond	1:24.5
55-59	Gold	57	Marilyn	Lipstreuer	Bristow	33.78
	Silver	55	Laura	Wissing	Ashburn	37.97
	Bronze	59	Amy	Levinrad	Ashburn	51.06
	4	56	Susanna	Brown	Aldie	59.97
60-64	Gold	64	Duk	Ro	Nokesville	56.32
	Silver	60	Karyn	Moreland	Aldie	1:40.37
70-74	Gold	71	Denise	Kirwan	Leesburg	36.66
	Silver	70	Bobbe	Duquette	Herndon	37.37
	Bronze	71	Carol	Rivers	Arlington	1:53.82
75-79	Gold	76	Valerie	Campbell	Bristow	1:02.10
80-84	Gold	82	Beth	Schreiner	Annandale	42.65

**SWIMMING – FREESTYLE 50 YARDS– MEN**

50-54	Gold	51	Jeff	Woodall	Sterling	34.59
55-59	Gold	58	Mark	Ross	Gainesville	32.09
	Silver	55	Art	Singletary	Fairfax	32.97
	Bronze	56	Michael	Tyson	Alexandria	36.07
	4	57	Ronald	Molteni	Arlington	37.0
	5	57	Sean	Sinclair	Vienna	37.72
60-64	Gold	64	Bret	Bailey	Bristow	28.16
	Silver	63	Chris	Laiti	Leesburg	28.63
	Bronze	62	Gregory	DeRosa	Herndon	29.69
		4	62	Ken	Moreland	Aldie
	4	64	Slawomir	Olender	McLean	42.0
	6	64	William	Sulik	Springfield	50.75
65-69	Gold	68	Benjamin	Viellieu	Burke	37.25
	Silver	65	John	Gudgel	Herndon	40.65
	Bronze	67	William	Wilson	Burke	41.53

	4	68	Kap	Ro	Nokesville	46.47
	5	68	Mark	Monaco	Manassas	53.65
70-74	Gold	71	Frank	Millikan	Woodbridge	35.81
	Silver	73	Joseph	White	Fairfax	39.18
	Bronze	73	Gregory	Adkins	Springfield	44.31
	4	70	Ken	Freund	Alexandria	57.53
75-79	Gold	77	Kevin	Culhane	Purcellville	32.91
	Silver	78	James	Leimkuhler	McLean	37.56
	Bronze	75	Michael	Bailey	Sterling	40.72
	4	79	Don	Meli	Annandale	47.0
	5	75	Eiji	Yasuhara	Sterling	47.87
	6	76	George	Dellagiarino	Reston	1:09.0
80-84	Gold	81	Frederick	Zamon	Fairfax	37.05
	Silver	81	Hugh	McGee	Annandale	49.63
	Bronze	84	Carlos	Rodriguez	Dumfries	1:17.06
85-89	Gold	85	John	Woodward	Fairfax	38.38*
90-94	Gold	94	Phil	Case	Springfield	1:14.13

#### SWIMMING – FREESTYLE 100 YARDS – WOMEN (NEW IN 2014)

50-54	Gold	52	Renee	LaRue	Richmond	3:32.41
55-59	Gold	57	Marilyn	Lipstreuer	Bristow	1:11.56
	Silver	55	Laura	Wissing	Ashburn	1:20.69
	Bronze	59	Amy	Levinrad	Ashburn	1:57.18
60-64	Gold	64	Duk	Ro	Nokesville	2:01.56
70-74	Gold	71	Denise	Kirwan	Leesburg	1:19.22
	Silver	70	Bobbe	Duquette	Herndon	1:29.72
75-79	Gold	76	Valerie	Campbell	Bristow	2:23.56
80-84	Gold	82	Beth	Schreiner	Annandale	1:34.94

#### SWIMMING – FREESTYLE 100 YARDS – MEN (NEW IN 2014)

50-54	Gold	51	Jeff	Woodall	Sterling	1:10.72
55-59	Gold	58	Mark	Ross	Gainesville	1:15.74
	Silver	57	Ronald	Molteni	Arlington	1:22.90
	Bronze	57	Sean	Sinclair	Vienna	1:34.00
60-64	Gold	64	Bret	Bailey	Bristow	1:04.59*
	Silver	64	Slawomir	Olender	McLean	1:37.26
	Bronze	64	William	Sulik	Springfield	1:50.50
	4	62	Ken	Moreland	Aldie	1:55.78
65-69	Gold	67	William	Wilson	Burke	1:33.41
	Silver	65	John	Gudgel	Herndon	1:35.09
	Bronze	68	Kap	Ro	Nokesville	1:46.16
70-74	Gold	73	James	Hill	Springfield	1:17.00
	Silver	71	Frank	Millikan	Woodbridge	1:19.03
	Bronze	73	Joseph	White	Fairfax	1:41.44
	4	73	Gregory	Adkins	Springfield	2:04.10

75-79	Gold Silver	78 79	James Don	Leimkuhler Meli	McLean Annandale	1:26.70 1:37.15
80-84	Gold	81	Frederick	Zamon	Fairfax	1:26.12
	Silver	81	Hugh	McGee	Annandale	1:46.03
	Bronze 4	80 84	Alphonse Carlos	Piekut Rodriguez	Vienna Dumfries	2:16.11 3:24.38
85-89	Gold	85 89	John George	Woodward Haggerty	Fairfax Arlington	1:31.31* DNF
90-94	Gold	94	Phil	Case	Springfield	2:46.8

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**SWIMMING – FREESTYLE 900 YARDS (~HALF MILE) – WOMEN**

55-59	Gold	57	Marilyn	Lipstreuer	Bristow	12:40.03
	Silver	55	Laura	Wissing	Ashburn	14:31.25
	Bronze	58	Ann	Chaney	Bristow	17:52.44
	4	59	Amy	Levinrad	Ashburn	19:53.0
60-64	Gold	63	Deborah	Sulik	Springfield	18:48.53
	Silver	64	Duk	Ro	Nokesville	20:20.62
75-79	Gold	76	Valerie	Campbell	Bristow	25:08.25
	Silver	76	Jennifer	Johnston	Annandale	30:25.0
80-84	Gold	82	Beth	Schreiner	Annandale	16:27.5*
85-89	Gold	86	Joyce	Tobias	Haymarket	30:30.0

**SWIMMING – FREESTYLE 900 YARDS (~HALF MILE) – MEN**

50-54	Gold	51	Jeff	Woodall	Sterling	12:53.6
55-59	Gold	56	Michael	Tyson	Alexandria	14:46.47
	Silver	57	Ronald	Molteni	Arlington	15:48.56
	Bronze	57	Sean	Sinclair	Vienna	18:59.94
60-64	Gold	64	Bret	Bailey	Bristow	12:11.5
	Silver	64	William	Sulik	Springfield	18:47.0
	Bronze	64	Slawomir	Olender	McLean	19:58.0
65-69	Gold	68	Benjamin	Viellieu	Burke	14:32.31
	Silver	65	John	Gudgel	Herndon	17:33.0
	Bronze	68	Kap	Ro	Nokesville	18:40.0
70-74	Gold	73	James	Hill	Springfield	14:42.78
	Silver	73	Jim	Donahue	Oakton	15:06.31
	Bronze	72	Rafe	Katkin	Burke	20:45.88
75-79	Gold	78	James	Leimkuhler	McLean	16:11.87
	Silver	79	Don	Meli	Annandale	21:20.99
	Bronze	76	George	Dellagiarino	Reston	28:50.25
80-84	Gold	81	Hugh	McGee	Annandale	18:24.44
	Silver	80	Alphonse	Piekut	Vienna	25:10.88
	Bronze	83	Roland	Blocksom	Springfield	27:18.65
	4	83	Larry	Medley	Gainesville	30:33.0
85-89	Gold	85	John	Woodward	Fairfax	18:33.37*



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**TABLE TENNIS SINGLES- WOMEN**

50-59	Gold	54	Heekyong	Ahn	Springfield
	Silver	53	Jasmine	Joo	Burke
	Bronze	56	Inkyong	Oshiba	Fairfax Station
		55	Li	Li	Fairfax
		59	Shumei	Zhao	Vienna
		50	Cheryl	Waller	Springfield
60-69	Gold	66	Cholina	Donovan	Ashburn
	Silver	68	Nancy	Ku	Fairfax
	Bronze	60	Bogsun	Chung	Chantilly
70-79	Gold	74	Helen	Song	Fairfax
	Silver	71	Xiaoping	Su	Ashburn
		76	Jane	Lee	Alexandria
	Bronze	76	Anita	Lancaster	Alexandria
		70	Mary	Walls	Arlington
		72	Hyun	No	Chantilly
80-89		Gold	81	Kyoung	Kang
90-99	Gold	91	Diana	Moore	Falls Church

**TABLE TENNIS SINGLES- MEN**

50-59	Gold	50	Wade	Sun	Ashburn
	Silver	55	Byong (Daniel)	Kang	Catharpin
		Bronze	58	Kevin	Walton
	57		Jose	Palomo	Woodbridge
	57		Samuel	Sun	Fairfax
	51		Jim	Moon	Chantilly
	54		Lin	Zhang	Fairfax
	55		Taeheon	Kang	Centreville
	51		Seth	Solondz	Springfield
	60-69		Gold	64	Jay
Silver		64	Cuong	Nguyen	Springfield
		Bronze	60	Jiadong	Huang
64			Larry	Kirk	Springfield
64			Hung	Pham	Springfield
64			Patrick	Grondin	Centreville
63			Roger	Aberth	Arlington
64			Bruce	Mackliet	Vienna
67			Tim	Devlin	Arlington
60			Seb	Nassiri	Springfield
68	Richard	Boucher	Falls Church		

70-79	Gold Silver Bronze	76	Xinxiao	Zheng	Oakton
		73	Steve	Stone	Frederick
		77	Hong Yul	Kim	Fairfax
		73	Samir	Tahan	Dumfries
		76	Doug	Whitwood	Dumfries
		77	Richard	Eddy	Alexandria
		73	Magdi Michael	Kallini	Fairfax
		73	David	Vernon	Manassas
		79	Fred	Siskind	McLean
		77	Jong-rai	Jeong	Alexandria
		76	Joseph	Segal	McLean
		70	Marc	Gordon	Alexandria
		78	Robert	Schaffer	Springfield
		70	Kenneth	Pike	Falls Church
80-89	Gold Silver Bronze	80	Thomas	Norwood	McLean
		86	Su Kil	Kim	Burke
		80	John	Papp	Nokesville
		87	Dimitrios	Papaconstantopoulos	Alexandria
		81	Karl	VanNewkirk	Alexandria
		84	John	Ronveaux	Alexandria
		89	Peter	Junghans	Alexandria
		86	James	Hobson	Alexandria
		87	Lennert	Thunberg	Alexandria
		82	Dennis	Detlef	Alexandria
90-99	Gold Silver	92	Mark	Raabe	Alexandria
		92	Arthur	Pratt	Falls Church

**TABLE TENNIS DOUBLES – WOMEN (New in 2021)**

50-59	Gold	53	Jasmine	Joo	Burke
	Gold	54	Heekyong	Ahn	Springfield
60-69	Gold	74	Helen	Song	Fairfax
	Gold	68	Nancy	Ku	Fairfax
	Silver	66	Chien Ju	Chu	Oak Hill
	Silver	71	Xiaoping	Su	Ashburn
70-79	Gold	76	Jane	Lee	Alexandria
	Gold	72	Hyun	No	Chantilly
	Silver	76	Anita	Lancaster	Alexandria
	Silver	70	Mary	Walls	Arlington

**TABLE TENNIS DOUBLES – MEN (New in 2021)**

50-59	Gold	58	Kevin	Walton	Ashburn
	Gold	67	John	Olsen	Annandale
	Silver	51	Jim	Moon	Chantilly
	Silver	55	Byong (Daniel)	Kang	Catharpin
	Bronze	57	Samuel	Sun	Fairfax
	Bronze	54	Lin	Zhang	Fairfax
60-69	Gold	61	Jason	Choi	Chantilly
	Gold	64	Jay	Park	Fairfax
	Silver	67	Tim	Devlin	Arlington
	Silver	79	Fred	Siskind	McLean
70-79	Gold	77	Hong Yul	Kim	Fairfax
	Gold	77	Richard	Eddy	Alexandria
	Silver	73	Samir	Tahan	Dumfries
	Silver	76	Doug	Whitwood	Dumfries
	Bronze	76	Joseph	Segal	McLean
	Bronze	76	Xinxiao	Zheng	Oakton
		74	Quan Sheng	Dong	Ashburn
		73	Magdi Michael	Kallini	Fairfax
80-89	Gold	80	John	Papp	Nokesville
	Gold	80	Thomas	Norwood	McLean
	Silver	81	Karl	VanNewkirk	Alexandria
	Silver	87	Lennert	Thunberg	Alexandria
	Bronze	82	Dennis	Detlef	Alexandria
	Bronze	84	John	Ronveaux	Alexandria

**TABLE TENNIS MIXED DOUBLES (NEW IN 2021)**

50-59	Gold	54	Heekyong	Ahn	Springfield
	Gold	55	Byong (Daniel)	Kang	Catharpin
	Silver	53	Jasmine	Joo	Burke
	Silver	51	Jim	Moon	Chantilly
	Bronze	54	Lin	Zhang	Fairfax
	Bronze	55	Li	Li	Fairfax
		50	Wade	Sun	Ashburn
		59	Shumei	Zhao	Vienna

		50	Cheryl	Waller	Springfield
		51	Seth	Solondz	Springfield
60-69	Gold	66	Chien Ju	Chu	Oak Hill
	Gold	73	Steve	Stone	Frederick
	Silver	68	Nancy	Ku	Fairfax
	Silver	77	Richard	Eddy	Alexandria
	Bronze	60	Bogsun	Chung	Chantilly
	Bronze	64	Jason	Choi	Chantilly
70-79	Gold	77	Hong Yul	Kim	Fairfax
	Gold	74	Helen	Song	Fairfax
	Silver	74	Quan Sheng	Dong	Ashburn
	Silver	71	Xiaoping	Su	Ashburn
	Bronze	70	Mary	Walls	Arlington
	Bronze	76	Xinxiao	Zheng	Oakton
		80	John	Papp	Nokesville
		72	Diane	Gallop	Arlington
		76	Anita	Lancaster	Alexandria
		76	Joseph	Segal	McLean
		77	Jong-rai	Jeong	Alexandria
		76	Jane	Lee	Alexandria

**TENNIS - SINGLES – WOMEN**

50-59	Gold	58	Kristin	Haynes	Annandale
60-69	Gold	66	Ethylinda	Alpuerto	Springfield
	Silver	61	Betsy	Berglund	Springfield
	Bronze	60	Cindy	Mathys	Alexandria
		60	Karyn	Moreland	Aldie
		60	Karen	Jarzynka-Hernandez	Arlington
68	Marianne	Simonton	Vienna		
70-79		70	Carrie	Berlin	Warrenton
80-89	Gold	82	SC	Whitehouse	Potomac Falls
	Silver	84	Rosemary	Adams	Potomac Falls

