

	EVENT: Football Throw						
	Women's 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 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	60-64	Gold	62	Holley	Wiedemann	Falls Church	80' 6"
F		Silver	61	Holly	Giehler	Manassas Park	57' 9"
F		Bronze	61	Kristin	Haynes	Annandale	54' 3"
F		4	61	Cindy	Learn	Manassas	51' 8"
F		5	64	Allison	Brodin	Sterling	51' 4"
F		6	64	Vanstacia	Jackson	Alexandria	41' 5"
F		7	62	Deborah	Gregory	Woodbridge	34' 8"
F			63	Colleen	Cornwell	Manassas	DNP
F	65-69	Gold	68	Kathleen	Wilson	Springfield	58' 11"
F		Silver	69	Lori	Grimm	Arlington	55' 0"
F		Bronze	65	Karen	Weinberg	Fairfax	43' 9"
F		4	68	Barbara	Smith	Fairfax	39' 0"
F			67	Maion	Hawthorne	Arlington	DNP
			65	Joanne	Shabelski	Springfield	DNP
F	70-74	Gold	74	Jane	Hoge	Falls Church	47' 11"
		Silver	73	Karen	Rudat	Sterling	39' 11"
		DNP	70	Deb	DiFalco	Fairfax	
F	75-79	Gold	75	Louise	DiCaprio	Fairfax	43' 7"
F	80-84	Gold	81	Georgia	Fuller	Falls Church	33' 9"
F	90-94	Gold	90	Betty	Cottrell	Fairfax	14' 0"

	Men's 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	Shawn McGinnis		Haymarket	125' 8"	2025	
	65-69	Alan Boyd		Annandale	113' 9"	2026*	
	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	
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	50-54	Gold	50	Carter	Wilkinson	Arlington	105' 5"
M	55-59	Gold	57	Gene	Lee	Chantilly	84' 8"
M		Silver	59	Paul	Cachion	Arlington	81' 10"
M		Bronze	58	Sebastian	Gregory	Woodbridge	77' 9"
M	60-64	Gold	64	William	Maurice	Manassas Park	86' 2"
M		Silver	63	Gary	Clark	Manassas	81' 9"
M		Bronze	60	Magdi	Amin	Mclean	57' 8"
M			60	Soth	Chin	Arlington	DNP
M			64	Jeff	Farr	Vienna	DNP
M			62	Wilbert	Forbes	Herndon	DNP
M			62	Ravindra	Garg	Chantilly	DNP
M			62	Stephen	Neal	Chantilly	DNP
M			63	Stephen	Young	Arlington	DNP
M	65-69	Gold	67	Alan	Boyd	Annandale	113' 9"*
M		Silver	66	Jon	Berglund	Springfield	94' 1"
M		Bronze	68	Peter	Brewington	Warrenton	78' 8"
M		4	68	Kevin	Anderson	Fairfax	55' 2"
M			67	Brian	Darling	Alexandria	DNP

M	70-74	Gold	74	Rod	Hupp	Falls Church	88' 5"
M		Silver	70	Steve	Smith	McLean	71' 4"
M		Bronze	72	Jim	Mihalich	Falls Church	63' 0"
M		4	73	David	Schaffer	Vienna	60' 10"
M		5	73	Ken	Freund	Alexandria	54' 10"
M		6	70	John	Schneider	Reston	46' 0"
M		7	73	Richard	Dauphinais	Arlington	38' 0"
M			74	Richard	Alifano	Ashburn	DNP
M			72	Bob	Smith	Gainesville	DNP
M			71	Benjamin	Viellieu	Burke	DNP
M	75-79	Gold	75	Nathan	Granger	Sterling	96' 6"
M		Silver	77	Alessandro	Sacilotto	Fairfax	72' 9"
M			78	Gharemon	Suleymon	McLean	DNP
M			76	John	Ambrose	Arlington	DNP
M			78	John	Courembis	Alexandria	DNP
M			75	Ronald	Fecso	Arlington	DNP
M	80-84	Gold	80	Edd	Shoemaker	Burke	59' 9"
M		Silver	82	Chuck	Kleymeyer	Arlington	44' 1"
M		Bronze	80	John	Cordyack	Reston	40' 9"
M			80	Thomas	Stanton	Woodbridge	DNP
M	85-89	Gold	89	Andrew	Dixon	Fairfax	53' 9"
M		Silver	87	Amnon	Golan	Arlington	46' 9"
M		Bronze	87	Carlos	Rodriguez	Dumfries	46' 0"
M	90-94	Gold	90	Stan	Dobson	Arlington	35' 1"
M	95-99	Gold	95	John	Ewing	Falls Church	25' 2"
	* New record holder						