

	Event:			Basketball Free Throws				
	Women Record Holders							
	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		
	List of Participants 2025							
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results	
F	50-59	Gold	55	Kimberley	Williams	Burke	6/20	
F		Silver	58	Stephanie	Blount	Arlington	4/20	
F		Bronze	53	Dawn	Crenshaw	Burke	4/20	
F		3	55	Casey	Weiser	Arlington	3/20	
F	60-64	Gold	61	Sabrina	Tormoen	Bealeton	12/20	
F		Silver	64	Karen	Weinberg	Fairfax	9/20	
F		Bronze	63	Vanstacia	Jackson	Alexandria	6/20	
F			61	Amy	Levinrad	Ashburn	DNP	
F			63	Jennifer	Gittins-Harfst	Annandale	DNP	
F	65-69	Gold	66	Jacklyn	Rush	Dumfries	8/20	
F		Silver	68	Ann	Pugh	Sterling	7/20	
F		Bronze	69	Mary Lynne	Brown	Alexandria	3/20	
F			60	Kim	Hamlett	Alexandria	DNP	
F			79	Beth	Baynes	Alexandria	DNP	
F	80-89	Gold	80	Nancy D	Joyner	Annandale	9/20	

	Men Record Holders							
	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			
	List of Participants 2025			** = tie breaker				
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results	
M	50-54	Gold	53	Justin	Crandol	Springfield	3/20	
M			51	Michael	Wardian	Arlington	DNP	
M			53	Thomas	Mayrhofer	McLean	DNP	
M	55-59	Gold	58	Jiang	Yin	McLean	16/20	
M		Silver	55	Timothy	Jordan	Haymarket	13/20	
M		Bronze	55	Darren	Snow	Warrenton	7/20	
M			57	Barrett	Tripp	Falls Church	DNP	
M			59	Soth	Chin	Arlington	DNP	
M			59	Michael	Riggs	Arlington	DNP	
M	60-64	Gold	61	Chuck	Bell	Springfield	10/20	
M			60	Ed	Brandmark	Vienna	DNP	
M			61	Tony	Hoffman	Arlington	DNP	
M			61	Stephen	Neal	Chantilly	DNP	
M			62	Henry	Sobieski	Centreville	DNP	

M	65-69	Gold	65	Jerry	Cuffee	Montclair	15/20	
M		Silver	67	Patrick	Melbourne	Haymarket	14/20	
M		Bronze	68	Mark	Jones	Arlington	13/20	
M		4	66	David	Duda	Lorton	12/20 **	
M		5	65	Stephen	Shepherd	Springfield	12/20	
M		6	65	Jon	Berglund	Springfield	9/20	
M		7	69	Steven	Smith	McLean	8/20	
M			68	Terry	Fairfax	Purcellville	DNP	
M	70-74	Gold	72	Al	Giambone	Dumfries	14/20	
M		Silver	70	Bill	Herberger	Ashburn	13/20	
M		Bronze	74	Bill	Decker	Burke	7/20	
M			71	James (Jim)	Goldwater	Alexandria	DNP	
M			72	Ken	Freund	Alexandria	DNP	
M			72	Walter	Kindred	Alexandria	DNP	
M			72	Mike	Cohen	Woodbridge	DNP	
M	75-79	Gold	77	Douglas	Huff	Fairfax	11/20	
M		Gold	79	Dugald	Gillies	Arlington	11/20	
M		Bronze	78	Doyle	Talkington	Haymarket	9/20	
M		4	76	Robert	Baldassano	Alexandria	8/20	
M		4	79	Hossain	Atashbarghi	Fairfax	8/20	
M		6	75	Magdi Michael	Kallini	Fairfax	6/20	
M			78	Don	Sodo	Dumfries	DNP	
M			75	John	Ambrose	Arlington	DNP	
M			79	Edd	Shoemaker	Burke	DNP	
M			79	Ted	Ringelheim	Springfield	DNP	
M	85-89	Gold	86	Amnon	Golan	Arlington	8/20 **	
M		Gold	86	Gerald	Dahlin	Manassas	8/20	
M		Bronze	88	Andrew	Dixon	Fairfax	7/20	
M		4	86	Herbert	Levitan	Arlington	6/20	
M		5	86	Carlos	Rodriguez	Dumfries	4/20	
M	90-95	Gold	92	Nicholas	Fidandis	Alexandria	1/20	