**TENNIS - SINGLES – MEN**

50-59	Gold	56	Paul	Cachion	Arlington
	Silver	59	Stephen	Neal	Chantilly
	Bronze	57	Jose	Palomo	Woodbridge
60-69	Gold	62	Mark	Matsko	Arlington
	Silver	60	James	Rentsch	Leesburg
	Bronze	60	Enrique	Torrez	Ashburn
		62	Ken	Moreland	Aldie
		63	Roger	Aberth	Arlington
		64	Patrick	Grondin	Centreville
60	Rich	Taylor	Arlington		
70-79	Gold	73	John	Ambrose	Arlington
	Silver	78	Stephen	Thacher	Burke
	Bronze	77	Lee	Granger	Gainesville
		4	77	David	Whelan
	76	Ron	Hauk	Haymarket	
	77	Richard	Broad	Fairfax	
77	John	Cordyack	Reston		
80-89	Gold	83	Chandra	Sekhar	Ashburn
	Silver	82	Nelson	Kieff	Alexandria
	Bronze	81	Dennis	Clague	Arlington
90-99	Gold	91	W.H. Duff	Rice	Potomac Falls

**TENNIS - DOUBLES – WOMEN**

<b>80-89</b>	Gold	82	SC	Whitehouse	Potomac Falls
	Gold	84	Rosemary	Adams	Potomac Falls

**TENNIS - DOUBLES – MEN**

<b>50-59</b>	Gold	56	Paul	Cachion	Arlington
	Gold	59	Eduardo	Yus	Arlington
	Silver	58	Jae	Lee	Centreville
	Silver	63	Back gyu	Go	Clifton
<b>70-79</b>	Gold	77	William	Perry	Gainesville
	Gold	76	Ron	Hauk	Haymarket
	Silver	77	Lee	Granger	Gainesville
	Silver	78	Peter	McVeigh	Gainesville
	Bronze	77	Richard	Broad	Fairfax
	Bronze	77	Weishuang	Qu	Herndon
	4	77	Matt	Kline	Alexandria
	4	80	Stephen	Fitzgerald	Alexandria
<b>80-89</b>	Gold	80	Patrick	McCarthy	Gainesville
	Gold	82	Colon C.	Omohundro	Gainesville
	Silver	86	Ed	Post	Potomac Falls
	Silver	80	Michael	Fellenz	Potomac Falls

**TRAIL RACE – 5K WOMEN (Bluemont Park 2022)**

50-54	Gold	52	Paige	Wilmeth	Manassas	34:33.1
60-64	Gold	64	Duk	Ro	Nokesville	29:17.5
65-69	Gold	69	Susan	Aaronson	Arlington	27:35.8*
	Silver	67	Dixie	Duncan	Arlington	32:48.3
70-74	Gold	73	K	M	Alexandria	46:19.5*

**TRAIL RACE – 5K MEN (Bluemont Park 2022)**

50-54	Gold	54	Guster	Cunningham III	Alexandria	26:37.9*
55-59	Gold	57	Martin	Bergmann	Arlington	23:55.1*
	Silver	57	Ronald	Molteni	Arlington	26:08.0
60-64	Gold	62	Ted	Poulos	McLean	25:41.7
	Silver	61	Michael	Graham	Alexandria	29:59.9
65-69	Gold	68	Kap	Ro	Nokesville	27:50.0
	Silver	67	Terry	McElroy	Woodbridge	28:24.4
	Bronze	69	David	Mann	Fairfax	30:59.4

70-74	Gold	72	James	Carboni	Oak Hill	30:09.9
	Silver	72	Allan	Dosik	Arlington	36:19.3
75-79	Gold	76	Pete	Kelly	Catlett	33:44.7
	Silver	76	Bob	Pearson	Fairfax Station	34:11.8
	Bronze	76	George	Dellagiarino	Reston	35:31.1
	4	77	James	Mort	Burke	35:31.1
	5	76	Doyle	Talkington	Haymarket	40:03.5
80-84	Gold	81	Eamonn	McEvilly	Springfield	27:23.9
	Silver	83	Karl	Mueller	Alexandria	29:19.7
	Bronze	81	Dennis	Morin	Sterling	35:20.4
	4	80	Ted	Nanz	Fairfax Station	48:22.0

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**WEIGHT LIFTING – WOMEN (New in 2022)**

Not offered in 2023

**WEIGHT LIFTING – MEN (new in 2022)**

Not offered in 2023

**WII BOWLING – WOMEN**

60-64	Gold	61	Vanstacia	Jackson	Alexandria	397
65-69	Gold	69	Lillian	Brown	Sterling	531
70-74	Gold	73	Ursula	Carter	Falls Church	567
75-79	Gold	75	Marian	Urnkis	Springfield	590
	Silver	78	Georgia	Fuller	Falls Church	356
80-84	Gold	84	Caroline	Boubin	Springfield	676
	Silver	84	Helen	Geiser	Alexandria	582
	Bronze	81	Anne	Kress	Alexandria	564
	4	80	Bobbie	Whittier	Alexandria	485
85-89	Gold	88	Frieda	Dunham	Springfield	740
	Silver	85	Barbara	Hawkins	Springfield	665
	Bronze	88	Martha	Siemering	Springfield	660
	4	89	Vivian	Griffin	Springfield	656
	5	87	Madelene	Spar	Springfield	544
90-94	Gold	92	Barbara	Cobb	Arlington	596
	Silver	93	Majorie	Lawrence	Falls Church	511
	Bronze	93	Anita	Morgan	Falls Church	447
95-99	Gold	98	Ione	Braswell	Potomac Falls	597
		98	Florence	Katz	Alexandria	DNF

**WII BOWLING – MEN**

55-59	Gold	58	Ed	Brandmark	Vienna	534
	Silver	59	Stephen	Neal	Chantilly	473
	Bronze	56	JJ	Sunday	Arlington	463
65-69	Gold	69	Charles	Gritton	Sterling	350
70-74	Gold	73	Magdi Michael	Kallini	Fairfax	382
75-79	Gold	78	Gordon	Carter	Falls Church	610
	Silver	75	Jon	Roberts	Sterling	454
	Bronze	76	Arthur	Sauer	Alexandria	427
80-84	Gold	80	Michael	Fellenz	Potomac Falls	611
	Silver	84	Richard (Dick)	Stohr	Lake Ridge	528
	Bronze	80	Max	Scruggs	Arlington	520
85-89	Gold	87	Eddie	Ladd	Potomac Falls	636
	Silver	86	Paul	Schwartz	Potomac Falls	522
	Bronze	89	Peter	Junghans	Alexandria	479
90-94	Gold	91	William	Pascoe	Springfield	532
	Silver	92	Vito	Bruno	Potomac Falls	516
	Bronze	91	W.H. Duff	Rice	Potomac Falls	447

**YO-YO**

Not Offered in 2023

[Back To Table of Contents](#)[Back to list of Events with Records](#)**TRACK & FIELD****LONG JUMP, RUNNING – WOMEN**

60-64	Gold	62	Joanne	Shabelski	Springfield	8' 6.75"	2.61M
90-94	Gold	90	Alease	Brooks	Arlington	3' 6.5"*	1.08M

**LONG JUMP, RUNNING – MEN**

60-64	Gold	63	Jon	Berglund	Springfield	5' 5"	1.65M
70-74	Gold	71	Rod	Hupp	Falls Church	10' 4"	3.15M
	Silver	70	Michael	Emery	Burke	8' 10.5"	2.71M
	Bronze	73	Safdar	Enferadi	Arlington	8' 8.5"	2.65M
75-79	Gold	75	Jeff	Young	McLean	9' 4"	2.84M
	Silver	75	Gharemon	Suleymon	McLean	9' 0.25"	2.75M
	Bronze	75	Eiji	Yasuhara	Sterling	8' 3.25"	2.52M
		4	79	Don	Meli	Annandale	6' 9.25"
80-84	Gold	81	Parviz	Youssefi	Gainesville	8' 2.75"	2.67M
	Silver	84	Carlos	Rodriguez	Dumfries	3' 5.5"	1.05M
85-89	Gold	88	Jerry	Bradley	Oakton	5' 11.5"	1.82M



**HIGH JUMP – WOMEN**

60-64	Gold	62	Joanne	Shabelski	Springfield	3' 2"	0.97M
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**HIGH JUMP – MEN**

60-64	Gold	61	Kit	Sheffield	Vienna	2' 10"	0.86M
65-69	Gold	65	Ron	Workman	Sterling	3' 4"	1.02M
70-74	Gold	71	Rod	Hupp	Falls Church	3' 4"	1.02M
	Gold	72	Greg	Redding	Fairfax	3' 4"	1.02M
75-79	Gold	75	Jeff	Young	McLean	3' 4"	1.02M
	Silver	75	Eiji	Yasuhara	Sterling	3' 2"	0.97M
	Bronze	75	Gharemon	Suleymon	McLean	2' 10"	0.86M

**MINI JAVELIN THROW – WOMEN**

60-64	Gold	60	Maureen	Pan	Fairfax	63' 5"	19.33M
	Silver	60	Karen	Jarzynka-Hernandez	Arlington	27' 3"	8.31
65-69	Gold	66	Katherine	Good	Woodbridge	34' 3.5"	10.45
70-74	Gold	71	Jane	Hoge	Falls Church	52' 9" *	15.94 *
75-79	Gold	78	Nancy	Joyner	Annandale	32' 0.25"	9.76
	Silver	77	Beth	Baynes	Alexandria	23' 4"	7.11
80-84	Gold	82	SC	Whitehouse	Potomac Falls	23' 0.5"	7.02
90-94	Gold	90	Alease	Brooks	Arlington	16' 0.5"*	4.89 *

**MINI JAVELIN THROW – MEN**

50-54	Gold	51	Juan	Hernandez	Arlington	51' 6.5"	15.71M
55-59	Gold	56	Juan	Serrano, Jr.	Gainesville	56' 1.25"	17.1
60-64	Gold	63	Jon	Berglund	Springfield	72' 0.5"	21.96
70-74	Gold	72	Greg	Redding	Fairfax	88' 2"	26.87
	Silver	71	Rod	Hupp	Falls Church	75' 3.5"	22.34
	Bronze	71	Mohammad Nasir	Kianearsi	Dunn Loring	53' 0.25"	16.16
		4	71	Ali	Khaledi	Falls Church	49' 2"
	5	73	Safdar	Enferadi	Arlington	43' 10.75"	13.38
	6	70	Ken	Freund	Alexandria	42' 5.5"	12.94
75-79	Gold	75	George	Marmorino	Alexandria	73' 4"	22.35
	Silver	75	Gharemon	Suleymon	McLean	44' 8.5"	13.63
	Bronze	75	Eiji	Yasuhara	Sterling	42' 3"	12.88
		4	79	Don	Meli	Annandale	40' 10.5"
	5	76	Don	Sodo	Dumfries	39' 10"	12.14
80-84	Gold	81	Parviz	Youssefi	Gainesville	61' 5"	18.72
	Bronze	81	Dennis	Morin	Sterling	41' 5"	12.62
		Silver	84	Carlos	Rodriguez	Dumfries	44' 2.5"
	4	84	Herb	Levitan	Arlington	33' 8"	10.26
85-89	Gold	88	Jerry	Bradley	Oakton	36' 6.25"	11.13
	Silver	87	Eddie	Ladd	Potomac Falls	29' 8.75"	9.06

**SHOT PUT – WOMEN**

55-59	Gold	57	Denise	Lawson	Springfield	21' 1.5"	6.44M
60-64	Gold	60	Maureen	Pan	Fairfax	25' 9.5"	7.86
	Silver	62	Joanne	Shabelski	Springfield	18' 3"	5.56
	Bronze	60	Karen	Jarzynka-Hernandez	Arlington	16' 8.5"	5.09
80-84	Gold	82	SC	Whitehouse	Potomac Falls	14' 9.5"	4.51
90-94	Gold	90	Alease	Brooks	Arlington	11' 5.75"	3.5

**SHOT PUT – MEN**

55-59	Gold	56	Juan	Serrano, Jr.	Gainesville	22' 5"	6.83M
60-64	Gold	63	Jon	Berglund	Springfield	28' 6"	8.69
	Gold	64	Craig	Day	Falls Church	28' 6"	8.69
	Bronze	61	Kit	Sheffield	Vienna	23' 2.5"	7.07
70-74	Gold	71	Rod	Hupp	Falls Church	28' 0"	8.53
	Silver	74	James	Chalupsky	Burke	25' 8.5"	7.72
	Bronze	71	Ali	Khaledi	Falls Church	22' 11"	6.99
	4	70	Ken	Freund	Alexandria	20' 2.25"	6.15
75-79	Gold	75	Jeff	Young	McLean	31' 10.5"	9.72
	Silver	75	George	Marmorino	Alexandria	29' 11"	9.12
	Bronze	75	Gharemon	Suleymon	McLean	28' 6"	8.69
	4	76	Don	Sodo	Dumfries	21' 4"	6.5
	5	77	Matt	Kline	Alexandria	19' 7"	5.67
	6	77	John	Rogers	Arlington	17' 11.5"	5.47
	7	79	Don	Meli	Annandale	17' 3.75"	5.28
80-84	Gold	81	Dennis	Morin	Sterling	26' 0"	7.92
	Silver	80	James	Holmes	Springfield	20' 7.5"	6.29
	Bronze	84	Carlos	Rodriguez	Dumfries	18' 0.5"	5.5
85-89	Gold	88	Jerry	Bradley	Oakton	20' 0"	6.1
	Silver	87	Eddie	Ladd	Potomac Falls	17' 1"	5.23

**DISCUS – WOMEN**

60-64	Gold	60	Maureen	Pan	Fairfax	78' 0"*	24.07M*
65-69	Gold	66	Katherine	Good	Woodbridge	51' 11"*	15.82M*
80-84	Gold	82	SC	Whitehouse	Potomac Falls	23' 9"	7.24M
90-94	Gold	90	Alease	Brooks	Arlington	22' 3"	6.78M

**DISCUS – MEN**

55-59	Gold	56	Juan	Serrano, Jr.	Gainesville	64' 5"	19.63M
60-64	Gold	64	Craig	Day	Falls Church	91' 9"	27.97M
	Silver	63	Jon	Berglund	Springfield	82' 8.5"	25.21M
	Bronze	61	Kit	Sheffield	Vienna	68' 9"	20.69M
70-74	Gold	71	Rod	Hupp	Falls Church	69' 3"	21.11M
	Silver	74	James	Chalupsky	Burke	67' 10"	20.68M
	Bronze	71	Ali	Khaleda	Falls Church	57' 2.5"	17.44M
	4	73	Safdar	Enferadi	Arlington	51' 6.25"	15.70M
	5	71	Mohammad Nasir	Kianearsi	Dunn Loring	48' 7"	14.81M
	6	70	Ken	Freund	Alexandria	46' 0.25"	14.03M

75-79	Gold	75	George	Marmorino	Alexandria	89' 11.5"	27.42M
	Silver	75	Gharemon	Suleymon	McLean	77' 7"	23.65M
	Bronze	76	Don	Sodo	Dumfries	60' 0"	18.29M
	4	75	Eiji	Yasuhara	Sterling	57' 2"	17.42M
	5	79	Don	Meli	Annandale	48' 0.25"	14.66M
80-84	Gold	81	Parviz	Youssefi	Gainesville	61' 3"	18.67M
	Silver	81	George	Levendis	Arlington	59' 11.5"	18.28M
	Bronze	80	James	Holmes	Springfield	53' 0.5"	16.17M
	4	84	Carlos	Rodriguez	Dumfries	36' 5"	11.10M
85-89	Gold	88	Jerry	Bradley	Oakton	42' 0.5"	12.81M
	Silver	87	Eddie	Ladd	Potomac Falls	41' 2"	12.55M

