

	Event:	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 1/4"	1.46M	2019	
	90 – 94	Alease Brooks			Arlington	3' 6.5"	1.08M	2023	
	List of Participants 2025								
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results		
F	55-59	Gold	58	Susanna	Brown	Aldie	5'7"	1.70M	
F	60-64	Gold	64	Joanne	Shabelski	Springfield	7'11.75"	2.43M	
F		Silver	63	Vanstacia	Jackson	Alexandria	7'4"	2.24	
F	90-94	Gold	92	Alease	Brooks	Arlington	3'4.5"	1.03M	
	Men Record Holders								
	LONG JUMP - RUNNING – MEN								
	50 - 54	James Lake			Annandale	15; 3"	4.65M	2021	
	55 - 59	James Lake			Annandale	15' 9¼"	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	Bernhard Stamm			Ashburn	9' 3¼"	2.82	2025*	
	90 – 94	Jerry Bradley			Oakton	5' 3"	1.60	2025*	
	List of Participants 2025								
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results		
M	50-54	Gold	53	Justin	Crandol	Springfield	9'2.25"	2.80M	
M		Silver	51	Michael	Wardian	Arlington	8'9"	2.67	
M	55-59	Gold	57	James	Lake	Annandale	15'9.25"	4.81M*	
M			55	Timothy	Jordan	Haymarket	DNP		
M	60-64	Gold	63	Jeff	Farr	Vienna	7'7.25"	2.32M	
M		Silver	62	Henry	Sobieski	Centreville	5'4.5"	1.64	
M			60	Joseph	Czopek	Annandale	DNP		
M			61	Stephen	Neal	Chantilly	DNP		
M			62	Glenn	Coughlin	Falls Church	DNP		

M	65-69	Gold	67	Ron	Workman	Sterling	9'9.5"	2.98M	
M		Silver	67	Zhigang	Li	Ashburn	9'9"	2.97	
M		Bronze	69	Steven	Smith	McLean	9'6.25"	2.90	
M		4	67	Jeff	James	Purcellville	7'3"	2.21	
M		5	65	Jon	Berglund	Springfield	6'6.5"	1.99	
M		6	68	Robert	Roll	Arlington	1'10.75"	0.58	
M	70-74	Gold	72	Michael	Emery	Burke	11'1.5"	3.39M	
M		Silver	74	Nathan	Granger	Sterling	10'11"	3.33	
M	75-79	Gold	77	Jeff	Young	McLean	7'7"	2.31M	
M		Silver	77	Gharemon	Suleymon	McLean	7'1"	2.16	
M		Bronze	77	Eiji	Yasuhara	Sterling	6'10"	2.08	
M			75	John	Ambrose	Arlington	DNP		
M			76	Robert	Baldassano	Alexandria	DNP		
M			78	William	Hudson	Alexandria	DNP		
M	80-84	Gold	83	Parviz	Youssefi	Gainesville	6'4"	1.93M	
M		Silver	81	Don	Meli	Annandale,	6'3.75"	1.91	
M		Bronze	80	Gary	Hopkins	umfries	4'5.5"	1.36	
M			81	Naresh	Bhagat	Ashburn	DNP		
M	85-89	Gold	86	Bernhard	Stamm	Ashburn	9'3.25"*	2.82M*	
M			86	Amnon	Golan	Arlington	DNP		
M			86	Carlos	Rodriguez	Dumfries	DNP		
M	90-94	Gold	90	Jerry	Bradley	Oakton	5'3"*	1.60M*	