

23<sup>rd</sup> Annual  
NORTHERN VIRGINIA  
SENIOR OLYMPICS  
September 17-29, 2005

**2005**  
**EVENT RESULTS**

Sponsored by  
City of Alexandria— City of Fairfax—City of Falls Church –  
Arlington County—Fairfax County—Fairfax County Park Authority—  
Loudoun County—Prince William County

*Northern Virginia Senior Olympic Committee*  
*P.O. Box 2089*  
*Merrifield, VA 22116-9998*  
*703-228-3600, ext. 9996*  
*[www.novaseniorolympics.com](http://www.novaseniorolympics.com)*

## 2005 EVENT RESULTS

# 23<sup>rd</sup> Annual NORTHERN VIRGINIA SENIOR OLYMPICS September 17-29, 2005

### Sponsored by:

Northern Virginia Senior Olympic Committee  
City of Alexandria Department of Recreation, Parks, and Cultural Activities  
Arlington County Department of Parks, Recreation and Cultural Resources  
Fairfax County Department of Community and Recreation Services  
Fairfax County Park Authority  
City of Fairfax Parks and Recreation Department  
City of Falls Church Department of Recreation and Parks  
Loudoun County Department of Parks, Recreation and Community Services  
Prince William Area Agency on Aging

### 2005 GOLD Patrons

Goodwin House, Inc.  
Sunrise Senior Living  
Greenspring Retirement

### EVENTS

Bait Casting  
Backgammon  
Basketball Free Throw  
Basketball 3 on 3  
Bowling  
Bridge, Duplicate  
Bunco (*Trial Event*)  
Canasta  
Chess  
Cribbage  
Dominoes  
Eight Ball Pool  
Frisbee Throw  
Golf

Horseshoes  
Kings in Corner  
Line Dancing (team)  
Mahjongg (*Trial Event*)  
Mini Golf  
Pickleball  
Shuffleboard  
Swimming  
Table Tennis  
Tennis  
Softball Hit  
Softball Throw  
YoYo

### **Track & Field Events:**

50 Meter Dash  
100 Meter Dash  
200 Meter Dash  
400 Meter Run  
800 Meter Run  
800 Meter Walk  
1500 Meter Walk  
3 Mile Walk  
Discus  
Long Jump, Running  
Long Jump, Standing  
Shot Put

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**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>BACKGAMMON</b>				
All	Gold (Tie)	Sanda Costescu	Arlington	
		Ben Robinson	Alexandria	
	Silver	Walter Lazear	Reston	
	Bronze (Tie)	Bethea Owen	Falls Church	
		Frances Parsons	Falls Church	
<b>BAITCASTING – WOMEN</b>				
All	Gold	Patricia Childers	Springfield	6* tie
	Silver	Margaret Carnes	Annandale	4
	Bronze	Bernie Kleinschmidt	Fairfax	3
<b>BAITCASTING – MEN</b>				
All	Gold	Richard Stohr	Springfield	15
	Silver	Richard Carnes	Annandale	6
	Bronze	Dante Simbulan	Burke	0
<b>BASKETBALL FREE THROW – WOMEN</b>				
60-69	Gold	Margaret Carnes	Annandale	15/25
70-74	Gold	Patricia Childers	Springfield	17/25
	Silver	Susan Zajac	Arlington	7/25
75-79	Gold	Sheila Gildea	McLean	16/25
	Silver	Mary Bosca	Alexandria	14/25
	Bronze	Ginny Cafolla	Alexandria	10/25
80-84	Gold	Bernie Kleinschmidt	Annandale	16/25
85+	Gold	Carla Convery	Alexandria	14/25
<b>BASKETBALL FREE THROW – MEN</b>				
50-59	Gold	John Kraus	Fairfax	21/25*
	Silver	John Stavropoulos	Fairfax Station	20/25
60-69	Gold	Harold Skeins	Fairfax	22/25
	Silver	George Weeks	Fairfax	18+/25
	Bronze	Kai-Peter Koenig	Montclair	18/25
70-74	Gold	Charles Toftoy	Arlington	11/25
	Silver	James Scott	Alexandria	6/25
75-79	Gold	Dante Simbulan	Burke	9/25
	Silver	John Baker	Alexandria	3/25
80-84	Gold	J.R. Cassidy	Manassas	14/25*

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>BASKETBALL, 3-ON-3 - WOMEN</b>				
50-59	Gold	<u>Team I</u> - Holly Wolff/ Hannah Phillips/ Barb Klementz/ Nancy Joyner		
	Silver	<u>Team III</u> - Stella Villada/ Sally Schenkel/ Gwen Forkin/ Helen White/ Elise Patak/ Mary Boska		
	Bronze	<u>Team II</u> - Lily Chua/ Patricia McWethy/ Leslie McFarland/ Jeannie Winston/ Helen Crum/ Bernie Kleinschmitt		
<b>BASKETBALL, 3-ON-3 – MEN</b>				
50-59	Gold	<u>G.O.A.T.S</u> ; William Richard/ James Culbertson/ Richard Suggs/ Michael Wells/ David Scott		
60-69	Gold	<u>Virginians</u> ; Bruce Hewitt/ William Schipper/ Harold Skeins		
	Silver	<u>Team VA</u> ; Gary Trusty/ Jim Viggiani/ Kai-Peter Koenig		
70-79	Gold	<u>Virginia Creepers</u> ; Bob Cullers/ Don Greene/ Richard Thompson/ Dick Ernst		
<b>BOWLING - TEN PIN – WOMEN</b>				
55-59	Gold	Audrey Stutchman	Alexandria	580
	Silver	Mary Johnson	Woodbridge	577
	Bronze	Linda Baumbusch	Fairfax	570
65-69	Gold	Jo Ferry	Alexandria	519
70-74	Gold	Sue Toma	Falls Church	575
	Silver	Millie DeMedici	Woodbridge	566
75-79	Gold	Marjorie Burts	Alexandria	615
	Silver	Hilda Fox	Springfield	588
	Bronze	Elizabeth Roadcap	Vienna	554
80-84	Gold	Corrine Swanson	Alexandria	593
	Silver	Peggy Hurney	Springfield	548
	Bronze	Jeri Patt	Fairfax	528
85+	Gold	Mary O'Brien	Springfield	585