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**TRACK – 60 METER RUN – WOMEN**

50-54	Gold	53	Sylvie	Mortimer	Arlington	9.81
	Silver	53	Casey	Weiser	Arlington	11.87
55-59	Gold	59	Sabrina	Tormoen	Bealeton	9.84
60-64	Gold	61	Vanstacia	Jackson	Alexandria	13.06
65-69	Gold	67	Dixie	Duncan	Arlington	11.53
75-79	Gold	77	Gloria	Raddatz	Leesburg	14.97
90-94	Gold	90	Alease	Brooks	Arlington	27.00

**TRACK – 60 METER RUN – MEN**

50-54	Gold	54	Guster	Cunningham III	Alexandria	9.03
55-59	Gold	58	Keenan	Smith	Woodbridge	10.04
60-64	Gold	60	Rich	Taylor	Arlington	8.5
	Silver	62	Robert	Higgins	Leesburg	9.31
65-69	Gold	65	Ron	Workman	Sterling	9.72
70-74	Gold	73	Richard	Bender	Reston	9.88
	Silver	70	Michael	Emery	Burke	11.25
75-79	Gold	75	Jeff	Young	McLean	10.32
	Silver	75	Eiji	Yasuhara	Sterling	10.72
	Bronze	79	Glenwood	Sickles	Haymarket	12.07
	4	79	Don	Meli	Annandale	13.5
80-84	Gold	82	Karl	Lady	Alexandria	11.06
	Silver	80	Daniel	Durante	Gainesville	12.45
	Bronze	81	John	Koslin	Fairfax Station	12.72
	4	80	Daniel	Seline	McLean	13.47
	5	83	Woody	Hair	Arlington	14.01
	6	84	Carlos	Rodriguez	Dumfries	19.37
85-89	Gold	88	Jerry	Bradley	Oakton	12.59
	Silver	88	Hyung	Park	Springfield	13.75
90-94	Gold	93	Kent	Halstead	Ashburn	17.78

**TRACK – 200 METER RUN – WOMEN**

50-54	Gold	53	Sylvie	Mortimer	Arlington	34.73
55-59	Gold	59	Sabrina	Tormoen	Bealeton	37.21
60-64	Gold	62	Joanne	Shabelski	Springfield	43.88
65-69	Gold	67	Dixie	Duncan	Arlington	40.78
70-74	Gold	71	Hannah	Phillips	Alexandria	40.85*
75-79	Gold	77	Gloria	Raddatz	Leesburg	1:01.41
80-84	Gold	83	Mandy	Whalen	Falls Church	1.22

**TRACK – 200 METER RUN – MEN**

50-54	Gold	54	Guster	Cunningham III	Alexandria	32.07
55-59	Gold	57	Robert	Forsythe	Annandale	29.00
	Silver	57	Ronald	Molteni	Arlington	38.91
60-64	Gold	60	Rich	Taylor	Arlington	31.07
	Silver	62	Robert	Higgins	Leesburg	32.68
65-69	Gold	68	Michael	Blount	Haymarket	33.95
	Silver	65	Ron	Workman	Sterling	34.09
	Bronze	67	William	Highsmith	Arlington	41.00
70-74	Gold	73	Richard	Bender	Reston	35.03
	Silver	70	Michael	Emery	Burke	42.53
75-79	Gold	75	Eiji	Yasuhara	Sterling	38.07
	Silver	77	Robert	Grannis	Manassas	43.91
	Bronze	76	Doyle	Talkington	Haymarket	44.00
		4	79	Don	Meli	Annandale
80-84	Gold	80	Daniel	Durante	Gainesville	39.75*
	Silver	82	Karl	Lady	Alexandria	40.91
	Bronze	81	John	Koslin	Fairfax Station	47.46
		4	83	Woody	Hair	Arlington
	5	84	Carlos	Rodriguez	Dumfries	1:15.31
		82	Dick	Nanto	Clifton	DNF
85-89	Gold	88	Jerry	Bradley	Oakton	46.97
	Silver	88	Hyung	Park	Springfield	1:00.41
90-94	Gold	93	Kent	Halstead	Ashburn	1:10.00

**TRACK – 400 METER RUN – WOMEN**

50-54	Gold	53	Sylvie	Mortimer	Arlington	1:22.94
	Silver	51	Yuko	Whitestone	Fairfax	1:24.41
	Bronze	52	Carlin	MacDougall	Alexandria	1:26.58
		4	53	Casey	Weiser	Arlington
	5	53	Kimberley	Williams	Burke	1:59.25
60-64	Gold	62	Joanne	Shabelski	Springfield	1:37.00
70-74	Gold	71	Hannah	Phillips	Alexandria	1:38.47*
80-84	Gold	83	Mandy	Whalen	Falls Church	3:14

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**TRACK – 400 METER RUN – MEN**

55-59	Gold	57	Robert	Forsythe	Annandale	1:04.03
60-64	Gold	62	Larry	Wszalek	Alexandria	1:16.63
	Silver	62	Robert	Higgins	Leesburg	1:17.69
65-69	Silver	67	William	Highsmith	Arlington	1:32.53
	Gold	69	Michael	Southwood	Fairfax	1:23.13
70-74	Gold	73	Richard	Bender	Reston	1:25.60
	Silver	73	Michael	McCormick	Alexandria	1:26.35
75-79	Gold	75	Eiji	Yasuhara	Sterling	1:43.00
	Silver	79	Don	Meli	Annandale	1:54.00
	Bronze	77	Robert	Grannis	Manassas	1:54.90
	4	76	Bob	Pearson	Fairfax Station	2:12.47
80-84	Gold	81	Eamonn	McEvilly	Springfield	1:35.16*
	Silver	80	Daniel	Durante	Gainesville	1:39.21
	Bronze	81	John	Koslin	Fairfax Station	1:46.69
		4	82	Karl	Lady	Alexandria
	5	82	G Stan	Brown	Fairfax	2:43.47
	6	84	Carlos	Rodriguez	Dumfries	3:23.09
85-89	Gold	88	Jerry	Bradley	Oakton	2:28.32*
90-94	Gold	93	Kent	Halstead	Ashburn	3:16.47

**TRACK – 800 METER RUN – WOMEN**

50-54	Gold	51	Yuko	Whitestone	Fairfax	3:01.22*
	Silver	52	Carlin	MacDougall	Alexandria	3:15.58
60-64	Gold	62	Joanne	Shabelski	Springfield	3:30.60
70-74	Gold	71	Hannah	Phillips	Alexandria	3:55.16*

**TRACK – 800 METER RUN – MEN**

55-59	Gold	57	Robert	Forsythe	Annandale	2:35.21
70-74	Gold	73	Michael	McCormick	Alexandria	3:52.66
	Silver	74	Joe	Creekmore	Reston	4:17.97
	Bronze	72	Rafe	Katkin	Burke	4:28.37
		4	72	Jeffrey	Klemm	McLean
75-79	Gold	76	Doyle	Talkington	Haymarket	4:36.41
	Silver	77	James	Mort	Burke	5:01.00
80-84	Gold	81	Eamonn	McEvilly	Springfield	3:40.93*
	Silver	83	Karl	Mueller	Alexandria	4:30.07

**TRACK – 1600 METER RUN – WOMEN**

60-64	Gold	62	Joanne	Shabelski	Springfield	7:37.75
70-74	Gold	71	Hannah	Phillips	Alexandria	8:49.19*

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### TRACK – 1600 METER RUN – MEN

55-59	Gold	56	Paul	Cachion	Arlington	6:30.97
60-64	Gold	61	Michael	Graham	Alexandria	8:20.47
65-69	Gold	67	William	Highsmith	Arlington	7:37.79
70-74	Gold	73	Michael	McCormick	Alexandria	7:57.40
	Silver	71	Shabeg	Singh	Hay Market	8:35.00
	Bronze	72	Jeffrey	Klemm	McLean	9:24.69
	4	72	Rafe	Katkin	Burke	9:33.28
75-79	Gold	76	Doyle	Talkington	Haymarket	9:53.12
	Silver	76	Bob	Pearson	Fairfax Station	10:32.66
	Bronze	75	William	Guey-Lee	Arlington	10:43.97
	4	77	James	Mort	Burke	10:52.44
80-84	Gold	81	Stuart	Searles	Arlington	10:18.25
85-89	Gold	86	Ken	Quincy	Vienna	14:25.00

### TRACK – 800 METER WALK – WOMEN

50-54	Gold	52	Lynn	Gilbertson	Burke	6:12.00
55-59	Gold	58	Heather	McDaniel	Arlington	8:33.37
60-64	Gold	61	Vanstacia	Jackson	Alexandria	6:21.5
	Silver	63	Kathy	McGarril	Arlington	6:27.44
	Bronze	61	Diane	Doolittle	Arlington	7:54.16
	4	60	Karen	Jarzynka-Hernandez	Arlington	8:20.31
65-69	Gold	66	Katherine	Good	Woodbridge	5:59.56
70-74	Gold	70	Mary	Walls	Arlington	6:16.00
	Silver	71	Meena	Bhagat	Ashburn	8:20.05
	Bronze	70	Susan	Caputo	Springfield	8:22.88
75-79	Gold	77	Beth	Baynes	Alexandria	6:14.29
	Silver	77	Lorie	Brush	Falls Church	7:00.93
	Bronze	77	Rosella	Wertheim	Hamilton	7:26.65
	4	78	Karen Jo	Pyeatt	Falls Church	8:16.06
	5	78	Nancy	Joyner	Annandale	8:18.85
	6	77	Debbie	Ziegler	Arlington	10:07.09
80-84	Gold	83	Mandy	Whalen	Falls Church	7:27.75
	Silver	82	SC	Whitehouse	Potomac Falls	7:47.95
	Bronze	80	Jean	Feighery	Fairfax	8:10.00
	4	83	Sharon	Simpkin		8:40.00
	5	83	Andrea	Baumann	Falls Church	8:41.68
85-89	Gold	87	Annmarie	Pittman	Alexandria	7:56.63
	Silver	85	Nancy	Gesswein	Sterling	8:57.56
90-94	Gold	92	Janine	Bland	Arlington	8:18.59

**TRACK – 800 METER WALK – MEN**

55-59	Gold	58	Dan	Doolittle	Arlington	7:10.00
60-64	Gold	61	Kit	Sheffield	Vienna	5:28.81
65-69	Gold	67	John	Schneider	Reston	9:40.57
70-74	Gold	71	Shabeg	Singh	Haymarket	4:44.59*
	Silver	72	Jeffrey	Klemm	McLean	5:33.05
	Bronze	73	James	Enright	Alexandria	6:37.09
	4	70	Robert	Aaront	Centreville	7:04.78
75-79	Gold	78	Dave	Danze	Arlington	6:13.68
	Silver	75	Eiji	Yasuhara	Sterling	6:25.:3
	Bronze	76	Bob	Pearson	Fairfax Station	6:25.63
	4	79	Charles	Kleymeyer	Arlington	7:51.18
80-84	Gold	82	Gary	Nooger	Falls Church	7:40.34
	Silver	84	Gerald	Dahlin	Manassas	7:46.87
	Bronze	84	Carlos	Rodriguez	Dumfries	8:30.78
85-89	Gold	85	Phil	Walsh	Potomac Falls	8:57.:1
	Silver	88	Joe	Miller	Potomac Falls	9:11.25
90-94	Gold	90	Thomas	Tobias	Haymarket	6:37.68*
	Silver	91	Sonny	Caputo	Springfield	8:50.84
	Bronze	91	Dominador	Endoso	Annandale	8:57.78

**TRACK – 1600 METER WALK – WOMEN**

50-54	53	Gold	Patricia	Smith	Woodbridge	12:31.19*
	52	Silver	Lynn	Gilbertson	Burke	13:13.62
55-59	58	Gold	Heather	McDaniel	Arlington	14:56.97
60-64	61	Gold	Vanstacia	Jackson	Alexandria, VA	13:14.94
	63	Silver	Kathy	McGarril	Arlington	13:15.22
65-69	66	Gold	Katherine	Good	Woodbridge	12:27.05
75-79	77	Gold	Lorie	Brush	Falls Church	14:35.84
	77	Silver	Debbie	Ziegler	Arlington	20:34.00
	78	Bronze	Karen Jo	Pyeatt	Falls Church	20:42.16
80-84	82	Gold	Susan	Kilpatrick	Falls Church	15:31.35
	82	Silver	SC	Whitehouse	Potomac Falls	15:59.69
85-89	87	Gold	Anmarie	Pittman	Alexandria	15:52.00

**TRACK – 1600 METER WALK – MEN**

50-54	54	Gold	Guster	Cunningham III	Alexandria	12:10.28
55-59	58	Gold	Keenan	Smith	Woodbridge	12:09.29
60-64	61	Gold	Kit	Sheffield	Vienna	11:08
	64	Silver	John	Sullivan	Fairfax	11:41
70-74	71	Gold	Shabeg	Singh	Haymarket	10:53*
	72	Silver	Jeffrey	Klemm	McLean	10:53*
	70	Bronze	Robert	Aaront	Centreville	13:15

75-79	75	Gold	William	Guey-Lee	Arlington	12:43
	75	Silver	Eiji	Yasuhara	Sterling	13:12.4
	76	Bronze	Bob	Pearson	Fairfax Station	13:22.82
	79	4	Fred	Siskind	McLean	14:03.22
	79	5	Clifford	Gay	Falls Church	14:33.97
80-84	83	Gold	Karl	Mueller	Alexandria	12:36.32
	82	Silver	Gary	Nooger	Falls Church	15:47.9
	84	Bronze	Gerald	Dahlin	Manassas	16:47.56
85-89	85	Gold	Phil	Walsh	Potomac Falls	17:41.75
	88	Silver	Joe	Miller	Potomac Falls	19:28.91
	88	Bronze	G. Edward	Mott	Falls Church	23:15.65
90-94	90	Gold	Thomas	Tobias	Haymarket	13:17.50*
	91	Silver	Dominador	Endoso	Annandale	18:06.66

**TRACK – "3 MILE" POWER WALK – WOMEN (4800 M, 12-400 Meter Laps Outdoors)  
(Falls Church High School)**

55-59	55	Gold	Libbi	Finelsen	Arlington	39:17
	58	Silver	Heather	McDaniel	Arlington	49:59
60-64	63	Gold	Barb	Carroll	Arlington	39:32
	63	Silver	Kathy	McGarril	Arlington	41:44
65-69	68	Gold	Zahra	Mahi	Annandale	47:06
70-74	74	Gold	Indira	Thapa	Burke	1:01:29
75-79	77	Gold	Beth	Baynes	Alexandria	39:16
80-84	82	Gold	Ruth	Nieboer	Annandale	42:32
	84	Silver	June	Gwllagher	Arlington	42:46
	80	Bronze	Sally	Werntz	Reston	44:13
	83	4	Mary	Allen	Great Falls	44:45
	82	5	SC	Whitehouse	Potomac Falls	53:49

