

	Event:			Frisbee Throw			
	Female Record Holders						
	FRISBEE THROW – WOMEN						
	50 – 54	Heather Passmore		Alexandria	87’ 3”	2025*	
	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	
	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
F	50-54	Gold	51	Heather	Passmore	Alexandria	87' 3"*
F	50-54	Silver	51	Kendra	Riggs	Arlington	83' 1"
F	60-64	Gold	63	Vanstacia	Jackson	Alexandria	42' 8"
F	60-64	Silver	64	Karen	Weinberg	Fairfax	29' 9"
F		DNP	61	Holley	Wiedemann	Falls Church	
F	65-69	Gold	69	Marylynne	Brown	Alexandria	62' 10'
F	65-69	Silver	68	Lori	Grimm	Arlington	52' 6"
F	65-69	Bronze	65	Noela	Francis	Alexandria	30' 5"
F	70-74	Gold	74	Louise	DiCaprio	Fairfax	39' 1"
F		DNP	70	Doris	Granger	Sterling	
F		DNP	72	Karen	Rudat	Sterling	
F	75-79	Gold	75	Barbara	Hoffer	Vienna	38' 3"
F		Silver	78	Jacqueline	Miller	Alexandra	27' 7"
F	80-84	Gold	80	Georgia	Fuller	Falls Church	22' 11"
	Men Record Holders						
	FRISBEE THROW – MEN						
	50-54	Steven Goodwin		Arlington	156’ 7”	2012	
	55-59	Ed Scholl		Arlington	160’ 1”	2017	
	60-64	Stephen Young		Arlington	160’ 11”	2025*	
	65-69	Thomas Sullivan		Oakton	172’	2014	
	70-74	Thomas Sullivan		Oakton	174’	2015	
	75-79	James Chalupsky		Burke	107’	2024	
	80-84	Herlindo Delgado		Burke	98’	2000	
	85-89	J.R. Cassidy		Manassas	99’	2000	
	90-94	John Ewing		Falls Church	64’ 4”	2025*	
	95-99	J.R. Cassidy		Manassas	27’ 7”	2012	

	List of Participants 2025						
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results
M	50-54	Gold	53	Brian	Lee	Alexandria	153' 10"
M		Silver	51	Michael	Wardian	Arlington	91'
M		Bronze	51	Jeff	Price	Arlington	40' 2"
M	55-59	Gold	57	Paul	Gagnon	Alexandria	124' 5"
M		Silver	55	Darren	Snow	Warrenton	77'
M	60-64	Gold	62	Stephen	Young	Arlington	160' 1"*
M		Silver	60	Tim	McCaffery	Springfield	120' 11"
M		Bronze	63	Jeff	Farr	Vienna	114' 10"
M		4	62	Henry	Sobieski	Centreville	105' 6"
M		5	64	Dominic	Francis	Alexandria	58' 7"
M		DNP	60	Mark	Ross	Gainesville	
M		DNP	61	Stephen	Neal	Chantilly	
M	65-69	Gold	65	Jon	Berglund	Springfield	115' 3"
M		Silver	69	John	Schneider	Reston	43' 11"
M		DNP	66	Brian	Darling	Alexandria	
M	70-74	Gold	73	Rod	Hupp	Falls Church	134' 2"
M		Silver	72	William	Tracy	Burke	90'
M		Bronze	72	Ken	Freund	Alexandria	52' 6"
M		DNP	74	Nathan	Granger	Sterling	
M	75-79	Gold	76	James	Chalupsky	Burke	99' 11"
M		Silver	77	Gharemon	Suleymon	McLean	87' 11"
M		Bronze	76	Alessandro	Sacilotto	Fairfax	58'
M		4	77	Eiji	Yasuhara	Sterling	55' 3"
		5	76	Edward	Hara	Fairfax	50' 5"
M		6	75	Magdi Michael	Kallini	Fairfax	50' 4"
M	80-84	Gold	81	Chuck	Kleymeyer	Arlington	73' 10"
M		Silver	81	Don	Meli	Annandale	40' 8"
M		DNP	80	Thomas	Sullivan	Oakton	
M	85=89	Gold	86	Amnon	Golan	Arlington	59' 6"
M		Silver	86	Carlos	Rodriguez	Dumfries	50'
M		DNP	85	Herb	Rose	Arlington	
M		DNP	86	Herbert	Levitan	Arlington	
M	90-94	Gold	93	John	Ewing	Falls Church	64' 4"*
M		Silver	90	Jerry	Bradley	Oakton	39' 11"