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>BOWLING - TEN PIN – MEN</b>				
55-59	Gold	Lawrence Walker	Alexandria	561
65-69	Gold	John Handley	Woodbridge	565
70-74	Gold	David Hopkins	Potomac Falls	559
	Silver	Thomas Robinson	Alexandria	553
	Bronze	Nicholas Fidandis	Alexandria	513
75-79	Gold	Joseph Toma	Falls Church	607
	Silver	Raymond Goelz	Sterling	583
	Bronze	Leonard Kalkwarf	Springfield	579
80-84	Gold (tie)	Jim Willcock	Falls Church	601
	Gold	John Pesch	Potomac Falls	601
85+	Gold	James New	Arlington	593
	Silver	John Hurney	Springfield	579
	Bronze	Carl Schaad	Sterling	538

**BRIDGE, DUPLICATE**

NORTH/	Gold	Ken Hopke/ Bob Hamilton
SOUTH	Silver	Joan Fisher/ Barbara Macknick
	Bronze	Vivian Hess/ Erv Meyer
EAST/ WEST	Gold	Nancy Jilani/ Donald Roberts
	Silver	Frances Chandler/ Marilyn Batra
	Bronze	Peggy Cousins/ Jean McDaniel

**BUNCO**

All	Gold	Minnie Gross	Alexandria
	Silver	Patricia Brosius	Alexandria
	Bronze	Alba Siurano	Alexandria

**BUNCO (Games Winners)**

All	Gold	Alice Balling	Alexandria
	Silver	Anne Donohoe	Alexandria
	Bronze	Judy Duncan	Alexandria

**2005 Events Results Book**  
**Winners**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>CHESS</b>				
All	Gold	Edgar DeCastro	Alexandria	4
	Silver (tie)	Tim Eum	Dale City	3
		Virgilio Reyes	Springfield	3
	Bronze (3 way tie)	Sandra Costescu	Arlington	2
		Willis Hume	Reston	2
		Robert Kovak	Alexandria	2
<b>CRIBBAGE</b>				
All	Gold	Paul McFarland	Springfield	
	Silver	Kai Peter Koenig	Montclair	
	Bronze	Bill Bohuslaw	Fairfax	
<b>8 BALL POOL – WOMEN</b>				
All	Gold	Suong Rogers	Springfield	
	Silver	Elizabeth Roadcap	Vienna	
	Bronze	Jerri Patt	Fairfax	
<b>8 BALL POOL – MEN</b>				
All	Gold	John Kraus	Fairfax	
	Silver	Maxwell Gainer	Alexandria	
	Bronze	Bill Preston	Arlington	
<b>FRISBEE THROW – WOMEN</b>				
60-69	Gold	Margaret Carnes	Annandale	26.6
70-79	Gold	Patricia Childers	Alexandria	51.9
80-84	Gold	Bernie Kleinschmidt	Annandale	1.0
85+	Gold	Carla Convery*	Alexandria	56.10*
<b>FRISBEE THROW – MEN</b>				
50-59	Gold	Ken Freund	Alexandria	124.6*
60-69	Gold	Kai-Peter Koenig	Montclair	111.0
	Silver	Richard Carnes	Annandale	69.8
	Bronze	Richard Stohr	Springfield	59.10
70-79	Gold	Dante Simbulan	Burke	66.4
80+	Gold	J.R. Cassidy	Manassas	60.0

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>GOLF - GROSS SCORE – WOMEN</b>				
50-59	Gold	Annette Langley	Annandale	94
60-69	Gold	Barbara Klementz	Annandale	109
70-79	Gold	Sarah Coffey*	Sterling	109
80-84	Gold	Anne Bertola	Vienna	108
<b>GOLF - GROSS SCORE – MEN</b>				
50-59	Gold	Ron Scanlon	Centerville	99
60-69	Gold	George Mazuzan	Springfield	84*
70-79	Gold	Cap Oliver	Vienna	90
80+	Gold (tie)	Guido Cavallo	Arlington	90
	Gold	Carl Grigsby	Sterling	90
<b>GOLF - "CALLAWAY" NET – WOMEN</b>				
50-59	Gold	Michelle Michaels	Alexandria	74
	Silver	Paula Jorgenson	Fairfax	76
	Bronze	Dee Dragan	Arlington	78
60-69	Gold	Barbara Klementz	Annandale	77
	Silver	Bette Gordon	Falls Church	79
70-79	Gold	Sarah Coffey	Sterling	78
	Silver	Ruth Huling	Fairfax	78
	Bronze	Polly Egbers	Clifton	79
80+	Gold	Anne Bertola	Vienna	77
	Silver	Regina O'Connor	Potomac Falls	78
<b>GOLF - "CALLAWAY" NET – MEN</b>				
50-59	Gold	Ron Scanlon	Centerville	74
	Silver	Ronald Hack	Burke	77
60-69	Gold	George Mazuzan	Springfield	73
	Silver	Donald Tomb	Arlington	76
	Bronze	Jack Nelson	Alexandria	77
70-79	Gold	Cap Oliver	Vienna	73
	Silver	Roy Korth	Springfield	75
	Bronze	Marvin Reed	Oak Hill	76
80+	Gold	Guido Cavallo	Arlington	73*
	Silver	Carl Grigsby	Sterling	74
	Bronze	Mike Lowe	Springfield	77

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>HORSESHOES – WOMEN</b>				
55-59	Gold	Audrey Bragg Stutchman	Alexandria	
65-69	Gold	Shirley Van Ess	Woodbridge	
	Silver	Anna Washington	Dale City	
75-79	Gold	Mary Boska	Alexandria	
80-84	Gold	Bernie Kleinschmidt	Annandale	
85+	Gold	Carla Convery	Alexandria	

**HORSESHOES – MEN**

55-59	Gold	Maurice Stutchman	Alexandria	
60-64	Gold	Kenneth Phillips	Vienna	
65-69	Gold	Pete Costello	Dumfries	
	Silver	Stephen Smith	Annandale	
	Bronze	Ronald Willard	Springfield	
70-74	Gold	Robert Stotz	McLean	
75-79	Gold	Leonard Kalkwarf	Springfield	
80-84	Gold	Ben Robinson	Alexandria	

**LINE DANCING (TEAM)**

All	Gold	<u>Golden Rays</u> - Little River Glen- Tamara Webb, JuleAnn Cheslock, Shan Farzan, Penelope Wilk, Patricia Craft		
	Silver	<u>The Cascades Steppers</u> - Cascades Senior Center - Fran Schmitt, Pat Buxton, Mary Boyle, Bonnie Wohlford, Dorothy Morris, Ellie Hockaday, Faye Strickler		
	Bronze	<u>Yah Yah Dancers (Young At Heart)</u> - Rebecca Taylor, Jean Ahn, Theresa Cheng, Mary Alice Dean, Diane Doremus, Rebekah Jewell, Sherry Lee, Lola Washington		