**TRACK – "3 MILE" POWER WALK – MEN (4800 M, 12-400 Meter Laps Outdoors)  
(Falls Church High School)**

55-59	58	Gold	David	Mickalonis	Burke	29:22
	55	Silver	Barrett	Tripp	Falls Church	36:13
	57	Bronze	Paul	Hession	Fairfax	40:27
70-74	71	Gold	Shabeg	Singh	Haymarket	32:44
	72	Silver	Jeffrey	Klemm	McLean	35:00
	72	Bronze	William	Leggett	Woodbridge	36:58
	72	4	James	Carboni	Oak Hill	39:53
	70	5	Michael	Emery	Burke	41:28
75-79	76	Gold	Bob	Pearson	Fairfax Station	39:37
	79	Silver	Clifford	Gay	Falls Church	44:29
	79	Bronze	Glenwood	Sickels	Haymarket	49:43
	77	4	Matt	Kline	Alexandria	1:03:05
	77	5	John	Rogers	Arlington	1:16:14
80-84	80	Gold	Stephen	Fitzgerald	Alexandria	56:38
	84	Silver	Herb	Levitan	Arlington	57:16
90-94	90	Gold	Thomas	Tobias	Haymarket	39:47*



**5K TRAIL RUN – WOMEN (Bluemont Park) (New in 2022)**

50-54	Gold	52	Paige	Wilmeth	Manassas	34:33.1
60-64	Gold	64	Duk	Ro	Nokesville	29:17.5
65-69	Gold	69	Susan	Aaronson	Arlington	27:35.8*
	Silver	67	Dixie	Duncan	Arlington	32:48.3
70-74	Gold	73	K	M	Alexandria	46:19.5*

**5K TRAIL RUN – MEN (Bluemont Park) (New in 2022)**

50-54	Gold	54	Guster	Cunningham III	Alexandria	26:37.9*	
55-59	Gold	57	Martin	Bergmann	Arlington	23:55.1*	
	Silver	57	Ronald	Molteni	Arlington	26:08.0	
60-64	Gold	62	Ted	Poulos	McLean	25:41.7	
	Silver	61	Michael	Graham	Alexandria	29:59.9	
65-69	Gold	68	Kap	Ro	Nokesville	27:50.0	
	Silver	67	Terry	McElroy	Woodbridge	28:24.4	
	Bronze	69	David	Mann	Fairfax	30:59.4	
70-74	Gold	72	James	Carboni	Oak Hill	30:09.9	
	Silver	72	Allan	Dosik	Arlington	36:19.3	
75-79	Gold	76	Pete	Kelly	Catlett	33:44.7	
	Silver	76	Bob	Pearson	Fairfax Station	34:11.8	
	Bronze	76	George	Dellagiarino	Reston	35:31.1	
		4	77	James	Mort	Burke	35:31.1
		5	76	Doyle	Talkington	Haymarket	40:03.5
80-84	Gold	81	Eamonn	McEvilly	Springfield	27:23.9	
	Silver	83	Karl	Mueller	Alexandria	29:19.7	
	Bronze	81	Dennis	Morin	Sterling	35:20.4	
		4	80	Ted	Nanz	Fairfax Station	48:22.0

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# NVSO Record Holders 1982-2023

Asterisk (\*) Indicates tied or established new NVSO record in 2023

*(Click on Event Name to go directly to event records)*

(Basketball; Bowling; [CANASTA](#); [CRIBBAGE](#); Cycling; [Disc Golf](#); Diving; [Discus](#); Football Throw; Frisbee; [Golf](#); [High Jump](#); [Mah Jongg](#); [Long Jump Running](#); [Long Jump Standing](#); [High Jump](#); [MiniGolf](#); [MiniJavelin](#); [Rowing](#); [Scrabble](#); [Shot Put](#); Softball Hit&Throw; Swim 50 Freestyle; Swim 100 freestyle; Swim 50 Breast; Swim 100 Breast; [Swim 50 Back](#); Swim 100 Back; Swim 900 freestyle; [Track 60M Dash](#); [Track 200M Dash](#); [Track 400M Run](#); [Track 400M Walk](#); [Track 800M Run](#); [Track 800M Walk](#); [Track 1600M Run](#); [Track 1600M Walk](#); [Track 3Mile Walk](#); [5K Road Race](#); [Weightlifting](#); [Wii Bowling](#))

Age	Winners	Locality	Score	Year
<b>ARCHERY - COMPOUND - WOMEN</b>				
50 - 59	Donna Turgeon	Fairfax Station	421	2002
60 - 64	Pat Carlson	Springfield	203	1992
<b>ARCHERY - COMPOUND - MEN</b>				
55 - 59	Layton Allen	Springfield	290	1990
60 - 64	Wayne Bell	Annandale	263	1999
65 - 69	Bill Ayers	Springfield	269	1991
70 - 79	Victor Linden	Fairfax	457	2002
80 +	Steve Hajek	Woodbridge	337	2002
<b>ARCHERY - RECURVE - WOMEN</b>				
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
<b>ARCHERY - RECURVE - MEN</b>				
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**

All	Archye Mackey Bryant	Alexandria	6	2002
	Patricia Childers	Springfield	6	2005
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**

All	Thomas Redman	Centreville	20	2002
55 - 59	Joe McEvoy	Woodbridge	10	1993
60 - 64	Bob Kozan	McLean	16	1990
65 - 69	John Jackson	Annandale	20	1990
70 - 74	Charles Toftoy	Arlington	22	2008
75 - 79	John Schlogl	Springfield	9	1994
80 - 84	Paul Strickler	Falls Church	5	1991
85 - 89	Paul Strickler	Falls Church	1	1995
90 - 94	JR Cassidy	Manassas	5	2008

**BASKETBALL FIELD GOALS – WOMEN (New in 2012)**

50 – 54	Anne Miller	Annandale	14/20	2019
50 – 59	Erin McKenney	Annandale	12/20	2015
55 – 59	Destphanie Johnson	Lorton	13/20	2019
60 – 64	LeeAnne Orndorf	Alexandria	13/20	2022
70 – 79	Nancy Joyner	Annandale	6/20	2016,'17,'19
80 – 89	Sheila Gildea	McLean	7/20	2013 & 2015

**BASKETBALL FIELD GOALS – MEN (New in 2012)**

50 – 59	Peter Martinson	Arlington	14/20	2012
	Scott Phillips	Alexandria	15/20	2017
60 – 69	Sam Slowinski	Gainesville	15/20	2016
70 – 79	Peter McGuirk	Arlington	15/20	2014
	Allan Kellum	McLean	15/20	2015
	Jay Holmes	Springfield	15/20	2018
80 – 89	James Martin	Alexandria	15/20	2016

**BASKETBALL FREE THROW – WOMEN**

50 - 59	Pat Blackman	Arlington	24/25	1995
	Vy Yoder	Mason Neck	18/20	2018
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
70 – 79	Nancy Joyner	Annandale	9/20	2016
80 - 89	Mary Boska	Alexandria	19/25	2007

**BASKETBALL FREE THROW – MEN**

50 – 54	Peter Brewington	Centreville	20/25	2011
55 - 59	Harold Skeins	Fairfax	25/25	1995
50 – 59	Scott Phillips	Alexandria	16/20	2018
60 - 69	Harold Skeins	Fairfax	23/25	2002 & 2007
	Allen Brooks	Triangle	19/20	2018
60 - 64	Harold Skeins	Fairfax	23/25	1999
65 - 69	Richard Smith	Springfield	24/25	1997
70 - 79	Peter McGuirk	Arlington	23/25	2015
	Jay Holmes	Springfield	16/20	2016
	Allan Kellum	McLean	16/20	2017
	Sam Slowinski	Gainesville	16/20	2018
80 - 84	George Ryffel	Arlington	20/25	2000
85 - 90	JR Cassidy	Manassas	14/25	2005
80 – 89	James Martin	Alexandria	15/20	2016 & 2017
90 - 94	JR Cassidy	Manassas	16/25	2006

**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	Jasmine Joo	Burke	622	2023*
55 - 59	Jacqueline Oliver	Lorton	670	1992
60 - 64	Poppy Price	Springfield	704	1995
65 - 69	Tess Gowel	Sterling	720	2018
70 - 74	Joyce Harwood	Springfield	722	1995
75 - 79	Betty Graves	Alexandria	719	2014
80 - 84	Dorothy Segal	Fairfax	673	1994
85 - 89	Eva Sorenson	Alexandria	655	2012
90 – 94	Eva Sorenson	Alexandria	617	2016
95 – 99	Eva Sorenson	Alexandria	578	2022
100+	Eva Sorenson	Alexandria	527	2023*

**BOWLING - TEN PIN – MEN**

50 - 54	Thomas Robinson	Hendon	726	2016
55 - 59	Michael Knight	Falls Church	811	2010
60 - 64	Rick Thompson	Fairfax	686	2022
65 - 69	Robert Fabian	Manassas	742	2019
70 - 74	John Melescue	Springfield	716	1995
75 - 79	Edward Dizon	Springfield	697	2021
80 - 84	John Sheppard	Falls Church	696	2011
85 - 90	Michael Curcio	Manassas	679	1998
90 - 94	Bob McNare	Falls Church	666	2010

**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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**CRIBBAGE – COED**

All Ages	Paul McFarland	Springfield	12	2011
	Mark Weaver	Springfield	12	2018

**CYCLING – 10K Time Trial – WOMEN (Held at Northern Fauquier Community Park .in 2012, '13, '14, and '15)**

50-54	Ricki Gold	Arlington	18:19	2011
55-59	Karen Sullivan	Arlington	18:37.3	2013
60-64	Rebecca Kite	Leesburg	22:04	2011
65-69	Barbara Happ	Gainesville	22:43	2011
70-74	Susan Lucas	Gainesville	20:36.1	2013
75-79	Joyce Tobias	Haymarket	31:53.2	2013

**CYCLING – 10K Time Trial – WOMEN (Held at Vint Hill Village Green in 2016-2022)**

50-54	Lisa Haley	Ashburn	18:55	2021
55-59	Betty Francis	Warrenton	18:51.07	2019
60-64	Kathleen Kearns	Woodbridge	19:56	2021
65-69	Paula Renfro	Haymarket	28:02	2021
70-74	Lynn Saunders	Gainesville	22:16	2018
75-79	Ruth Hamilton	McLean	23.15	2022
80-84	Joyce Tobias	Haymarket	29:58	2021

**CYCLING – 10K Time Trial – MEN (Held at Northern Fauquier Community Park from 2012 – 2015)**

50-54	Eric Lengel	Fairfax	17:58.56	2015
55-59	Howard Van Houten	Oakton	15:14	2011
60-64	Mark Holt	Fairfax	16:34.0	2013
65-69	David Jerome	Haymarket	16:39	2011
70-74	Giulio Porta	Annandale	18:44.6	2015
75-79	Stephan Forman	McLean	22:19.06	2015
80-84	Thomas Tobias	Haymarket	19:50.71	2014
85-89	Otto Gerken	Gainesville	33:50.75	2014

**CYCLING – 10K Time Trial – MEN** (Held at Vint Hill Village Green in 2016-2022)

50-54	Tony Lang	Alexandria	14:41	2018
55-59	Michael Emerson	Leesburg	14:52	2016
60-64	Jim Crowley	Alexandria	15:04	2017
65-69	James Degoey	Reston	15:42	2016
70-74	Mark Holt	Arlington	15:43	2021
75-79	John McCracken	Reston	18:28	2021
80-84	Bill Vest	Reston	18:07	2016
85-89	William Vest	Gainesville	18:56	2021

**CYCLING – 20K Time Trial – WOMEN** (Held at Northern Fauquier Community Park. in 2012, '13, '14, and '15)

50-54	Leigh Danforth	Warrenton	39:51.2	2013
55-59	Karen Sullivan	Arlington	37:17.5	2013
60-64	Hannah Phillips	Alexandria	46:19.7	2012
65-69	Lynn Saunders	Gainesville	46:43.25	2014
70-74	Susan Lucas.	Gainesville	40:49.4	2012
75-79	Joyce Tobias	Haymarket	1:02:18.6	2013

**CYCLING – 20K Time Trial – WOMEN** (Held at Vint Hill Village Green in 2016-2022)

50-54	May Ton	Burke	38:43	2021
55-59	Betty Francis	Warrenton	36.38.4	2019
60-64	Deb Wolfe	Gainesville	38:43.15	2019
65-69	Trish LeBlanc	Alexandria	49:34	2021
70-74	Lynn Saunders	Gainesville	43:19	2016
75-79	Ruth Hamilton	McLean	44:50	2022
80 -84	Joyce Tobias	Haymarket	1:01.07	2021

**CYCLING – 20K Time Trial – MEN** (Held at Northern Fauquier Community Park. in 2012, '13, '14, and '15)

50-54	Eric Lengel	Fairfax	36:41.73	2015
55-59	Jim Crowley	Alexandria	32:24.73	2014
60-64	Mark Holt	Fairfax	33:12.01	2014
65-69	James Degoey	Reston	34:12.87	2015
70-74	Giulio Porta	Annandale	37:51.03	2015
75-79	Charles Nelson	Arlington	44:42.6	2013
80-84	Thomas Tobias	Haymarket	40:58.81	2014
85-89	Otto Gercken	Gainesville	1:11:45.29	2015

**CYCLING – 20K Time Trial – MEN** (Held at int Hill Village Green in 2016-2022)

50-54	Tony Lang	Alexandria	29:11	2018
55-59	Eric Lengel	Fairfax	28:25	2016
60-64	Jim Crowley	Alexandria	30:44	2017,2018
65-69	James Degoey	Reston	31:31	2016
70-74	Mark Holt	Arlington	32:30	2021
75-79	Robert Causseaux	Marshall	36.22	2022
80-84	Bill Vest	Reston	35:42	2016
85-89	William Vest	Gainesville	37:37	2021

**DISC GOLF – WOMEN (Held at Bluemont Park 2023) New in 2023**

60-64	Emily Smith	Annandale	53	2023*
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**DISC GOLF – MEN (Held at Bluemont Park 2023) New in 2023**

55-59	Kevin Walton	Ashburn	32	2023*
	Juan Serrano, Jr.	Gainesville	32	2023*
60-64	Jon Berglund	Springfield	31	2023*
65-69	Robert Roll	Arlington	43	2023*
70-74	Rod Hupp	Falls Church	30	2023*

**1 M DIVING – WOMEN**

50 - 54	Deb Ryan	Arlington	202.60	2023*
55 - 59	Madeline Fleckenstein	Arlington	206.50	2018
60 - 64	Carol Mackela	Arlington	175.7	2012
65 - 69	Carol Mackela	Springfield	203.60	2018
70 – 74	Carol Mackela	Springfield	160.4	2021
75 – 79	Mandy Whalen	Falls Church	101.95	2018
80 – 84	Mandy Whalen	Falls Church	98.3	2021

**1 M DIVING – MEN**

50 – 54	Thomas Blakemen	Falls Church	255.95	2022
55 – 59	Bobby Meeks	Arlington	253.25	2012
60 – 64	Bobby Meeks	Arlington	207.85	2013
65 – 69	Duane Clayton Cox	Fairfax	205.15	2015
70 – 74	Kim Alderman	Arlington	166.35	2012
75 – 79	Kim Alderman	Arlington	168.45	2016
80 – 84	Kim Alderman	Arlington	172.45	2021

**3 M DIVING – WOMEN (New in 2022)**

50 – 54	Deb Ryan	Arlington	177.86	2023*
60 – 64	Madeline Fleckenstein	Arlington	191.95	2023*
70 - 74	Carol J Mackela	Springfield	150.4	2022

**3 M DIVING – MEN (New in 2022)**

50 - 54	Miguel Perez	Oakton	219.20	2023*
60 – 64	Douglas Bell	Vienna	142.25	2022
70 – 74	R. Duane Clayton-Cox	Fairfax	157.70	2023*
80 – 84	Kim Alderman	Arlington	164.35	2022

