

	Event:			Football Throw			
	Women Record Holders						
	FOOTBALL THROW – WOMEN (New in 2012)						
	50-54	Colleen Cornwell		Manassas	73’	2016	
	55-59	Sabrina Tomoen		Bealeton	85’ 11”	2023	
	60-64	Lee Anne Orndorff		Alexandria	89’ 2”	2023	
	65-69	Kathleen Wilson		Springfield	67’ 1”	2024	
	70-74	Jane Hoge		Falls Church	56’ 2”	2023	
	75-79	Georgia Fuller		Falls Church	46’ 11”	2021	
	80-84	Nancy Joyner		Annandale	34’	2025*	
	85-89	Sheila Gildea		McLean	27’ 4”	2016	
	90-94	Rosemary Furcher		Annandale	17’ 5”	2017	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	52	Kendra	Riggs	Arlington	31' 8"
F	60-64	Gold	64	Karen	Weinberg	Fairfax	46' 1"
F		Silver	63	Vanstacia	Jackson	Alexandria	37' 6"
F		DNP	60	Kristin	Haynes	Annandale	
F		DNP	60	Sheila	Beard	McLean	
F		DNP	61	Sabrina	Tormoen	Bealeton	
F		DNP	62	Karyn	Moreland	Aldie	
F		DNP	62	Colleen	Cornwell	Manassas	
F		DNP	63	Lee Anne	Orndorff	Alexandria	
F	65-69	Gold	67	Kathleen	Wilson	Springfield	56' 6"
F		Silver	68	Lori	Grimm	Arlington	56' 0"
F		Bronze	69	Mary Lynne	Brown	Alexandra	34' 3"
F		4	66	Noela	Francis	Alexandra	26' 7"
F		DNP	66	Nancy	Anthony	Manassas	
F	70-74	Gold	74	Louise	DiCaprio	Fairfax	42' 1"
F	75-79	Gold	75	Barbara	Hoffer	Vienna	28' 3"
F		Silver	78	Jacqueline	Miller	Alexandra	27' 1"
F	80-84	Gold	80	Nancy	Joyner	Annandale	34' 0""*
F		Silver	80	Georgia	Fuller	Falls Church	32' 2"

	Men Record Holders						
	FOOTBALL THROW – MEN (New in 2012)						
	50-54	Brian Hair		Woodbridge	133' 3"	2023	
	55-59	Thomas Sampson		Clifton	130' 0.5"	2018	
	60-64	Lawrence Lewis		Alexandria	128' 4"	2024	
	65-69	Doug Hastings		Alexandria	110' 10"	2014	
	70-74	Frederick Hacker		Fairfax	104' 3"	2012	
	75-79	Bernhard Stamm		Ashburn	101' 6"	2014	
	80-84	Bernhard Stamm		Ashburn	86' 8.5"	2019	
	85-89	Bernhard Stamm		Ashburn	62' 2"	2025*	
	90-94	Jerry Bradley		Oakton	43'	2025*	
	95-99	Donald Brooks		Potomac Falls	22' 10"	2017	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	53	Thomas	Mayrhofer	McLean	115' 7"
M		Silver	51	Micheal	Wardian	Arlington	90' 0"
M	55-59	Gold	55	Darren	Snow	Warrenton	65' 7"
M		DNP	56	Wayne	Paugh	Leesburg	
M		DNP	59	Magdi	Amin	McLean	
M	60-64	Gold	61	Sean	McGinnis	Haymarket	125' 8"
M		Silver	61	Tim	McCaffrey	Springfield	108' 9"
M		Bronze	63	Jeff	Farr	Vienna	102' 9"
M		4	62	Stephen	Young	Arlington	93' 9"
M		5	62	Henry	Sobieski	Centreville	72' 10"
M		DNP	63	Lawrence	Lewis	Alexandria	
M		DNP	64	Ken	Moreland	Aldie	
M		DNP	64	Michael	Purcell	Ashburn	
M		DNP	63	Michael	Graham	Alexandria	
M		DNP	61	Stephen	Neal	Chantilly	
M		DNP	61	Brian	Franklin	Alexandria	
M	65-69	Gold	65	Jon	Berglund	Springfield	81' 1"
M		Silver	69	John	Schneider	Reston	44' 8"
M		DNP	66	Ralph	Nappi	Vienna	
M		DNP	67	Patrick	Manley	Alexandria	
M		DNP	66	Matt	Mohler	Herndon	
M		DNP	68	Gracus	Dunn	Woodbridge	
M		DNP	69	Steven	Smith	McLean	
M	70-74	Gold	73	Rod	Hupp	Falls Church	85' 0"
M		Silver	72	Ken	Freund	Alexandria	42' 11"
M		DNP	70	Gregg	Pane	McLean	
M		DNP	71	Joseph	Tappel	Springfield	
M		DNP	74	Nathan	Granger	Sterling	

M	75-79	Gold	75	Alessandro	Sacilotto	Fairfax	62' 11"
M		Silver	77	Eiji	Yasuhara	Sterling	58' 2"
M		Bronze	78	Don	Sodo	Dumfries	57' 3"
M		4	76	Edward	Hara	Fairfax	56' 1"
M		5	77	Gharemon	Suleymon	McLean	55' 9"
M		DNP	75	John	Ambrose	Arlington	
M		DNP	75	Magdi Michael	Kallini	Fairfax	
M		DNP	75	Stan	Seplow	Springfield	
M		DNP	76	Doug	Hastings	Gainesville	
M	80-84	Gold	82	Hui	Joo	Manassas	44' 8"
M		Silver	81	Chuck	Kleymeyer	Arlington	43' 10"
M		Bronze	81	Don	Meli	Annandale,	38' 3"
M		DNP	80	Thomas	Sullivan	Oakton	
M		DNP	83	Bob	Foor	Franconia	
M	85-89	Gold	86	Bernhard	Stamm	Ashburn	62' 2""*
M		Silver	86	Carlos	Rodriguez	Dumfries	49' 1"
M		Bronze	88	Andrew	Dixon	Fairfax	46' 10"
M		4	86	Amnon	Golan	Arlington	44' 1"
M		DNP	86	Herbert	Levitan	Arlington	
M		DNP	89	Eddie	Ladd	Potomac Falls	
M	90-94	Gold	90	Jerry	Bradley	Oakton	43' 0""*
M		Silver	94	John	Ewing	Falls Church	31' 7"
M		DNP	92	Bill	Brennan	Annandale	