**MINIATURE GOLF – WOMEN**

50-59	Gold	Audrey Stutchman	Alexandria	47
	Silver (tie)	Linda Baumbusch	Fairfax	57
		Manette Lazear	Reston	57
60-69	Gold	Margaret Carnes	Annandale	50
	Silver	Lana Tobey	Woodbridge	50
70-79	Gold	Diane Hill	Springfield	48
	Silver	Barbara Fitzgerald	Alexandria	55

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>MINIATURE GOLF – MEN</b>				
50-59	Gold	Maurice Stutchman	Alexandria	48
	Silver	John Kraus	Fairfax	51
60-69	Gold	George Weeks	Fairfax	46
	Silver (tie)	Richard Carnes	Annandale	47
		Dick Stohr	Springfield	47
	Bronze	Walter Lazear	Reston	51
70-79	Gold	Dante Simbulan	Burke	52
	Silver	John Fox	Springfield	57
<b>PICKLEBALL - DOUBLES – WOMEN</b>				
50-59	Gold	Margaret Davenport Carolyn Law	Alexandria Falls Church	
	Silver	Maryann Schwab Suzanne Gesin	Fairfax Arlington	
60-69	Gold	Jo Ferry Susan Zajac	Alexandria Arlington	
70-79	Gold	Mary Boska Catherine deLaubenfels	Alexandria Arlington	
80+	Gold	Josephine Stewart Louise Watkins	Manassas Bristow	
<b>PICKLEBALL - DOUBLES – MEN</b>				
50-59	Gold	Luis Aveleyra Steve Napoliello	Manassas Manassas	
60-69	Gold	Gary Blessington Joe Hartary	Arlington Arlington	
	Silver	Hal Corby Wayne Miller	Vienna Fairfax	
	Bronze	Richard Carnes	Annandale	
		George Weeks	Fairfax	
70-79	Gold	Bill Fisher Martin Mealey	Arlington Arlington	
	80+	Gold	Mike Grayson Willard Moore	Falls Church Arlington
Silver		Ray Kaminski Hal Edwards	Springfield Springfield	

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>PICKLEBALL - SINGLES – WOMEN</b>				
70-79	Gold	Mary Boska	Alexandria	
	Silver	Alease Brooks	Arlington	
<b>PICKLEBALL - SINGLES – MEN</b>				
60-69	Gold	Joe Hartary	Arlington	
	Silver	Gary Blessington	Arlington	
	Bronze	Richard Carnes	Annandale	
70-79	Gold	Hugo Macias	Arlington	
	Silver	Jerry Shannon	Falls Church	
80-89	Gold	Mike Grayson	Falls Church	
<b>PICKLEBALL - MIXED DOUBLES</b>				
50-59	Gold	Carolyn Law	Falls Church	
		Joe Hartary	Arlington	
	Silver	Maryann Schwab	Fairfax	
		Wayne Miller	Fairfax	
Bronze	Suzanne Gesin	Arlington		
	Jerry Shannon	Falls Church		
60-69	Gold	Jo Ferry	Alexandria	
		Gary Blessington	Arlington	
	Silver	Rhoda Waters	Annandale	
		Dick Sheil	Annandale	
Bronze	Maria Macias	Arlington		
	Wencesleo Macias	Arlington		
70+	Gold	Louise Watkins	Bristow	
		Paul Kister	Bristow	
	Silver	Mary Boska	Alexandria	
		Mike Grayson	Falls Church	
Bronze	Josephine Stewart	Manassas		
	Willard Moore	Arlington		
<b>RUMMIKUB</b>				
All	Gold	Denise Freund	Alexandria	
	Silver	Ken Freund	Alexandria	

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SOFTBALL HIT – WOMEN</b>				
55-59	Gold	Charlotte Purdue	Arlington	120' 2"
70-74	Gold	Patricia Childers	Springfield	75' 7"
75-79	Gold	Sheila Gildea	McLean	106' 8"
80-84	Gold	Bernie Kleinschmidt	Annandale	36' 4"
85 +	Gold	Mary Lathram	Falls Church	61' 6"*
	Silver	Carla Convery	Alexandria	28' 0"
<b>SOFTBALL HIT – MEN</b>				
55-59	Gold	Doug Hastings	Alexandria	227' 6"
	Silver	Stephen Keefer	Fairfax	206' 2"
	Bronze	Maurice Stutchman	Alexandria	69' 3"
60-64	Gold	Kai-Peter Koenig	Montclair	199' 7"
	Silver	Donald Meli	Annandale	157' 0"
	Bronze	Burton Bostwick	Arlington	147' 0"
65-69	Gold	Ronald Willard	Springfield	158' 0"
	Silver	Richard Stohr	Springfield	153' 0"
70-74	Gold	Charles Toftoy	Arlington	131' 7"
85+	Gold	Andy Simko	Springfield	126' 8"
	Silver	Roy Kaminski	Springfield	113' 0"
	Bronze	Herlindo Delgado	Burke	100' 3"
<b>SOFTBALL THROW – WOMEN</b>				
55-59	Gold	Charlotte Purdue	Arlington	82' 10"
65-69	Gold	Norma Alvarez	Rosehill	48' 3"
70-74	Gold	Patricia Childers	Springfield	56' 4"
75-79	Gold	Sheila Gildea	McLean	52' 5"
80-84	Gold	Bernie Kleinschmidt	Annandale	39' 9"
85+	Gold	Mary Lathram*	Falls Church	34' 8"*
	Silver	Carla Convery	Alexandria	34' 2"

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SOFTBALL THROW – MEN</b>				
55-59	Gold	Stephen Keefer	Fairfax	202' 11"
	Silver	Doug Hastings	Alexandria	164' 4"
	Bronze	Jeff Young	McLean	162' 8"
60-64	Gold	Kai - Peter Keonig	Montclair	192' 10"
	Silver	Don Meli	Annandale	121' 6"
	Bronze	Burton Bostwick	Arlington	115' 7"
65-69	Gold	Herb Levitan	Arlington	138' 4"
	Silver	Ronald Willard	Springfield	77' 1"
	Bronze	Richard Stohr	Springfield	65' 1"
70-74	Gold	Charles Toftoy	Arlington	83' 1"
85+	Gold	Andy Simko	Springfield	76' 0"
	Silver	Herlindo Delgado	Burke	75' 3"
	Bronze	J.R. Cassidy	Manassas	73' 2"

**SHUFFLEBOARD – WOMEN**

All	Gold	Bernie Kleinschmidt	Annandale
	Silver	Mary Boska	Alexandria
	Bronze	Carla Convery	Alexandria

**SHUFFLEBOARD – MEN**

All	Gold	Renold Beck	Fairfax
	Silver	Bob Howe	Alexandria
	Bronze	Kai-Peter Koenig	Montclair