**DIVING-SYNCHRONIZED CO-ED (NEW IN 2023)**

All Ages	Carol J. Mackela	Springfield	142.19	2023*
All Ages	Karen Alderman	Arlington	142.19	2023*

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**FOOTBALL THROW – WOMEN**

50 – 54	Colleen Cornwell
55 – 59	Sabrina Tomoen
60 – 64	Lee Anne Orndorff
65 – 69	Jane Hoge
70 – 74	Jane Hoge
75 – 79	Georgia Fuller
80 – 84	SC Whitehouse
85 – 89	Sheila Gildea
90 – 94	Rosemary Furcher

**(New in 2012)**

Manassas	73'	2016
Bealeton	85' 11"	2023*
Alexandria	89' 2"	2023*
Falls Church	59' 11"	2018
Falls Church	56' 2"	2023*
Falls Church	46' 11"	2021
Potomac Falls	22' 5"	2023*
McLean	27' 4"	2016
Annandale	17' 5"	2017

**FOOTBALL THROW – MEN**

50 – 54	Brian Hair
55 – 59	Thomas Sampson
60 – 64	Michael Purcell
65 – 69	Doug Hastings
70 – 74	Frederick Hacker
75 – 79	Bernhard Stamm
80 – 84	Bernhard Stamm
85 – 89	Jerry Bradley
90 – 94	Donald Tanner
95 – 99	Donald Brooks

**(New in 2012)**

Woodbridge	133' 3"	2023*
Clifton	130' 0.5"	2018
Ashburn	118' 1"	2023*
Alexandria	110' 10"	2014
Fairfax	104' 3"	2012
Ashburn	101' 6"	2014
Ashburn	86' 8 1/2"	2019
Oakton	57' 7"	2021
Ashburn	39' 8"	2019
Potomac Falls	22' 10"	2017

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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

**FRISBEE THROW – MEN**

50 - 54	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



**GOLF 9-HOLE, 3 PAR - WOMEN (New in 2023) Oak Marr REcenter**

50-54	Lynn Gilbertson	Burke	41	2023*
55-59	Sabrina Tomoen	Bealeton	43	2023*
60-64	Karen Jarzynka-Hernandez	Arlington	47	2023*
75-79	Sonja Risser	Springfield	43	2023*

**GOLF 9-HOLE, 3 PAR - MEN (New in 2023) Oak Marr REcenter**

50-54	Brian Hair	Woodbridge	33	2023*
55-59	Steve Kshok	Fairfax	34	2023*
60-64	Jiadong Huang	Fairfax	34	2023*
65-69	Michael Garcia	McLean	32	2023*
70-74	Allan Dosik	Arlington	42	2023*
75-79	John Higgins	Reston	34	2023*
85+	William White	Clifton	34	2023*

**GOLF - GROSS SCORE – WOMEN (2007 – Present)**

50-59	Rebecca Davis	Sumerduck	80	2010
60 - 69	Judie Armington	Arlington	90	2009
70 - 79	Myrna Fulton	Arlington	75	2008
80 - 89	Carolyn Caldwell	Alexandria	88	2009

**GOLF - GROSS SCORE – MEN (2007 – Present)**

50 - 59	William Somers	Arlington	69	2007
60 - 69	Harvey Doerksen	Fairfax	71	2009
70 - 79	Orland Van Bavel	Woodbridge	77	2002
80 - 84	Larry Lasik	Herndon	71	2014
80 - 89	Sandy Grady	Reston	71	2009
85 - 89	David McIntyre	Fairfax	97	2018

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**GOLF -"PEORIA" NET SCORE – WOMEN (1982-1999)**

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 (1982-1999)**

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 - 89	Glen Swanson	Leesburg	69	1999

**GOLF - "CALLAWAY " - NET SCORE – WOMEN (2000-2006)**

50 - 59	Carol Blair	Reston	50	2000
60 - 69	Lazell Hunigan	Sterling	64	2000
70 - 79	Wanda Bridgman	Fairfax	63	2000
80 - 89	Boyce Price	Alexandria	74	2003

**GOLF - "CALLAWAY" - NET SCORE – MEN (2000-2006)**

50 - 59	Steve Brooks	Dale City	57	2006
60 - 69	Don Borchering	McLean	49	2000
70 - 79	Jim Lemons	Vienna	51	2000

**MAH JONGG – CO-ED (NEW IN 2014)**

	Phyllis Bowman	Haymarket	300	2014
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**MINIATURE GOLF – WOMEN**

50 - 59	Audrey Bragg	Alexandria	40	2002
60 - 69	Polly Harrington	Falls Church	39	1992
70 - 74	Barbara Williams	Alexandria	40	2022
80 - 89	Birdie Hughes	Falls Church	40	1995
	Dorothy Segal	Fairfax	40	1995

**MINIATURE GOLF – MEN**

50 - 59	Ray Holt	Arlington	36	1994
60 - 69	Charlie Williams	Annandale	35	2012
70 - 74	Ralph Tapp	Warrenton	38	2017
75 – 79	Woody Hair	Arlington	38	2017
80 - 89	John Gouldin	Annandale	43	2012
90+	William Keller	Lovettsville	48	2006

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50-54	Tatiana Molyanova	Leesburg	8:26.5	2019
55-59	Judi Miller	Bristow	8:20.3	2018
60-64	Lois Groth	Fairfax Station	8:37	2023*
65-69	Joan Girardi	Manassas	9:44.0	2019
70-74	Eileen Ryan	Arlington	8:22.6	2021
70-79	Marge Fatula	Woodbridge	12:09.5	2013
75-79	Jacqueline Stephens	Fairfax Station	11:20.2	2015
80-84	Sheila Gildea	McLean	12:22.0	2014
85-89	Sheila Gildea	McLean	13:06.7	2015

**ROWING – 2 Km - MEN (NEW IN 2013)**

50-54	Robert Montenegro	Oakton	7:14.6	2018
55-59	John Armstrong	Centerville	7:07.4	2022
60-64	Mark Mildorf	Alexandria	7:30.9	2018
65-69	Marshall Keith	Gainesville	7:16.8	2022
70-74	Peter McGuirk	Arlington	7:18.8	2013
75-79	Kenneth Weinsapfel	Gainesville	8:20.7	2017
80-84	Karl Mueller	Alexandria	8:33.6	2022
85-89	Bill Wieand	McLean	10:47.1	2017
90-94	Bill Wieand	McLean	11:29.9	2022

**SCRABBLE – COED**

All Ages	Jennifer Frum	Arlington	3 wins + 517	2011
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**SOFTBALL HIT – WOMEN**

50 - 54	Colleen Cornwell	Manassas	176' 5"	2016
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 - 89	Sheila Gilden	McLean	74' 2"	2012
90 +	Mary Lathram	Falls Church	66' 7"	2016

**SOFTBALL HIT – MEN**

50 - 54	Aivars Baumanis	Springfield	273' 0"	2008
55 - 59	Thomas Sampson	Clifton	262' 7"	2018
60 - 64	Mike Coleman	Alexandria	245' 4"	2006
65 - 69	Thomas Sullivan	Fairfax	228' 10"	2012
70 - 74	Charles Grammick	Warrenton	255'	2017
75 - 79	Thomas Sullivan	Oakton	233' 9"	2021
80 - 84	Raymond Kaminski	Annandale	166' 9"	1997
85 - 89	Jerry Bradley	Oakton	148' 6"	2021
90 - 94	Andy Simko	Springfield	125' 9"	2008
95 - 99	J.R. Cassidy	Manassas	79'	2011

**SOFTBALL THROW – WOMEN**

50 - 54	Lucy Sale	Herndon	140'	2002
55 - 59	Gloria Bortell	Arlington	122' 5"	1990
60 - 64	Kathleen Wilson	Springfield	109' 10"	2019
65 - 69	Jane Hoge	Falls Church	95' 10"	2018
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 - 89	Sally Dishun	Herndon	44'	2016
90 - 94	Rosemary Furcher	Annandale	33' 0"	2017
100+	Orpha Christenson	Falls Church	6' 0"	2009

**SOFTBALL THROW – MEN**

50 - 54	Thomas Sampson	Centreville	206' 0"	2015
55 - 59	Dan Barolo	Alexandria	219' 1"	1999
60 - 64	Alan Dale Clark	Vienna	198' 0"	1985
65 - 69	Ken Woodall	Gainesville	169'	2001
70 - 74	Thomas Sullivan	Oakton	179' 4"	2016
75 - 79	Bernard Stamm	Ashburn	158' 1"	2014
80 - 84	J.R. Cassidy	Manassas	138'	1996
85 - 89	J.R. Cassidy	Manassas	99' 6"	2002
90 - 94	Ray Kaminsky	Springfield	85' 7"	2008
95 – 99	J.R. Cassidy	Manassas	53'	2011

**SWIMMING – BACKSTROKE 50 YDS – WOMEN**

50 - 54	Andrea Haines	Alexandria	:37.83	1998
55 - 59	Beth Baker	Arlington	:34.40	2019
60 - 64	Beth Baker	Arlington	:36.41	2022
65 - 69	Denise Kirwan	Leesburg	:39.47	2018
70 - 74	Denise Kirwan	Leesburg	:40.72	2022
75 - 79	Anne Walker	Arlington	:47.90	1992
80 - 84	Anne Walker	Arlington	:50.70	1997
85 - 89	Carol Galbraith	Alexandria	1:00.75	2001
90 - 94	Mary Lathram	Falls Church	1:10.31	2006
	Joan Doupe	Falls Church	1:10	2012

**SWIMMING – BACKSTROKE 50 YDS – MEN**

50 - 54	Dan Meek	Arlington	:27.75	2008
55 - 59	Tom Gittins	Falls Church	:31.75	2018
60 - 64	Bruce Fisher	Fairfax City	:35.59	2012
65 - 69	Kevin Culhane	Lorton	:34.91	2013
70 - 74	Kevin Culhane	Lorton	:35.35	2018
75 - 79	Howard Rolston	Arlington	:37.35	2019
80 - 84	Frederick Zamon	Fairfax	:45.44	2023*
85 - 89	Chester Myslicki	McLean	:56.49	2006
90 - 94	Phil Case	Springfield	1:05.10	2019
95 – 99	J.R. Cassidy	Manassas	1:21.03	2011

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**SWIMMING – BACKSTROKE 100 YDS – WOMEN (NEW IN 2014)**

50 – 54	Terri Cameron	Bristow	1:29.37	2018
55 - 59	Beth Baker	Arlington	1:15.04	2019
60 – 64	Denise Kirwan	Falls Church	1:20.28	2016
	Beth Baker	Arlington	1:20.59	2021
65 – 69	Denise Kirwan	Leesburg	1:24.94	2019
70 – 74	Denise Kirwan	Leesburg	1:26.25	2022
75 – 70	Jane Gieson	Arlington	2:17.5	2014
80 – 84	Beth Schreiner	Annandale	1:54.35	2021
85 – 89	Geertruida DeRosa	Springfield	3:03.87	2022

**SWIMMING – BACKSTROKE 100 YDS – MEN (NEW IN 2014)**

50 – 54	Tom Gittins	Falls Church	1:08.21	2016
55 – 59	Tom Gittins	Falls Church	1:08.35	2018
60 – 64	Rob Romo	Oakton	1:20.65	2018
65 – 69	Bruce Fisher	Fairfax	1:19.6	2014
70 – 74	Leo Deege	Vienna	1:20.2	2014
75 – 79	Howard Rolston	Arlington	1:24.07	2019
80 – 84	Frederick Zamon	Fairfax	1:44.69	2023*
85 – 89	Lawrence Cohen	Sterling	2:01.25	2022
90 – 94	Phil Case	Springfield	2:38.59	2019

**SWIMMING – BREAST STROKE 50 YDS- WOMEN**

50 - 54	Elaine Clancy	McLean	:45.65	2015
55 - 59	Joanne Leilich	Springfield	:41.54	1997
60 - 64	Susan Maguire	Arlington	:43.0	2012
65 - 69	Denis Kirwan	Leesburg	:43.41	2018
70 - 74	Denis Kirwan	Leesburg	:45.69	2022
75 - 79	Fidelita Levy	Alexandria	1:02.41	2016
80 - 84	Minna Hammer	Fairfax Station	1:10:82	2003
85 - 89	Minna Hammer	Fairfax Station	1:25.00	2009

**SWIMMING – BREAST STROKE 50 YDS – MEN**

50 - 54	Dan Meek	Arlington	:31.47	2008
55 - 59	James Hill	Springfield	:34.35	2007
60 - 64	James Hill	Springfield	:37.48	2010
65 - 69	Kevin Culhane	Lorton	:38.25	2015
70 - 74	Kevin Culhane	Lorton	:38.53	2017
75 - 79	Kevin Culhane	Lorton	:42.34	2022
80 - 84	Lawrence Cohen	Sterling	:51.46	2015
85 - 89	Vsevolod Ivanov	Arlington	:57.09	2018
90 - 94	Vsevolod Ivanov	Arlington	1:13.25	2023*

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**SWIMMING – BREAST STROKE 100 YDS – WOMEN (NEW IN 2016)**

50 – 54	Laura Wissing	Ashburn	1:41.65	2022
55 - 59	Marilyn Lipstreuer	Bristow	1:28.59	2021
60 - 64	Denise Kirwan	Falls Church	1:27.59	2016
65 – 69	Denise Kirwan	Leesburg	1:31.03	2017
70 – 74	Denise Kirwan	Leesburg	1:38.84	2022
75 - 79	Karen Parker		1:59.25	2016

**SWIMMING – BREAST STROKE 100 YDS – MEN (NEW IN 2016)**

50 – 54	Mark Harris	Alexandria	1:13.46	2016
55 – 59	Robert Romo	Oakton	1:22.03	2017
60 – 64	Robert Romo	Oakton	1:24.84	2019
65 – 69	James Hill	Springfield	1:22.31	2017
70 – 74	James Lenge	Arlington	1:29.80	2019
	James Hill	Springfield	1:29.94	2021
75 – 79	James Leimkuhler	McLean	1:48.81	2021
80 – 84	David Nichols	Oakton	1:51.09	2017
85 – 89	Lawrence Cohen	Sterling	2:08.47	2022

**SWIMMING – FREESTYLE 50 YDS – WOMEN**

50 - 54	Andrea Haines	Alexandria	:33.05	1998
55 - 59	Beth Baker	Arlington	:29.86	2019
60 - 64	Beth Baker	Arlington	:31.94	2022
65 - 69	Denise Kirwan	Leesburg	:34.78	2021
70 - 74	Denise Kirwan	Leesburg	:34.84	2022
75 - 79	Ruth Bennett	Alexandria	:41.22	2022
80 - 84	Beth Schreiner	Annandale	:41.16	2021
85 - 89	Carol Galbraith	Alexandria	:51.97	2001
90 +	Mary Lathram	Falls Church	1:09.54	2006

**SWIMMING – FREESTYLE 50 YDS – MEN**

50 - 54	Bret Bailey	Herndon	:26.46	2012
55 - 59	Tom Gittins	Falls Church	:27.31	2018
60 - 64	Chris Laiti	Leesburg	:27.87	2021
65 - 69	Kevin Culhane	Lorton	:28.56	2013
70 - 74	Kevin Culhane	Lorton	:29.44	2018
75 - 79	Kevin Culhane	Lorton	:31.88	2022
80 - 84	John Woodward	Fairfax	:35.09	2018
85 - 89	John Woodward	Fairfax	:38.38	2023*
90 - 94	J.R. Cassidy	Manassas	:57.46	2006
95 – 99	Gene Mulligan	Falls Church	1:51.72	2022

