

	EVENT: Frisbee Throw						
	Women's 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 2026						
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
F	50-54	Gold	52	Heather	Passmore	Alexandria	98'
F	55-59	Gold	58	Jiraphon	Garrard	Alexandria	56' 7"
			56	Susan	Hawks	Sterling	DNP
F	60-64	Gold	62	Holley	Wiedemann	Falls Church	100' 10"
F		Silver	64	Allison	Brodin	Sterling	81' 4"
F		Bronze	62	Deborah	Gregory	Woodbridge	74' 8"
F		4	61	Kristin	Haynes	Annandale	72' 1"
F		5	64	Vanstacia	Jackson	Alexandria	54' 7"
F			63	Colleen	Cornwell	Manassas	DNP
F	65-69	Gold	69	Lori	Grimm	Arlington	54' 10"
F		Silver	68	Barbara	Smith	Fairfax	52' 7"
F		Bronze	65	Karen	Weinberg	Fairfax	32' 8"
F		4	67	Noela	Francis	Alexandria	0'
F	70-74	Gold	73	Karen	Rudat	Sterling	35' 9"
F			71	Doris	Granger	Sterling	DNP
F	75-79	Gold	75	Louise	DiCaprio	Fairfax	52'

F	80-84	Gold	81	Georgia	Fuller	Falls Church	29' 10"
F	90-94	Gold	90	Betty	Cottrell	Fairfax	15' 9"
Men's 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	201' 5"	2026*	
	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	John Ewing		Falls Church	34' 10	2026*	
Sex	Age Group	Place	Age	Firstname	LastName	City	Results
M	50-54	Gold	50	Carter	Wilkinson	Arlington	148' 9"
M	55-59	Gold	58	Paul	Gagnon	Alexandria	145' 1"
M		Silver	58	Sebastian	Gregory	Woodbridge	110' 5"
M		Bronze	59	Edgar	Mendez Chacor	Alexandria	83' 7"
M		4	57	Gene	Lee	Chantilly	59' 2"
M	60-64	Gold	63	Stephen	Young	Arlington	201' 5" *
M		Silver	63	Steve	Alvarez	Arlington	146' 6"
M		Bronze	64	William	Maurice	Manassas	142' 11"
M		4	63	Andrew	Hayden	Alexandria	123' 1"
M		5	63	Gary	Clark	Manassas	110' 1"
M			63	Steve	Calesaric	Centreville	DNP
M			64	Jeff	Farr	Vienna	DNP
M			62	Stephen	Neal	Chantilly	DNP

M	65-69	Gold	66	Jon	Berglund	Springfield	125'
M		Silver	68	Peter	Brewington	Warrenton	101' 7"
M		Bronze	69	Neil	Penney	Herndon	96' 10"
M		4	67	Alan	Boyd	Annandale	94' 9"
M		5	68	Kevin	Anderson	Fairfax	87' 8"
M		6	65	Dominic	Francis	Alexandria	45' 11"
M			68	Chuck	Crum	Bealeton	DNP
M			67	Brian	Darling	Alexandria	DNP
M			66	A. Marty	Willis	Baileys Crossroads	DNP
M	70-74	Gold	74	Rod	Hupp	Falls Church	117' 2"
M		Silver	73	Robert	Schmitt	Vienna	103' 9"
M		Bronze	73	Ken	Freund	Alexandria	84' 2"
M		4	73	David	Schaffer	vienna	82' 3"
M		5	70	Steve	Smith	McLean	78' 4"
M		6	70	John	Schneider	Reston	57' 3"
M		7	73	Art	Rudat	Sterling	50' 3"
M			70	Michael	O' Flaherty	Falls Church	DNP
M			73	Bill	Tracy	Burke	DNP
M			71	Benjamin	Viellieu	Burke	DNP
M	75-79	Gold	77	Alessandro	Sacilotto	Fairfax	91' 4"
M		Silver	75	Nathan	Granger	Sterling	74' 2"
M		Bronze	76	Magdi Michael	Kallini	Fairfax	59' 2"
M			77	James	Chalupsky	Burke	DNP
M			75	Ronald	Fecso	Arlington	DNP
M			78	Gharemon	Suleymon	McLean	DNP
M	80-84	Gold	80	John	Cordyack	Reston	81' 3"
M		Silver	82	Chuck	Kleymeyer	Arlington	71' 7"
M		Bronze	80	Edd	Shoemaker	Burke	44' 8"
M			82	Robert (Tony)	McCann	Annandale	DNP
M			80	Thomas	Stanton	Woodbridge	DNP

M	85-89	Gold	87	Carlos	Rodriguez	Dumfries	57' 1"
M		Silver	87	Amnon	Golan	Arlington	48' 7"
M	90-94	Gold	91	Rowlett "Moose"	Bruce	Springfield	48' 3"
		Silver	90	Stan	Dobson	Arlington	35' 8"
M	95-99	Gold	95	John	Ewing	Falls Church	34' 10" *
	* New Record for 2026						