

EVENT: Field- Running Long Jump

Women Record Holders

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"			2023

List of Participants 2024

Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	55-59	Gold	59	Sheila	Beard	McLean	4'4"
F	60-64		60	Amy	Levinrad	Ashburn	DNP
F			60	Sabrina	Tormoen	Bealeton	DNP
F			61	Karyn	Moreland	Aldie	DNP
F			63	Joanne	Shabelski	Springfield	DNP
F	65-69		69	Doris	Granger	Sterling	DNP
F	70-74	Gold	72	Hannah	Phillips	Alexandria	8'3"
F	90-94		91	Alease	Brooks	Arlington	DNP

Men Record Holders

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		

List of Participants 2024

Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	55-59		59	Joseph	Czopek	Annandale	DNP
M	60-64	Gold	61	Thomas	Beechey	Ashburn	13'5"
M		Silver	62	Lawrence	Lewis	Alexandria	11'1.5"
M		Bronze	61	Glenn	Coughlin	Falls Church	9'10"
M		4	64	Michael	Megargee	Arlington	8'3"
M		5	64	Jon	Berglund	Springfield	5'8"
M			60	Stephen	Neal	Chantilly	DNP
M			63	Ken	Moreland	Aldie	DNP
M			63	Michael	Purcell	Ashburn	DNP
M			63	Richard	Viola	Arlington	DNP
M	65-69		66	Ron	Workman	Sterling	DNP
M			69	Timothy	Murphy	Potomac Falls	DNP
M	70-74	Gold	71	Michael	Emery	Burke	10'2"
M		Silver	73	Nathan	Granger	Sterling	9'8"
M		Bronze	72	Rod	Hupp	Falls Church	9'5.5"
M		4	71	Ken	Freund	Alexandria	4'3"
M			71	Mohammad J	Karimullah	Manassas	DNP
M			74	John	Ambrose	Arlington	DNP
M			74	Michael	McCormick	Alexandria	DNP
M	75-79	Gold	76	Gharemon	Suleymon	McLean	7'0"
M		Silver	76	Eiji	Yasuhara	Sterling	6'7"
M			75	Doug	Hastings	Gainesville	DNP
M			76	Robert	Savidge	Arlington	DNP
M			76	Jeff	Young	McLean	DNP
M	80-84	Gold	80	Don	Meli	Annandale	6'8.5"
M		Silver	82	Parviz	Youssefi	Gainesville	6'3.5"
M		Bronze	81	Alphonse	Piekut	Vienna	4'1.5"

M	85-89	Gold	89	Jerry	Bradley	Oakton	5'6.5"
M			85	Bernhard	Stamm	Ashburn	DNP