**SWIMMING – FREESTYLE 100 YDS – WOMEN (NEW IN 2014)**

50 – 54	Marilyn Lipstreuer	Bristow	1:09.58	2019
55 – 59	Beth Baker	Arlington	1:06.70	2019
60 – 64	Beth Baker	Arlington	1:09.19	2022
65 – 69	Denise Kirwan	Leesburg	1:11.78	2021
70 – 74	Denise Kirwan	Leesburg	1:15.81	2022
75 – 79	Ruth Bennett	Alexandria	1:29.28	2022
80 - 84	Beth Schreiner	Annandale	1:33.62	2021
85 – 89	Joyce Tobias	Haymarket	3:20.34	2022

**SWIMMING – FREESTYLE 100 YDS – MEN (NEW IN 2014)**

50 – 54	Mark Harris	Alexandria	:56.21	2016
55 – 59	Tom Gittins	Falls Church	:59.63	2018
60 – 64	Bret Bailey	Bristow	1:04.59	2023*
65 – 69	Bruce Fisher	Fairfax	1:06.3	2014
70 – 74	Bruce Fisher	Fairfax	1:11.34	2018
75 – 79	Howard Rolston	Arlington	1:13.82	2019
80 – 84	John Woodward	Fairfax	1:24.06	2018
85 – 89	John Woodward	Fairfax	1:31.31	2023*
90 – 94	Phil Case	Springfield	2:36.45	2019

**SWIMMING – FREESTYLE 900 YDS (~HALF MILE) – WOMEN**

50 - 54	Maria-Angelica Cortes	Sterling	11:44.27	2005
55 - 59	Marilyn Lipstreuer	Bristow	12:31.68	2021
60 - 64	Denise Kirwan	Falls Church	13:10.53	2016
65 - 69	Denise Kirwan	Falls Church	13:21.60	2019
70 - 74	Denise Kirwan	Leesburg	13:32.38	2022
75 - 79	Ruth Bennett	Alexandria	15:21.59	2022
80 - 84	Beth Schreiner	Annandale	16:27.5	2023*
85 - 89	Carol Galbraith	Alexandria	19:08.57	2001
90 - 94	Mary Lathram	Falls Church	28:25.00	2007

**SWIMMING – FREESTYLE 900 YDS (~HALF MILE) – MEN**

50 - 54	Mark Harris	Alexandria	10:55.50	2016
55 - 59	James Hill	Springfield	12:29.61	2006
60 - 64	Willis Braswell	Arlington	11:32.07	2008
65 - 69	Jerry DeMuro	Great Falls	10:31.66	2021
70 - 74	Bruce Fisher	Fairfax	13:48.86	2018
75 - 79	David Nichols	Oakton	15:00.50	2015
80 - 84	Lawrence Cohen	Sterling	17:11.44	2015
85 - 89	John Woodward	Fairfax	18:33.37	2023*
90 – 94	Lawson Winslow	Ashburn	35:18.00	2016

**WEIGHT LIFTING – WOMEN (New in 2022)**

	Body Wt Class			Back Squat	Press	Deadlift	Total	
55-59	76kg	Tatiana Molyanova	Leesburg	155	65	205	425	2022
60-64	87kg	Doncella Young	Alexandria	225	105	300	630	2022
75-79	59kg	Beth Baynes	Alexandria	70	50	115	235	2022

**WEIGHT LIFTING – MEN (new in 2022)**

	Body Wt. Class			Back Squat	Press	Deadlift	Total	
55-59	89kg	Jerome Schmitt	Falls Church	195	105	220	520	2022
55-59	96kg	Magdi Amin	McLean	307	186	405	898	2022
55-59	109kg	Brian Franklin	Woodbridge	255	85	285	625	2022
60-64	96kg	Slawomir Olender	McLean	200	115	285	600	2022
65-69	89kg	Mark Williams	Springfield	230	115	335	680	2022
80-84	67kg	Herbert Rose	Arlington	105	70	165	340	2022
80-84	81kg	Herb Levitan	Arlington	80	60	115	255	2022

**WII BOWLING – WOMEN (NEW in 2009)**

50-59	Sue Thaler	Arlington	600	2013
60-69	Ann Daniels	Springfield	732	2009
70-79	Joan Matteson	Springfield	847	2011
80-89	Helen Moot	Springfield	843	2015
90-94	Marian Gonzalas	Springfield	721	2017
95-99	Vivian Mitchell	Springfield	749	2019
100+	Doris Woodring	Lake Ridge	419	2013

**WII BOWLING – MEN (NEW in 2009)**

50 – 54	Paul Cachon	Arlington	583	2017
55 – 59	Craig Winters	Alexandria	581	2014
60 - 69	Clinton Lambert	Springfield	666	2012
70 - 79	Ed Ladd	Sterling	815	2013
80 – 84	Eddie Ladd	Potomac Falls	838	2018
80 - 89	Lawrence Earl	Springfield	837	2015
90 - 99	Henry Stawicki	Burke	688	2015

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50 - 54	Maureen Pan	Alexandria	86' ¾"	26.23 M	2017
55 - 59	Maureen Pan	Alexandria	87'3½"	26.61	2022
60 - 64	Maureen Pan	Alexandria	78' 0"	24.07	2023*
65 - 69	Katherine Good	Woodbridge	51' 11"	15.82	2023*
70 - 74	Bernie Kleinschmidt	Annandale	54' 8 1/4"		1992
75 - 79	Sheila Gildea	McLean	48' 0"		2005
80 - 84	Sheila Gildea	McLean	44' 9"		2013
85 - 89	Josephine Stewart	Manassas	35' 9"		2010
90 - 94	Josephine Stewart	Manassas	27' 5.52"	8.37M	2014



**DISCUS – MEN**

50 - 54	Aivars Baumanis	Springfield	124' 2"		2006
55 - 59	Leonard Olsen	Centreville	145' 7"		1990
60 - 64	Leonard Olsen	Centreville	152' 0"		1991
65 - 69	George Marmorino	Alexandria	114' 5"	34.87 M	2017
70 - 74	Robert Price	Vienna	115' 5"		2013
75 - 79	Robert Price	Vienna	95' 7"	29.14	2022
80 - 84	J.R. Cassidy	Manassas	81' 1 ¾"		1995
85 - 89	J.R. Cassidy	Manassas	66' 0"		2000
90 - 94	Charles Pistorino	McLean	54' 0"		2013
95 - 99	J.R. Cassidy	Manassas	36' 4"		2010

**LONG JUMP - RUNNING – WOMEN**

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 ¼"	1.46M	2019
90 - 94	Alease Brooks	Arlington	3' 6.5"	1.08M	2023*

**LONG JUMP - RUNNING – MEN**

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

**LONG JUMP - STANDING – WOMEN**

50 - 54	Diane Lasichak	Alexandria	6' 8"		2002
55 - 59	Antonia Letaw	Vienna	6' 3"		1998
60 - 64	Toni Letaw	Vienna	6' 4"		1999
	Tsipi Mercurio	Reston	6' 4"		2016
65 - 69	Elizabeth Deem	Woodbridge	5' 6 ½"		1986
70 - 74	Rusty Dowling	Fairfax	6' 2"		1998
75 - 79	Elizabeth Deem	Woodbridge	4' 8"		1994
80 - 84	Mary Lathram	Falls Church	3' 1"		1995
85 - 89	Mary Lathram	Falls Church	3' 9"		2001
90 - 94	Mary Lathram	Falls Church	2' 8"		2006

## **LONG JUMP - STANDING – MEN**

50 - 54	Rick Werner	Arlington	8' 9"		2006
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	Richard Enrico	Ashburn	7' 7"		2005
75 - 79	Bernhard Stamm	Ashburn	6' 10 ½"	2.10M	2014
80 - 84	Herlindo Delgado	Burke	6' 6"		2001
	Bernhard Stamm	Ashburn	6' 6"	1.98M	2019
85 - 89	Herlindo Delgado	Burke	5' 5 ½"		2005
90 - 94	Andy Simko	Springfield	3' 3"		2008

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## **HIGH JUMP – WOMEN**

**(NEW in 2012)**

50 - 54	Mary Fowler	Alexandria	4' 2"	1.27M	2012
50 - 54	Jennifer Stephens	Fairfax	4' 2"	1.27	2021
60 - 64	Mary Fowler	Alexandria	4' 2"	1.27	2019

## **HIGH JUMP – MEN**

**(NEW in 2012)**

50 - 54	Matt McVetta	Arlington	4' 8"	1.42M	2019
50 - 54	James Lake	Annandale	5' 0"	1.52	2022
55 - 59	John Casale	Ashburn	4' 11"	1.50	2014
60 - 64	Gerard Nezet	Arlington	4' 10"	1.47	2013
65 - 69	Gerard Nezet	Arlington	4' 8"	1.42	2015
70 - 74	Curtis Morgan	Falls Church	4' 9"	1.45	2014
75 - 79	Bernhard Stamm	Ashburn	4' 5"	1.35	2014
80 - 84	Bernhard Stamm	Ashburn	3' 8"	1.12	2019

## **MINI JAVELIN THROW – WOMEN**

50 - 54	Maureen Pan	Alexandria	69' 6"		2016
55 - 59	Lisa Ninomiya	Vienna	75' 3"	22.94 M	2017
60 - 64	Lisa Ninomiya	Vienna	68' 7 ½"	20.91	2021
65 - 69	Jane Hoge	Falls Church	56' 8"	17.27	2019
70 - 74	Jane Hoge	Falls Church	52' 9"	15.94	2023*
75 - 79	Georgia Fuller	Falls Church	37' 7 ½"	11.47	2021
80 - 84	Angela Fernandes	Burke	30' 4"		2016
85 - 89	Bernie Kleinschmidt	Annandale	24' 3"		2009
90 - 94	Alease Brooks	Arlington	16' 0.5"	4.89	2023*

**MINI JAVELIN THROW – MEN**

50 – 54	Mark Abbott	Delaplane	88' 8 ½"	27.04 M	2015
55 – 59	John Casale	Ashburn	107' 2"	32.66M	2014
60 - 64	Paul Decot	Fairfax	106' 2"		2009
65 – 69	Thomas Sullivan	Oakton	100' 6 ½"	30.65M	2014
70 – 74	Bernhard Stamm	Ashburn	103' 10"		2013
75 - 79	Bernhard Stamm	Ashburn	100' 6 ¼"	30.64M	2014
80 - 84	Bernhard Stamm	Ashburn	85' 6"	26.06	2019
85 – 89	Charles Pistorino	McLean	50' 9"		2012
90 - 94	Charles Pistorino	McLean	43' 7"		2013
95 - 99	J.R. Cassidy	Manassas	24' 10"		2010

**SHOT PUT – WOMEN**

50 - 54	Maureen Pam	Alexandria	30' 2.16"	9.2M	2014
55 - 59	Maria Miller	Arlington	29' 1"		1999
60 - 64	Kathleen Wilson	Springfield	25' 11"	7.90	2019
65 - 69	Maxine Bartlett	Woodbridge	26' ½"		1995
70 - 74	Josephine Stewart	Manassas	23' 8 ½"		1996
75 - 79	Josephine Stewart	Manassas	21' 6"		2000
80 - 84	Angela Fernandes	Burke	19' 9"		2016
85 - 89	Josephine Stewart	Manassas	21' 4"		2010
90 - 94	Josephine Stewart	Manassas	18' 6.5"		2013

**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 ½"		1994
75 - 79	John Schlogl	Springfield	38' 3 ½"		1994
80 - 84	J.R. Cassidy	Manassas	35' 11 ½"		1995
85 - 89	J.R. Cassidy	Manassas	28' 8"		2000
90 - 94	Charles Pistorino	McLean	21' 9 ¼"		2013
95 - 99	J.R. Cassidy	Manassas	15' 10"		2010

**50 METER DASH – Outdoor Track - WOMEN**

50 - 54	Diane Lasichak	Alexandria	7.94		2002
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	9:09		2002
80 - 84	Josephine Stewart	Manassas	9.72		2004
85+	Carla Convery	Alexandria	13.68		2005

**50 METER DASH – Outdoor Track - MEN**

50 - 54	Schuyler Webb	Falls Church	6.58	2003
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 +	Andrew Simko	Springfield	10.52	2003

**60 METER DASH - INDOOR TRACK – WOMEN**

50 - 54	JT Thomas	Alexandria	9.44	2021
55 - 59	Sabrina Tormoen	Bealeton	9.22	2022
60 - 64	Lee Anne Orndorff	Alexandria	9.75	2022
65 - 69	Hannah Phillips	Alexandria	10.00	2018
70 - 74	Mary White	Arlington	11.10	2016
75 - 79	Mary White	Arlington	10.16	2021
80 - 84	Josephine Stewart	Manassas	12.09	2007
85 - 89	Josephine Stewart	Manassas	12.70	2010
90 – 94	Josephine Stewart	Manassas	13.7	2013

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**60 METER DASH - INDOOR TRACK – MEN**

50 - 54	Seth Herz	Annandale	7.60	2021
55 - 59	Charles Crum	Bealeton	8.3	2013
55 – 59	Zach McBride	Woodbridge	8.28	2018
60 - 64	Gracus Dunn	Woodbridge	7.78	2021
65 - 69	Schuyler Webb	Arlington	7.85	2017
70 - 74	Douglas Hastings	Gainesville	8.50	2021
75 - 79	Clarence John Wells-Martin	Herndon	9.31	2021
80 - 84	Wayne Wilson	Haymarket	10.44	2018
85 – 89	Jerry Bradley	Oakton	11.15	2021
90 – 94	Andy Simko	Springfield	15.19	2008
95 – 99	Dixon Hemphil	Fairfax Station	32.88	2021

**100 METER DASH - Outdoor Track - WOMEN**

50 - 54	Diane Lasichak	Alexandria	15.56	2002
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	18.56	2001
80 - 84	Josephine Stewart	Manassas	19.14	2006
85 +	Carla Convery	Alexandria	30.26	2005

**100 METER DASH – Outdoor Track - MEN**

50 - 54	Willie Adams	Alexandria	12.86	2003
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 +	Andrew Simko	Springfield	22.44	2003

**200 METER RUN - INDOOR TRACK – WOMEN**

50 - 54	Saskia Estupian-Day	McLean	34.3	2009
55 - 59	Hannah Phillips	Alexandria	36.10	2008
60 - 64	Mary White	Arlington	37.2	2009
65 - 69	Hannah Phillips	Alexandria	36.21	2018
70 - 74	Hannah Phillips	Alexandria	40.78	2023*
75 - 79	Mary White	Arlington	47.96	2021
80 - 84	Josephine Stewart	Manassas	46.4	2008
85 - 89	Josephine Stewart	Manassas	51.72	2012
90 – 94	Josephine Stewart	Manassas	51.0	2013

**200 METER RUN - INDOOR TRACK – MEN**

50 - 54	Robert Forsythe	Annandale	28.00	2019
55 - 59	Robert Forsythe	Annandale	28.37	2021
60 - 64	Schuyler Webb	Arlington	27.68	2014
65 - 69	Schuyler Webb	Arlington	27.31	2016
70 - 74	Clarence John Wells-Martin	Herndon	33.36	2016
75 - 79	Hal Goolsby	McLean	35.69	2007
80 – 84	Daniel Durante	Gainesville	39.75	2023*
85 – 89	Peter Han	Alexandria	44.41	2017
90 - 94	Kent Halstead	Ashburn	1:04.63	2021