**SWIMMING - BACKSTROKE – WOMEN**

55-59	Gold	Mary Schade	Arlington	49.73
	Silver	Jennifer Johnston	Annandale	126.03
60-64	Gold	Barbara Macknick	Alexandria	120.84
65-69	Gold	Helen Crum	Annandale	100.04
70-74	Gold	Rita Windish	Alexandria	109.88
80-84	Gold	Minna Hamner	Fairfax Station	106.09
85+	Gold	Mary Lathram	Falls Church	109.84

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - BACKSTROKE – MEN</b>				
50-54	Gold	James McKenzie*	Clifton	39.20*
55-59	Gold	Doug Hastings	Alexandria	44.65
60-64	Gold	Kai-Peter Koenig	Montclair	39.59
	Silver	Donald Meli	Annandale	41.17
	Bronze	John Kukor	Alexandria	59.21
65-69	Gold	Kenton Pattie	Annandale	46.78
	Silver	Sangho Lee	Alexandria	108.85
70-74	Gold	Niel Sween	Vienna	36.96*
75-79	Gold	Phil Case	Burke	45.38
	Silver	Curran Tiffany	Arlington	57.99
	Bronze	George Ewing	Fairfax	113.24
80-84	Gold	James Glassco	McLean	49.73*
85+	Gold	J.R. Cassidy	Manassas	115.56

**SWIMMING - BREASTSTROKE – WOMEN**

55-59	Gold	Jill Hill	Springfield	56.58
	Silver	Jennifer Johnston	Annandale	131.53
60-64	Gold	Barbara Macknick	Alexandria	121.69
	Silver	Myung-Soo Lee	Alexandria	142.09
65-69	Gold	Helen Crum	Annandale	100.25
70-74	Gold	Rita Windish	Alexandria	100.35
75-79	Gold	Sheila Gildea	McLean	117.27
80-84	Gold	Minna Hammer	Fairfax Station	116.70

**SWIMMING - BREASTSTROKE – MEN**

55-59	Gold	James Hill*	Springfield	35.95*
	Silver	Doug Hastings	Alexandria	43.88
60-64	Gold	Don Meli	Annandale	47.26
	Silver	John Kukor	Alexandria	52.69
65-69	Gold	Herb Levitan	Arlington	47.17
	Silver	Kenton Pattie	Annandale	52.26
70-74	Gold	James Chang	Oakton	49.54
	Silver	Bruce Herbert	McLean	53.57
75-79	Gold	Curran Tiffany	Arlington	54.77
	Silver	Phil Case	Burke	56.84
	Bronze	George Ewing	Fairfax	118.30
85+	Gold	J.R. Cassidy	Manassas	148.60

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SWIMMING - FREESTYLE – WOMEN</b>				
55-59	Gold	Mary Schade	Arlington	42.40
	Silver	Jennifer Johnston	Annandale	102.99
60-64	Gold	Rosemary Jellish	Alexandria	58.06
	Silver	Barbara Macknick	Alexandria	111.72
65-69	Gold	Helen Crum	Annandale	44.94
70-74	Gold	Rita Windish	Alexandria	55.64
80-84	Gold	Minna Hamner	Fairfax Station	101.45
85+	Gold	Mary Lathram	Falls Church	110.67

**SWIMMING - FREESTYLE – MEN**

50-54	Gold	James McKenzie*	Clifton	29.66*
55-59	Gold	Doug Hastings	Alexandria	32.26
60-64	Gold	Don Meli	Annandale	33.85
	Silver	Kai-Peter Koenig	Montclair	39.19
65-69	Gold	Herb Levitan	Arlington	38.41
	Silver	Kenton Pattie	Annandale	44.23
	Bronze	Sungho Lee	Alexandria	45.33
70-74	Gold	Charles Toftoy	Arlington	41.31
	Silver	Raymond Rieling	Springfield	48.33
75-79	Gold	Phil Case	Burke	46.76
	Silver	Curran Tiffany	Arlington	49.98
	Bronze	George Ewing	Fairfax	56.51

**SWIMMING - 1/2 MILE – WOMEN**

50-54	Gold	Maria-Angelica Cortes*	Sterling	11:44.27*
55-59	Gold	Mary Schade	Arlington	17:24.11
	Silver	Jill Hill	Springfield	20:36.86
60-64	Gold	Rosemary Jellish	Alexandria	23:18.19
65-69	Gold	Helen Crum	Annandale	20:01.49
85+	Gold	Mary Lathram	Falls Church	27:45.66

**SWIMMING - 1/2 MILE – MEN**

50-54	Gold	James MacKenzie	Clifton	13:47.07
	Silver	Ken Freund	Alexandria	13:87.05
60-64	Gold	Don Meli	Annandale	14:38
65-69	Gold	Herb Levitan	Arlington	16:20.24
	Silver	Kenton Pattie	Annandale	18:29.97
70-74	Gold	James Chang	Oakton	21:51.62

**2005 Events Results Book**  
**Winners**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>TABLE TENNIS – WOMEN</b>				
60-64	Gold	Sun Yang	Arlington	
	Silver	Lana Tobey	Woodbridge	
70-79	Gold	Phyllis Coleman	Dale City	
	Silver	Haruko Adkins	Arlington	
80 +	Gold	Betty Sheffield	Arlington	

**TABLE TENNIS – MEN**

50-59	Gold	Robert Kovak	Alexandria	
	Silver	Joseph Chan	Herndon	
60-64	Gold	Kai-Peter Koenig	Montclair	
	Silver	Virgilio Reyes	Springfield	
	Bronze	Victor Litwinski	McLean	
70-74	Gold	Robert McLean	Alexandria	
	Silver	Tom Brooks	Manassas Park	
	Bronze	James Walsh	Arlington	
80 +	Gold	Maxwell Gainer	Alexandria	
	Silver	Dennis Sheffield	Arlington	
	Bronze	Harold Edwards	Springfield	

**TENNIS - SINGLES – WOMEN**

65-69	Gold	Sun Y. Yang	Arlington	
	Silver	Ellen Fendley	Dumfries	
70-74	Gold	Anita Murchie	Alexandria	
	Silver	Ingrid Pettersen	Alexandria	

**TENNIS - SINGLES – MEN**

50-54	Gold	Christopher Macey	Alexandria	
	Silver	Jose DeJesus	Alexandria	
55-59	Gold	Michael Eber	Springfield	
	Silver	A.B. Morgan	Springfield	
	Bronze	Calvin Willis	Alexandria	
60-64	Gold	Donald Tomb	Arlington	
	Silver	Lowry Hundley	Dumfries	
	Bronze	Walter Lazear	Reston	
70-74	Gold	Bill McCarty	Arlington	
	Silver	Robert Shellhouse	Alexandria	
	Bronze	Phillip Doherty	Burke	