**200 METER DASH - Outdoor Track - WOMEN**

50 - 54	Diane Lasichak	Alexandria	34.63	2001
55 - 59	Helen Crum	Annandale	36.83	1996
60 - 64	Mary White	Arlington	38.92	2006
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	Josephine Stewart	Manassas	43.37	2005

**200 METER DASH - Outdoor Track - MEN**

50 - 54	Willie Adams	Alexandria	27.86	2005
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
85 +	Mike Lowe	Springfield	1:01.02	2004

**400 METER RUN - INDOOR TRACK – WOMEN**

50 - 54	Saska Estupian-Day	McLean	1:22.3	2009
55 - 59	Hannah Phillips	Alexandria	1:24.70	2008
60 - 64	Hannah Phillips	Alexandria	1:23.10	2008
65 - 69	Hannah Phillips	Alexandria	1:25.00	2019
70 - 74	Hannah Phillips	Alexandria	1:38.47	2023*
75 – 79	Ruth Hamilton	McLean	1:57.85	2022
80 – 84	Mandy Whelan	Falls Church	2:48.69	2021

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**400 METER RUN - INDOOR TRACK - MEN**

50 - 54	Robert Forsythe	Annandale	:58.99	2016
55 - 59	Robert Forsythe	Annandale	1:03.16	2021
60 - 64	Schuyler Webb	Arlington	1:06.19	2014
65 - 69	Schuyler Webb	Arlington	1:05.84	2016
70 - 74	Clarence John Wells-Martin	Herndon	1:18	2017
75 - 79	Hal Goolsby	McLean	1:30.17	2007
75 – 79	Clarence John Wells-Martin	Herndon	1:30.16	2021
80 – 84	Eamonn McEvilly	Springfield	1:35.16	2023*
85 – 89	Jerry Bradley	Oakton	2:28.32	2023*
90 – 94	Kent Halstead	Ashburn	3:03.53	2021

**400 METER RUN - Outdoor Track - WOMEN**

50 - 54	Hannah Phillips	Alexandria	1:20.09	2005
55 - 59	Rachel Brown	Fairfax	1:24.36	1987
60 - 64	Helen Crum	Annandale	1:27.53	2001
65 - 69	Doralie Segal	Arlington	1:35.53	1998
70 - 74	Lee Glassco	McLean	1:51.00	2004
75 - 79	Josephine Stewart	Manassas	2:35.00	2002
80 - 84	Josephine Stewart	Manassas	1:48.06	2004

**400 METER RUN - Outdoor Track - 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 - INDOOR TRACK – WOMEN**

50 – 54	Yuko Whitestone	Fairfax	3:01.22	2023*
55 - 59	Kathy Talman	Clifton	3:13.78	2021
60 – 64	Hannah Phillips	Alexandria	3:22.28	2016
65 – 69	Hannah Phillips	Alexandria	3:27	2019
70 – 74	Hannah Phillips	Alexandria	3:55.16	2023*
75 – 79	Ruth Hamilton	McLean	4:20.0	2022

**800 METER RUN - INDOOR TRACK – MEN**

50 - 54	Steve Nearman	Alexandria	2:22.00	2011
55 - 59	David Pinkham	Leesburg	2:30.06	2018
60 - 64	Clifton Anderson	Warrenton	2:42.57	2014
65 - 69	Jason Page	Hamilton	2:42.00	2010
70 - 74	Jason Page	Hamilton	2:57.2	2015
75 - 79	Alphonse Piekut	Vienna	3:40.28	2018
80 - 84	Eamonn McEvelly	Springfield	3:40.93	2023*
85 - 89	Peter Han	Alexandria	4:16.7	2015

**800 METER RUN - Outdoor Track - WOMEN**

50 - 54	Karen Marchant	Springfield	3:08.37	2005
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 - Outdoor Track - MEN**

50 - 54	Rich Hower	Reston	2:28:00	2003
55 - 59	Ronald Gerughty	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

**400 METER WALK – INDOOR TRACK – WOMEN (New in 2012)**

50 – 54	Geneva Park	Alexandria	2:52.25	2018
55 - 59	Becky Klein	Woodbridge	2:34	2016
60 – 64	Keg Good	Woodbridge	2:36.84	2019
65 - 69	Josephina Smith	Centreville	2:50.4	2013
70 - 74	Mandy Whalen	Falls Church	2:54.34	2014
70 – 74	Beth Baynes	Arlington	2:54	2016
75 - 79	Mandy Whalen	Falls Church	2:57	2016
80 - 84	Jean Dawson	Purcellville	3:29	2012
85 – 89	Jannine Bland	Arlington	3:34.47	2019
90 – 94	Josephine Stewart	Manassas	3:28.0	2013

**400 METER WALK – INDOOR TRACK – MEN(New in 2012)**

50 - 54	Marty Willis	Falls Church	2:52.3	2013
55 - 59	Albert Arcand	Woodbridge	2:23.78	2014
60 - 64	Albert Arcand	Woodbridge	2:14.6	2016
65 - 69	Doug Hastings	Alexandria	2:13.68	2016
70 - 74	Douglas Hastings	Gainesville	2:22.28	2019
75 - 79	Brian Forst	Reston	2:52.87	2019
80 – 84	Charles Toftoy	Arlington	2:48.72	2016
85 – 89	Kent Halstead	Arlington	2:48.30	2016
90 – 95	Leonard Kalkwarf	Springfield	3:59.03	2019

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**800 METER WALK - INDOOR TRACK – WOMEN**

50 – 54	Betty Williams	Manassas	5:50	2012
55 - 59	Maureen Ruel	Ashburn	5:20.00	2011
60 – 64	Keg Good	Woodbridge	5:27	2018
65 - 69	Hannah Phillips	Alexandria	5:01	2018
70 - 74	Beth Baynes	Arlington	5:59	2016,2017
75 – 79	Dorothy Skinner	Alexandria	5:59	2009
80 - 84	Mary Boska	Alexandria	6:32	2007
85 - 89	Janine Bland	Arlington	7:23	2019
90 - 94	Mary Lathram	Falls Church	7:29.00	2008

**800 METER WALK - INDOOR TRACK – MEN**

50 - 54	Harold Dockins	Fairfax	4:35.84	2014
55 - 59	Peter Blank	Annandale	4:13	2009
60 - 64	Thomas Augustine	McLean	5:01.24	2014
65 - 69	Victor Litwinski	McLean	4.46	2009
70 - 74	Shabeg Singh	Haymarket	4:44.9	2023*
75 - 79	Bill Palmer	Arlington	5:40.50	2022
80 - 84	Amnon Golan	Arlington	5:46	2021
85 – 89	Thomas Tobias	Haymarket	6:06.06	2021
90 - 94	Thomas Tobias	Haymarket	6:37.68	2023*
95 – 99	Chester Christenson	Falls Church	13:07	2009



**800 METER WALK - Outdoor Track - 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 Boska	Alexandria	6:24.00	2006
85 - 89	Mary Lathram	Falls Church	6:37.00	2000
90 +	Mary Lathram	Falls Church	7:19.00	2006

**800 METER WALK - Outdoor Track - MEN**

50 - 54	Peter Blank	Annandale	4:13.00	2006
55 - 59	Jack Ozment	Philomont	4:10.00	1987
60 - 64	Victor Litwinski	McLean	4:30.00	2004
65 - 69	Louis Aelle	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 Seeger	Falls Church	5:30.02	1997
85 +	Ed Seeger	Falls Church	6:11.86	2001

**1500 METER WALK - Outdoor Track - WOMEN**

50 - 54	Joy Chambers	Alexandria		1998
55 - 59	Maryann Schwab	Fairfax	10:15.36	2006
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	Mary Boska	Alexandria	11:32.00	2002
80 - 84	Mary Lathram	Falls Church	12:32.12	1999
85 - 89	Mary Lathram	Falls Church	12:32.00	2000
90 +	Mary Lathram	Falls Church	14:08.00	2006

**1500 METER WALK - Outdoor Track - MEN**

50 - 54	Peter Blank	Annandale	9:11.12	2004
55 - 59	Victor Litwinski	McLean	8:56.52	2001
60 - 64	Victor Litwinski	McLean	8:47.97	2004
65 - 69	Roger Webb	Alexandria	9:49.00	2004
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 - Outdoor Track – 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 - Outdoor Track - 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 - INDOOR TRACK – WOMEN**

50 - 54	Patricia Smith	Woodbridge	12:31.19	2023*
55 - 59	Maryann Schwab	Fairfax	11:01	2007
60 – 64	Monica Hill	Woodbridge	11:39.0	2021
65 – 69	Debbi Miller	Fairfax	12:30.59	2014
65 – 69	Hannah Phillips	Alexandria	10:54	2018
70 - 74	Dorothy Skinner	Alexandria	12:02	2007
75 – 79	Beth Baynes	Alexandria	12:41.5	2021
75 - 79	Mandy Whalen	Falls Church	12:48.0	2015
80 - 84	Mary Boska	Alexandria	13:50	2007
85 – 89	Efthalia Papailias	Arlington	14:44	2017
90 – 94	Janine Bland	Arlington	15:40.0	2021

**1600 METER WALK - INDOOR TRACK – MEN**

50 - 54	Peter Blank	Annandale	9:47	2007
55 – 59	Peter Blank	Annandale	9:07.8	2009
60 – 64	Shabeg Singh	Haymarket	10:22	2012
65 - 69	Steven Meredith	Amissville	10:17	2019
70 - 74	Jeffrey Klemm	McLean	10:53	2023*
70 – 74	Shabeg Singh	Haymarket	10:53	2023*
75 - 79	James W.C. Chang	Oakton	11:44	2012
80 – 84	Karl Mueller	Alexandria	12:02.12	2022
85 - 89	Thomas Tobias	Haymarket	12:28.04	2021
90 – 94	Thomas Tobias	Haymarket	13.17.50	2023*
95 – 99	Julius Delpizzo	Springfield	15:46.87	2021

**1600 METER WALK - Outdoor Track - 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 - Outdoor Track - 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 +	Curran Tiffany	Arlington	12:49.80	2008

**1600 METER RUN – INDOOR TRACK – WOMEN (New in 2011)**

50-54	Yuko Whitestone	Fairfax	6:35	2022
55-59	Kathy Talman	Clifton	6:46.9	2021
60-64	Joanne Shabelski	Springfield	7:08.09	2021
65-69	Hannah Phillips	Alexandria	7:19	2017
70-74	Hannah Phillips	Alexandria	8:49.19	2023*
75-79	Ruth Hamilton	McLean	8:50	2022

**1600 METER RUN – INDOOR TRACK – MEN (New in 2011)**

50-54	Duane Williamson	Warrenton	5:28	2015
55-59	David Pinkham	Leesburg	5:29.59	2018
60-64	Stephan Moretti	West Springfield	5:42	2018
65-69	Paul Ryan	Arlington	6.00	2016
70-74	Jason Page	Hamilton	6:23	2015
75-79	Alphonse Piekut	Vienna	8:04	2018
80-84	Eamonn McEvilly	Springfield	7:57	2022
85-89	Peter Han	Alexandria	8:02	2016

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50 - 54	Monica Hill	Woodbridge	38:55	2015
55 - 59	Maureen Ruel	Ashburn	33:10	2011
60 - 64	Maureen Ruel	Ashburn	33:33	2017
65 - 69	Beth Baynes	Arlington	36:22	2014
70 - 74	Beth Baynes	Alexandria	36.18	2016
75 - 79	Mandy Whalen	Falls Church	38:37	2017
80 - 84	Constance Bubon	Ashburn	43:52	2017
85 - 89	Naomi Hesser	Fairfax	59:58	2011
90 - 94	Mary Lathram	Falls Church	50:09	2007

**3 MILE WALK - INDOOR TRACK - MEN**

50 - 54	Peter Blank	Annandale	31: 55	2007
55 - 59	Peter Blank	Annandale	29.15	2009
60 - 64	Victor Litwinski	McLean	32:37	2007
65 - 69	Ron Hoffman	Sterling	32:08	2009
70 - 74	Richard Deringer	Annandale	34:37	2007
75 - 79	Edward Arriaga	Arlington	34:39	2007
80 - 84	Edwardo Arriaga	Arlington	36:47	2012
85 - 89	Jorge Soler	Falls Church	41:30	2010
90 - 94	Jorge Soler	Falls Church	48.24	2014

**"3 MILE" POWER WALK (4800 M) - Outdoor Track - WOMEN**

50 - 54	Mary Ann Schwab	Fairfax	34:07.00	2006
55 - 59	Dot Michaels	Arlington	32:30.00	1983
60 - 64	Jean Wood	Springfield	34:25.00	1986
65 - 69	Hannah Phillips	Alexandria	35:49.5	2021
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" POWER WALK (4800M) - Outdoor Track – MEN**

50 - 54	Bob Ryan	Ashburn	32:09.70	1999
55 - 59	S. J. Miller	Woodbridge	29:18.91	1991
60 - 64	Victor Litwinski	McLean	28:14.00	2005
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 - 89	Edward Seegar	Falls Church	38:39.47	2000
90 - 95	Thomas Tobias	Haymarket	39:47	2023*

**5K ROAD RACE – WOMEN (South Riding until 2018, NEW IN 2014)**

50 – 54	Carol Schaedel	Alexandria	23:08	2016
55 – 59	Lili Wang	Alexandria	27:37	2014
60 – 64	Ginny Hughes	Warrenton	25:36	2014
65 – 69	Virginia Sielen	Oakton	29:11	2016
70 – 74	Virginia Sielen	Oakton	27:44	2018
75 – 79	Margaret Jones	Woodbridge	38:47	2018

**5K ROAD RACE – MEN (South Riding until 2018, NEW IN 2014)**

50 – 54	Ted Poulos	McLean	19:45	2014
55 – 59	Ted Poulos	McLean	20:50	2018
60 – 64	Clifton Anderson	Warrenton	22:05	2014
65 – 69	Vincent Murphy	Woodbridge	24:16	2015
70 – 74	Jason Page	Hamilton	21:34	2014
75 – 79	Karl Mueller	Alexandria	29:11	2018
80 – 84	Ken Quincy	Vienna	32:43	2018
85 – 89	Peter Han	Alexandria	32:01	2014

**5K TRAIL RACE – WOMEN (Bluemont Park, 2022)**

50-54	Cathy Ross	Burke	21:00	2022
55-59	Carol Schaedel	Alexandria	23:34	2022
60-64	Denice Tasker	South Riding	24:30	2022
65-69	Susan Aaronson	Arlington	27:35	2023*
70-74	K M	Alexandria	46:19	2023*
80-84	Rosemary Schwartzbard	Arlington	39:04	2022

**5K TRAIL RACE – MEN (Bluemont Park, 2022)**

55-59	Martin Bergman	Arlington	24:24	2022*
50-54	Guster Cunningham III	Alexandria	26:37	2023*
55-59	Martin Bergman	Arlington	23:55	2023*
60-64	Gordon Smith	Alexandria	23:00	2022
65-69	Charlie Thomas	Arlington	24:07	2022
70-74	Paul Ryan	Arlington	22:28	2022
75-79	Pete Kelly	Catlett	32:02	2022
80-84	Eamonn McEvilly	Springfield	26:29	2022
85-89	Ken Quincy	Vienna	43:38	2022

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## Participant Statistics

- 1) Participation vs Registration by Event
- 2) Registration by Gender and Age Group
- 3) Registration by Sponsoring Jurisdiction
- 4) Registration by Cities and Suburbs
- 5) Registration Progress by week
- 6) Event directors for each Event

## Participants vs Registration by Event

Data on Percent Participation and number registered for each event - 2023										
Event	Registration nos		Participant Nos.		% Participation		Total	%	new records	
	Male	Female	M	F	Male	Female	# Reg	Particip	Male	Female
Badminton Singles	0	0								
Badminton Doubles	0	0								
Badminton Mix'd Dbls	0	0								
Basketball Field Goals	37	9	14	3	37.8%	33.3%	46	37.0%		
Basketball Free throws	41	15	14	4	34.1%	26.7%	56	32.1%		
Bocce	35	21	28	17	80.0%	81.0%	56	80.4%		
Bowling 10 pin	23	25	14	25	60.9%	100.0%	48	81.3%		2
Bridge-Duplicate	0	0								
Canasta	2	14	2	13	100.0%	92.9%	16	93.8%		
Cornhole Singles	25	14	15	8	60.0%	57.1%	39	59.0%		
Cornhole Dbls	15	8	8	4	53.3%	50.0%	23	52.2%		
Cornhole Mxd Dbls	10	6	5	5	50.0%	83.3%	16	62.5%		
Cribbage	8	5	7	3	87.5%	60.0%	13	76.9%		
Croquet	14	7	4	5	28.6%	71.4%	21	42.9%		
Cycling 10K	35	11	0	0			46			
Cycling 20K	39	8	0	0			47			
Disc Golf	14	4	7	1	50.0%	25.0%	18	44.4%	5	1
Diving 1M	8	6	4	6	50.0%	100.0%	14	71.4%		1
Diving 3 M	5	3	3	3	60.0%	100.0%	8	75.0%	2	2
Diving Synchronized	3	5	3	5	100.0%	100.0%	8	100.0%		1
Dominoes	4	19	0	10	0.0%	52.6%	23	43.5%		
8-ball Pool	41	7	31	4	75.6%	57.1%	48	72.9%		
9-ball Pool	35	6	24	3	68.6%	50.0%	41	65.9%		
Discus	38	7	22	4	57.9%	57.1%	45	57.8%		2
Shotput	34	12	20	6	58.8%	50.0%	46	56.5%		
Mini-Javelin	37	11	20	8	54.1%	72.7%	48	58.3%		1
Runing long jump	28	6	11	2	39.3%	33.3%	34	38.2%		1
Standing long jump	0	0								
High jump	19	1	7	1	36.8%	100.0%	20	40.0%		
Football Throw	43	17	31	16	72.1%	94.1%	60	78.3%	2	4
Frisbee Throw	35	11	23	11	65.7%	100.0%	46	73.9%		
Golf - 9- hole, 3 par	25	8	19	6	76.0%	75.0%	33	75.8%	7	4
Crossword Puzzle	23	13	18	8	78.3%	61.5%	36	72.2%		
Jig Saw Puzzle - indivual	4	29	3	25	75.0%	86.2%	33	84.8%		
Jig Saw Puzzle - Doubles	4	15	2	14	50.0%	93.3%	19	84.2%		
Handball	2	0	0	0			2			
Horseshoes	22	13	15	10	68.2%	76.9%	35	71.4%		

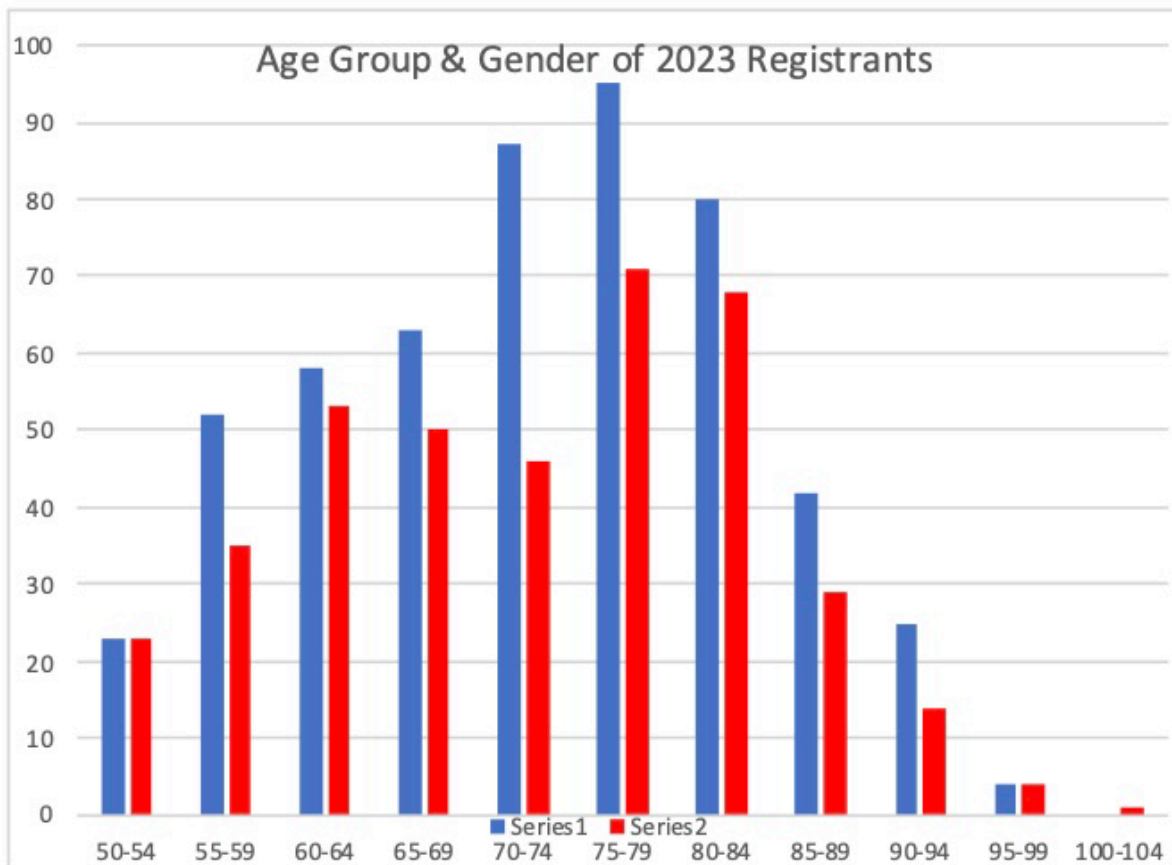
Line Dancing	2	26	2	26	100.0%	100.0%	28	100.0%		
Mah Jongg	0	43	0	36		83.7%	43	83.7%		
Mini-Golf	36	23	23	19	63.9%	82.6%	59	71.2%		
Orienteering Beg	9	5	7	4	77.8%	80.0%	14	78.6%		
Orienteering Adv	8	1	7	1	87.5%	100.0%	9	88.9%		
Pickleball Singles	45	10	33	8	73.3%	80.0%	55	74.5%		
Pickleball Doubles	86	50	61	42	70.9%	84.0%	136	75.7%		
Pickleball Mixed	48	35	29	29	60.4%	82.9%	83	69.9%		
Racquetball	11	3	6	3	54.5%	100.0%	14	64.3%		
Rowing	25	12	18	9	72.0%	75.0%	37	73.0%		1
Rummikub	4	24	2	20	50.0%	83.3%	28	78.6%		
Scrabble	12	27	5	24	41.7%	88.9%	39	74.4%		
Softball Hit	46	15	28	11	60.9%	73.3%	61	63.9%		
Softball throw	54	19	38	13	70.4%	68.4%	73	69.9%		
Sudoku - Regular	15	11	13	9	86.7%	81.8%	26	84.6%		
Sudoku - Advanced	8	6	5	4	62.5%	66.7%	14	64.3%		
Swim 50 back	29	15	19	13	65.5%	86.7%	44	72.7%	1	
Swim 100 back	22	12	15	10	68.2%	83.3%	34	73.5%	1	
Swim 50 Breast	22	9	17	6	77.3%	66.7%	31	74.2%	1	
Swim 100 Breast	18	7	12	5	66.7%	71.4%	25	68.0%		
Swim 50 Free	45	17	32	12	71.1%	70.6%	62	71.0%	1	
Swim 100 Free	35	12	24	9	68.6%	75.0%	47	70.2%	1	
Swim 900 (~1/2/mi)	24	13	21	11	87.5%	84.6%	37	86.5%	1	1
Table Tennis Singles	53	22	46	17	86.8%	77.3%	75	84.0%		
Table Tennis Doubles	35	14	24	10	68.6%	71.4%	49	69.4%		
Table Tennis Mixed Doubles	20	18	14	14	70.0%	77.8%	38	73.7%		
Tennis Singles	28	10	21	9	75.0%	90.0%	38	78.9%		
Tennis Doubles	32	4	16	2	50.0%	50.0%	36	50.0%		
Track: 60 dash	40	14	20	7	50.0%	50.0%	54	50.0%		
200 dash	38	11	23	7	60.5%	63.6%	49	61.2%	1	1
400 Run	32	11	19	8	59.4%	72.7%	43	62.8%	2	1
800 run	16	6	9	4	56.3%	66.7%	22	59.1%	1	2
1600 run	22	6	13	2	59.1%	33.3%	28	53.6%		1
800 Walk	32	30	19	28	59.4%	93.3%	62	75.8%	2	
1600 Walk	28	17	20	12	71.4%	70.6%	45	71.1%	2	1
3 mi Power walk	27	30	16	12	59.3%	40.0%	57	49.1%	1	
5K Trail Race	36	13	19	5	52.8%	38.5%	49	49.0%	2	2
Wii bowling	22	28	17	19	77.3%	67.9%	50	72.0%		
Yo-yo	2	1	0	0			3			
Totals & average percentage	1775	966	1087	710	64.0%	72.7%	2741	68.3%	33	29



## Registration by Gender and Age Group

### Distribution of Registrants by Gender and Age group

Age group	Men	Women
50-54	23	23
55-59	52	35
60-64	58	53
65-69	63	50
70-74	87	46
75-79	95	71
80-84	80	68
85-89	42	29
90-94	25	14
95-99	4	4
100-104		1
	529	394



Registration by Sponsoring Jurisdiction

<b>Number of Participants in Sponsoring Jurisdictions</b>				
	<b>Number</b>			<b>% change</b>
<b>Sponsoring Jurisdictions</b>	<b>2021</b>	<b>2022</b>	<b>2023</b>	<b>23 vs '22</b>
Fairfax County	301	371	404	8.9
Arlington County	119	155	177	14.2
Prince William County	107	120	126	5.0
Loudoun County	64	60	72	20.0
City of Alexandria	54	61	65	6.6
Fauquier County	19	30	25	-16.7
City of Fairfax	16	17	22	29.4
City of Falls Church	11	17	33	94.1
<b>Total</b>	<b>691</b>	<b>831</b>	<b>924</b>	<b>11.2</b>

**Registration by City and Suburb**

<b>Cities/Suburbs Represented in Registration 2023</b>			
<b>City/suburb</b>	<b>Number</b>	<b>City/suburb</b>	<b>Number</b>
Aldlie	3	Lake Ridge	1
Alexandria	118	Lawton	1
Amissville	1	Leesburg	10
Annandale	25	Linden	1
Arlington	170	Lorton	1
Ashburn	23	Lovettsville	1
Bealeton	1	Manassas	12
Bristow	10	Manassas Park	2
Burke	24	Marshall	3
Catharpin	1	McLean	29
Catlett	2	Merrifield	1
Centreville	9	Midland	2
Chantilly	9	Nokesville	3
Clifton	6	North Springfiled	1
Crozet	1	Oak Hill	4
Dumfries	13	Oakton	10
Dunn Loring	1	Occoquan	1
Fairfax	70	Potomac Falls	15
Fairfax Station	11	Percellville	3
Falls Church	90	Reston	16
Fort Belvoir	1	South Riding	0
Gainesville	37	Springfield	70
Great Falls	3	Sterling	15
Hamilton	1	Traingle	0
Haymarket	19	Vienna	20
Herndon	9	Warrenton	17
Hillsboro	2	Woodbridge	24
Killeen	1	Total =	924

**Registration Progress by Week**

2023 NVSO Registration Progress				
Week	Date	Cummulative No. Registered		
0	6-Jul	50		
1	13-Jul	153		
2	20-Jul	226		
3	27-Jul	275		
4	3-Aug	353		
5	10-Aug	462		
6	17-Aug	612		
7	24-Aug	924		
8	31-Aug	924		

The line graph illustrates the cumulative registration progress for the 2023 NVSO. The vertical axis (y-axis) represents the number of registered individuals, ranging from 0 to 1000 in increments of 100. The horizontal axis (x-axis) represents time, marked by dates from 6-Jul to 31-Aug. The data points are as follows:

Date	Cummulative No. Registered
6-Jul	50
13-Jul	153
20-Jul	226
27-Jul	275
3-Aug	353
10-Aug	462
17-Aug	612
24-Aug	924
31-Aug	924

## NVSO Event Directors in 2023

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### Back to list of Events with Records

<b>Event</b>	<b>Event Director</b>	<b>Event</b>	<b>Event Director</b>
Badminton	Not offered in 2023	Rowing	Herb Levitan
Basketball Skills	Herb Levitan	Rowing	Mike Coleman
Basketball Skills	Sam Slowinski	Rummikub	Riley Geary
Bocce	Anne Chase	Scrabble	Barbara Major
Bowling-10Pin	Judy Massabny	Softball hit & Throw	Melissa Nester
Bunco	Not offered in 2023	Sudoku	Riley Geary
Canasta	Donna Jerome	Swimming	Carol Mackela
Cornhole Toss	Jennifer Weber	Table Tennis	Kevin Ku
Cribbage	Riley Geary	Tennis	Marvin Elliott
Croquet	Wayne Southard	Track	Jennifer Weber
Crossword Puzzle	Riley Geary	Track	Ben Childers
Cycling	Samantha Griffith	Trail Run 5K	Jay Jacob Wind
Disc Golf	Rod Hupp	Volleyball	Not offered in 2023
Diving	John Barry	Wi Bowling	Carol Mackela
Dominoes	Riley Geary	Yo-yo (not in 2023)	Dick Stohr
Duplicate Bridge	Not offered in 2023		
Field Events	Don Tillson		
Football Throw	Chuck Kleymeyer		
Frisbee Throw	Chuck Kleymeyer		
Golf 9-hole, 3 par	Phil Klinkhardt		
Handball (not in 2023)	Sid Sachs		
Horseshoes	Janet Garber		
Jigsaw puzzle	Riley Geary		
Line Dancing	Danita Moses		
Line Dancing	Adriana Carr		
Mah Jongg	Donna Jerome		
Mini-Golf	Dick Stohr		
Orienteering	Sidney Sachs		
Orienteering	Keg Good		
Pickleball (50-59)	Blaine Pfannkuch		
Pickleball (60+)	Michael J. Marrone		
Pickleball (60+)	Herb Levitan		
Pool 8- & 9-ball	Rip Westray		
Power Walk-3 mile	Keg Good		
Racquetball	Sid Sachs		