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>TENNIS - SINGLES – MEN</b>				
75-79	Gold	Glenn Heidbreder	Reston	
	Silver	Gordon Causey	Falls Church	
80-84	Gold	Roger Neighborgall	Falls Church	
	Silver	Angelo Radassao	Oakton	
	Bronze	Carlton Coffey	Fairfax Station	
85 +	Gold	Mike Grayson	Falls Church	

**TENNIS - DOUBLES – MEN**

50-54	Gold	Jose DeJesus	Alexandria		
		Fernando Alegria, Jr.	Alexandria		
55-59	Gold	Carl Holmberg	Falls Church		
		Patrick Mullaney	Reston		
	Silver	Michael Eber	Springfield		
60-64	Bronze	Nelson Kieff	Fairfax		
		Calvin Wills, Sr.	Alexandria		
	Gold	Peter Koenig	Montclair		
		Jim Viggiani	Manassas		
65-69	Gold	Bob Howe	Alexandria		
		Bob Shellhouse	Alexandria		
	Silver	Norbert Sinnott	Fall Church		
		Bill McCarty	Arlington		
70-74	Bronze	Robert Baker	Springfield		
		David Hatcher	Springfield		
		Robert Barnard	Annandale		
	Gold	Wayne Bell	Annandale		
		Silver	Phil Doherty	Burke	
		Phil Gallo	Alexandria		
75-79	Bronze	Jim Scott	Alexandria		
		Robert McLean	Alexandria		
		Phil Case Jr	Burke		
	Gold	Bill Fisher	Vienna		
		John Sullivan	Potomac Falls		
80-84	Silver	Gordon Shingleton	Sterling		
		Cap Oliver	Vienna		
	Gold	Carlton Coffey	Fairfax Station		
		Angelo Radassao	Oakton		
85 +	Silver	Pete Perucci	Annandale		
		Harry Williams	Springfield		
	Gold	AB Logie	Springfield		
		Raymond Kaminski	Springfield		
		Bob Cromwell	Springfield		

**2005 Events Results Book**  
**Winners**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>TENNIS - DOUBLES WOMEN</b>				
60-64	Gold	Jo Ferry Jayne Hart	Alexandria Fairfax	
65-69	Gold	Linda Shellhouse Anita Murchie	Alexandria Alexandria	
70-74	Silver	Ellen Fendley	Dumfries	
	Gold	Ingrid Pettersen Joyce Barnes	Alexandria Alexandria	
	Silver	Catherine Keeley Lucy Redfield	Alexandria Annandale	

**TENNIS - MIXED DOUBLES**

50-55	Gold	Marty Lythgoe Jose DeJesus	Arlington Alexandria	
	Silver	Rebecca Pick Dave Hatcher	Oakton Springfield	
55-59	Gold	Lin Kolb Don Tomb	Arlington Arlington	
	60-64	Gold	Ellen Fendley Lowry Hundley	Dumfries Dumfries
Silver		Jayne Hart Richard Hart	Fairfax Fairfax	
Bronze		Sun Yang Norbert Sinnott	Arlington Falls Church	
70-74	Gold	Ingrid Pettersen Robert McLean	Alexandria Alexandria	
80-84	Gold	Betty Sheffeld	Arlington	
		Davis Sheffeld	Arlington	

**YO YO- WOMEN**

No Competition in 2005

**YO YO- MEN**

50-69 Advanced	Gold	Roger Webb	Alexandria	21
70 + Beginner	Gold	Dante Simbulan	Burke	23

**2005 Events Results Book**  
**Winners**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>TRACK &amp; FIELD</b>				
<b>DISCUS – WOMEN</b>				
50-54	Gold	Charlotte Perdue	Arlington	45' 5"
70-74	Gold	Rita Haines	Falls Church	23' 4"
75-79	Gold	Sheila Gildea	McLean	48' 0"*
	Silver	Mary Boska	Alexandria	31' 8"
	Bronze	Shirley Haugrose	Falls Church	27' 7"
80-84	Gold	Bernie Kleinschmidt	Annandale	29' 10"
	Silver	Cesarina Olschner	Alexandria	14' 6"
85+	Gold	Carla Convery	Alexandria	21' 10"
	Silver	Mary Latham	Falls Church	21' 0"
<b>DISCUS – MEN</b>				
50-54	Gold	Aivars Baumanis	Springfield	119' 9"*
	Silver	Willie Adams	Alexandria	90' 9"
	Bronze	Peter Blank	Annandale	62' 2"
55-59	Gold	Jeff Young	McLean	67' 5"
	Silver	Doug Hastings	Alexandria	56' 9"
60-64	Gold	Victor Litwinski	McLean	93' 4"
	Silver	Kai-Peter Koenig	Montclair	79' 8"
	Bronze	Donald Meli	Annandale	76' 3"
65-69	Gold	Richard Stohr	Springfield	76' 3"
	Silver	John Clasby	McLean	67' 8"
	Bronze	Lloyd Martin	Springfield	63' 0"
70-74	Gold	Robert Klaren, Sr.	Springfield	85' 9"
	Silver	Nicholas Fidandis	Alexandria	50' 7"
75-79	Gold	Dante Simbulan	Burke	48' 2"
85+	Gold	Herlindo Delgado	Burke	52' 2"
	Silver	J.R. Cassidy	Manassas	45' 9"
	Bronze	Andrew Simko	Springfield	38' 5"
<b>LONG JUMP, Standing- WOMEN</b>				
60-64	Gold	Myung-Soo Lee	Alexandria	4' 5 <sup>1</sup> / <sub>2</sub> "
80-84	Gold	Sunie Barr Clark	Falls Church	2' 4 <sup>1</sup> / <sub>2</sub> "
85+	Gold	Carla Convery	Alexandria	3' 4"
	Silver	Mary Latham	Falls Church	2' 11"

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>LONG JUMP, Standing- MEN</b>				
55-59	Gold	Doug Hastings	Alexandria	7' 9"
	Silver	John Cruden	Annandale	6' 4"
	Bronze	Dave Bertagnoli	Alexandria	6' 1"
60-64	Gold	Victor Litwinski	McLean	7' 9 <sup>1</sup> / <sub>4</sub> "
	Silver	Kai-Peter Koenig	Montclair	7' 5"
	Bronze	Donald Meli	Annandale	6' 10"
65-69	Gold	John Clasby	McLean	6' 10"
	Silver	Ronald Willard	Springfield	6' 4"
	Bronze	Sungho Lee	Alexandria	6' 3"
70-74	Gold	Richard Enrico*	Ashburn	7' 7"*
	Silver	Charles Toftoy	Arlington	5' 9 <sup>1</sup> / <sub>2</sub> "
	Bronze	Robert Klaren	Springfield	5' 8 <sup>1</sup> / <sub>2</sub> "
75-79	Gold	Dante Simbulan	Burke	5' 9"
85+	Gold	Herlindo Delgado*	Burke	5' 5 <sup>1</sup> / <sub>2</sub> "*
	Silver	Mike Lowe	Springfield	3' 8 <sup>1</sup> / <sub>2</sub> "
	Bronze	Mike Grayson	Falls Church	3' 5"

**LONG JUMP, Running – WOMEN**

55-59	Gold	Charlotte Perdue	Arlington	6' 7"
80-84	Gold	Sunie Barr Clark	Falls Church	2' 11"
85+	Gold	Carla Convery*	Alexandria	4' 3"*

**LONG JUMP, Running – MEN**

55-59	Gold	Jeff Young	McLean	13' 7"
	Silver	Doug Hastings	Alexandria	13' 5"
	Bronze	Dave Bertagnoli	Alexandria	10' 10"
60-64	Gold	Kai-Peter Koenig	Montclair	11' 8"
	Silver	John Olszyk	Wood Bridge	8' 6"
65-69	Gold	John Clasby	McLean	10' 4 <sup>1</sup> / <sub>2</sub> "
	Silver	Sungho Lee	Alexandria	7' 9"
	Bronze	Ronald Willard	Springfield	6' 11"
70-74	Gold	V. Thuraisamy	Sterling	11' 2"
	Silver	Charles Toftoy	Arlington	8' 4"
75-79	Gold	Dante Simbulan	Burke	6' 6"
85+	Gold	Mike Lowe	Springfield	4' 8"
	Silver	Mike Grayson	Falls Church	3' 8"
	Bronze	Herlinda Delgado	Burke	3' 5"

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>SHOT PUT – WOMEN</b>				
70-74	Gold	Rita Hains	Falls Church	12' 6 <sup>3</sup> / <sub>4</sub> "
75-79	Gold	Sheila Gildea	McLean	18' 8"
	Silver	Mary Boska	Alexandria	17' 7 <sup>1</sup> / <sub>4</sub> "
80-84	Gold	Bernie Kleinschmidt	Annandale	14' 6"
	Silver	Jeri Patt	Fairfax	12' 8 <sup>1</sup> / <sub>4</sub> "
	Bronze	Sunie Clark	Falls Church	8' 6 <sup>1</sup> / <sub>4</sub> "
85+	Gold	Mary Lathram	Falls Church	10' 3 <sup>3</sup> / <sub>4</sub> "
	Silver	Carla Convery	Alexandria	8' 8"

**SHOT PUT – MEN**

50-54	Gold	Aivars Baumanis	Springfield	37' 1"
	Silver	Willie Adams	Alexandria	30' 8 <sup>1</sup> / <sub>4</sub> "
55-59	Gold	Doug Hastings	Alexandria	27' 2 <sup>1</sup> / <sub>2</sub> "
60-64	Gold	Victor Litwinski	McLean	32' 3 <sup>1</sup> / <sub>4</sub> "
	Silver	Kai-Peter Koenig	Montclair	31' 2 <sup>1</sup> / <sub>4</sub> "
	Bronze	Donald Meli	Annandale	27' 10 <sup>1</sup> / <sub>2</sub> "
65-69	Gold	John Clasby	McLean	28' 6 <sup>1</sup> / <sub>4</sub> "
	Silver	Lloyd Martin	Springfield	25' 11 <sup>1</sup> / <sub>4</sub> "
	Bronze	Richard Stohr	Springfield	24' 9"
70-74	Gold	Robert Klaren	Springfield	28' 7 <sup>3</sup> / <sub>4</sub> "
	Silver	Nicholas Fidandis	Alexandria	24' 9 <sup>3</sup> / <sub>4</sub> "
	Bronze	Averett Tombes	Vienna	24' 8 <sup>1</sup> / <sub>4</sub> "
75-79	Gold	Dante Simbulan	Burke	21' 6"
85+	Gold	Herlindo Delgado	Burke	21' 5 <sup>1</sup> / <sub>2</sub> "
	Silver	Andrew Simko	Springfield	17' 7"
	Bronze	J.R. Cassidy	Manassas	17' 0"

**50 METER DASH – WOMEN**

50-54	Gold	Wendy Thomas-Taylor	Woodbridge	10:29
55-59	Gold	Mary White	Arlington	8:86
	Silver	Charlotte Perdue	Arlington	10:40
65-69	Gold	Helen Crum	Annandale	9:35
	Silver	Elise Patak	Springfield	11:31
70-74	Gold	Velma Grier	Alexandria	12:17
	Silver	Alease Brooks	Arlington	16:03
75-79	Gold	Mary Boska	Alexandria	11:48
80-84	Gold	Josephine Stewart	Manassas	9:94
	Silver	Barbara Gladd	Annandale	11:73
85+	Gold	Carla Convery	Alexandria	13:68*

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>50 METER DASH – MEN</b>				
50-54	Gold	Willie Adams	Alexandria	6:98
55-59	Gold	John Cruden	Annandale	7:30
	Silver	Doug Hastings	Alexandria	7:41
	Bronze	Mack Strouss	Reston	7:57
60-64	Gold	Thomas Redmond	Centreville	7:95
	Silver	Donald Meli	Annandale	8:01
	Bronze	Kai-Peter Koenig	Montclair	8:47
65-69	Gold	Gary Blessington	Arlington	8:47
	Silver	John Clasby	McLean	8:62
	Bronze	Ronald Willard	Springfield	9:49
70-74	Gold	Richard Enrico	Ashburn	8:05
	Silver	Vaithilingam Thuraiamy	Sterling	9:02
	Bronze	Averett Tombes	Vienna	9:24
75-79	Gold	Harold Jordan	Alexandria	9:62
85+	Gold	Mike Lowe	Springfield	11.97

**100 METER DASH – WOMEN**

50-54	Gold	Hannah Phillips	Alexandria	15:84
55-59	Gold	Charlotte Perdue	Arlington	20:52
65-69	Gold	Helen Crum	Annandale	18:49
	Silver	Elise Patak	Springfield	22:59
70-74	Gold	Velma Grier	Alexandria	25:20
80-84	Gold	Josephine Stewart*	Manassas	19:26*
	Silver	Barbara Gladd	Annandale	24:37
85+	Gold	Carla Convery*	Alexandria	30:26*

**100 METER DASH – MEN**

55-59	Gold	Shabaka Jeusi	Manassas	14:13
	Silver	Jeff Young	McLean	14:30
	Bronze	Doug Hastings	Alexandria	14:73
60-64	Gold	Kai-Peter Koeing	Montclair	15:45
	Silver	Donald Meli	Annandale	15:57
	Bronze	Thomas Redmond	Centreville	15:59
65-69	Gold	John Casey	McLean	16:56
	Silver	Gary Blessington	Arlington	19:11
	Bronze	Ronald Willard	Springfield	19:42
70-74	Gold	Richard Enrico	Ashburn	15:65
	Silver	Vaithilingham Thuraiamy	Sterling	17:44
	Bronze	Averett Tombes	Vienna	18:09
75-79	Gold	Curran Tiffany	Arlington	18:79
	Silver	Harold Jordan	Alexandria	22:73
85 +	Gold	Mike Lowe	Springfield	25:17

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>200 METER DASH – WOMEN</b>				
50-54	Gold	Hannah Phillips	Alexandria	34:90
60-64	Gold	Rosemary Jellish	Alexandria	50:52
65-69	Gold	Helen Crum	Alexandria	46:71
80-84	Gold	Josephine Stewart*	Mannassas	43:37*
	Silver	Barbara Gladd	Annandale	103:47
<b>200 METER DASH – MEN</b>				
50-54	Gold	Willie Adams*	Alexandria	27:86
55-59	Gold	Shabaka Jeusi	Alexandria	29:84
	Silver	Doug Hastings	Alexandria	30:76
	Bronze	Mack Strouss	Reston	31:63
60-64	Gold	Kai-Peter Koenig	Montclair	33:11
	Silver	Donald Meli	Annandale	33:57
	Bronze	G. Stan Brown	Fairfax	33:77
65-69	Gold	John Clasby	McLean	37:63
	Silver	John McNerney	McLean	46:85
	Bronze	Jack Nelson	Alexandria	48:40
70-74	Gold	Averett Tombes	Vienna	40:81
75-79	Gold	Curran Tiffany	Arlington	38:71
85+	Gold	Mike Lowe	Springfield	101.17
<b>400 METER RUN – WOMEN</b>				
50-54	Gold	Hannah Phillips*	Alexandria	1:20.09*
	Silver	Karen Marchant	Springfield	1:20.22
60-64	Gold	Rosemary Jellish	Alexandria	2:00.71
65-69	Gold	Helen Crum	Annandale	1:56.80
<b>400 METER RUN – MEN</b>				
50-54	Gold	Peter Blank	Annandale	1:28.84
55-59	Gold	Shabaka Jeusi	Manassas	1:09.47
	Silver	Dave Bertagnoli	Alexandria	1:10.56
	Bronze	Doug Hastings	Alexandria	1:18.30
60-64	Gold	Gil Bernabe	Burke	1:16.21
	Silver	G. Stan Brown	Fairfax	1:29.73
	Bronze	Donald Meli	Annandale	1:35.75
70-74	Gold	Robert Hannah	Oakton	1:34.69
75-79	Gold	Curran Tiffany	Arlington	1:33.43

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>800 METER RUN - WOMEN</b>				
50-54	Gold	Karen Marchant*	Springfield	3:08.37*
60-64	Gold	Rosemary Jellish	Alexandria	4:27.59
<b>800 METER RUN – MEN</b>				
50-54	Gold	Peter Blank	Annandale	2:50.22
	Silver	Robert Bilko	Fairfax	2:56.14
55-59	Gold	Dave Bertagnoli	Alexandria	3:02.54
60-64	Gold	Gil Bernabe	Burke	3:14.97
	Silver	G. Stan Brown	Fairfax	3:19.88
	Bronze	Ken Phillips	Vienna	4:33.68
65-59	Gold	George Mazuzan	Springfield	3:54.03
	Silver	Dean Keefe	Burke	4:07.20
	Bronze	John McNerney	McLean	4:42.33
<b>800 METER WALK – WOMEN</b>				
55-59	Gold	Maryann Schwab	Fairfax	5:18.40
	Silver	Cherie Stallman	Alexandria	5:49.22
60-64	Gold	Myungsoo Lee	Alexandria	6:28.17
65-69	Gold	Rhoda Waters	Annandale	6:23.40
70-74	Gold	Alease Brooks	Arlington	7:24.22
75-79	Gold	Mary Boska	Alexandria	6:23.00
80-84	Gold	Barbara Gladd	Annandale	7:00.04
85+	Gold	Mary Lathram	Falls Church	7:30.19
<b>800 METER WALK – MEN</b>				
50-54	Gold	Peter Blank	Annandale	5:07.89
55-59	Gold	Dave Bertagnoli	Alexandria	5:57.21
60-64	Gold	Victor Litwinski	McLean	4:36.00
65-69	Gold	Richard Deringer	Annandale	5:11.00
	Silver	Roger Webb	Alexandria	5:13.29
	Bronze	Dean Keefe	Burke	5:18.03
70-74	Gold	Richard Stableford	Dumfries	6:06.00
	Silver	Nicholas Fidandis	Alexandria	6:17.38
	Bronze	Charles Toftoy	Arlington	6:18.98
75-79	Gold	Dante Simbulan	Burke	6:14.30
85+	Gold	Edward Seeger	Falls Church	7:09.89

**2005 Events Results Book**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>1500 METER WALK – WOMEN</b>				
55-59	Gold	Cherie Stallman	Alexandria	11:18.51
60-64	Gold	Rosemary Jellish	Alexandria	11:33.19
70-74	Gold	Rita Hains	Falls Church	14:30.20
75-79	Gold	Mary Boska	Alexandria	12:45.86
80-84	Gold	Barbara Gladd	Annandale	14:10.00
85+	Gold	Mary Lathram	Falls Church	14:43.82

**1500 METER WALK – MEN**

50-54	Gold	Peter Blank	Annadale	9:59.73
65-69	Gold	Richard Deringer	Alexandria	10:23.00
	Silver	Roger Webb	Alexandria	10:23.14
	Bronze	Dean Keefe	Burke	10:37.07
70-74	Gold	James W.C. Chang	Oakton	10:23.33
	Silver	Richard Stableford	Dumfries	11:47.00
	Bronze	Nicholas Fidandis	Alexandria	12:36.66
75-79	Gold	Dante Simbulan	Burke	12:30.96

**3 MILE WALK – WOMEN**

50-54	Gold	Mary Ann Schwab*	Fairfax	34:16*
55-59	Gold	Grace Starbird	Falls Church	45:27
	Silver	Brenda Hoppock	Fairfax	59:37
	60-64	Gold	Myung-Soo Lee	Alexandria
Silver (tied)		Judy Lynch	Fairfax	49:06
		Ingrid Moore	Falls Church	49:06
Bronze		Barbara Rannazzisi	Gainesville	49:46
80-84	Gold	Barbara Gladd	Annandale	44:14
	Silver	Naomi Hesser	Fairfax	57:17
85+	Gold	Mary Lathram	Falls Church	45:30

**3 MILE WALK – MEN**

50-54	Gold	Peter Blank	Annandale	42:16
60-64	Gold	Victor Litwinski*	McLean	28:14*
	Silver	Kai-Peter Koenig	Montclair	36:40
	Bronze	David Prouty	Alexandria	36:42
65-69	Gold	Roger Webb	Alexandria	34:34
	Silver	Richard Deringer	Annandale	35:18
	Bronze	Sungho Lee	Alexandria	42:19

**2005 Events Results Book**  
**Winners**

<b>Age</b>	<b>Place</b>	<b>Winners</b>	<b>Locality</b>	<b>Score/Time</b>
<b>3 MILE WALK – MEN</b>				
70-74	Gold	James W.C. Chang	Oakton	35:43
	Silver	Richard Stableford	Dume	37:05
	Bronze	Nicholas Fidandis	Alexandria	43:01
75-79	Gold	Dante Simbulan	Burke	42:09
80-84	Gold	Jorge Soler	Falls Church	40:13
85+	Gold	Edward Seeger	Falls Church	44:38

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
ARCHERY - COMPOUND - WOMEN				
50 - 59	Donna Turgeon	Fairfax Station	421	2002
60 - 64	Pat Carlson	Springfield	203	1992
ARCHERY - COMPOUND - MEN				
55 - 59	Layton Allen	Springfield	290	1990
60 - 64	Wayne Bell	Annandale	263	1999
65 - 69	Bill Ayers	Springfield	269	1991
70 - 79	Victor Linden	Fairfax	457	2002
80 +	Steve Hajek	Woodbridge	337	2002
ARCHERY - RECURVE - WOMEN				
50 - 54	Sue Phillips	Centreville	256	1999
55 - 59	Toni Letaw	Vienna	268	1998
60 - 64	Donna Packard	Vienna	278	1998
65 - 69	Bernie Kleinschmidt	Annandale	167	1991
70 - 74	Bernie Kleinschmidt	Annandale	139	1993
75 - 79	Bernie Kleinschmidt	Annandale	250	1999
ARCHERY - RECURVE - MEN				
55 - 59	Robert Keaton	Manassas	230	1991
60 - 64	Thomas Cox	Dale City	221	1990
65 - 69	Bill Ayers	Springfield	167	1991
70 - 74	Fernand Achee	Alexandria	118	1991
75 - 79	Steve Hajek	Woodbridge	46	1995
80 - 84	Steve Hajek	Woodbridge	150	1998
85 +	Paul Strickler	Falls Church	97	1998
BAITCASTING - WOMEN				
All	Archie Mackey Bryant	Alexandria	6	2002
	Patricia Childers	Springfield	6	2005
55 - 59	Joyce Hallory	Alexandria	5	1996
60 - 64	Hazel Rhodes	Alexandria	5	1991
65 - 69	Josephine Stewart	Manassas	10	1991
70 - 74	Annis Hudson	Manassas	5	1992
75 - 79	Annis Hudson	Manassas	10	1995

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>BAITCASTING - MEN</b>				
All	Thomas Redman	Centreville	20	2002
55 - 59	Joe McEvoy	Woodbridge	10	1993
60 - 64	Bob Kozan	McLean	16	1990
65 - 69	John Jackson	Annandale	20	1990
70 - 74	John Jackson	Annandale	20	1996
75 - 79	John Schlogl	Springfield	9	1994
80 - 84	Paul Strickler	Falls Church	5	1991
85 +	Paul Strickler	Falls Church	1	1995
<b>BASKETBALL FREE THROW - WOMEN</b>				
50 - 59	Pat Blackman	Arlington	24/25	1995
60 - 64	Cesarina Olschner	Alexandria	20/25	1986
65 - 69	Carla Convery	Alexandria	22/25	1985
70 - 74	Carla Convery	Alexandria	21/25	1993
75 - 79	Bernie Kleinschmidt	Annandale	19/25	1999
80+	Bernie Kleinschmidt	Annandale	17/25	2003
<b>BASKETBALL FREE THROW - MEN</b>				
50 - 59	John Kraus	Fairfax	21/25	2005
50 - 54	Don Meli	Annandale	19/25	1998
55 - 59	Harold Skeins	Fairfax	25/25	1995
60 - 69	Harold Skeins	Fairfax	23/25	2002
60 - 64	Harold Skeins	Fairfax	23/25	1999
65 - 69	Richard Smith	Springfield	24/25	1997
70 - 74	Rudy Kirchgessner	Annandale	20/25	1990
75 - 79	John Schlogl	Springfield	20/25	1994
80 - 84	George Ryffel	Arlington	20/25	2000
85 +	Paul Strickler	Falls Church	9/25	1998
<b>BICYCLING - WOMEN</b>				
55 - 59	Gloria Krug	Arlington	3:23	1987
60 - 64	Mary Williams	Woodbridge	3:37	1987
65 - 69	Virginia Erichsen	Herndon	3:52	1987
70 - 74	Christine Wendehack	Alexandria	6:11	1984
75 - 79	Edith Hebbletwaite	Arlington	3:53	1987

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>BICYCLING - MEN</b>				
55 - 59	Shannon Ferguson	Alexandria	2:55:63	1984
60 - 64	John Jackson	Annandale	2:52:46	1984
65 - 69	William Patten	Annandale	3:03:76	1985
70 - 74	Lucius Kingman	McLean	3:07:43	1985
75 - 79	Joseph Brown	Arlington	4:52:04	1984
80 +	Joseph Brown	Arlington	5:25:46	1985
<b>BOWLING - DUCK PIN - WOMEN</b>				
All Ages	Carla Convery	Alexandria	72	1983
<b>BOWLING - DUCK PIN - MEN</b>				
All Ages	Garland Suggs	Alexandria	92	1985
<b>BOWLING - TEN PIN - WOMEN</b>				
50 - 54	Lynda Hellman	Burke	594	2004
55 - 59	Jacqueline Oliver	Lorton	670	1992
60 - 64	Poppy Price	Springfield	704	1995
65 - 69	Peggy Basette	Manassas	661	1991
70 - 74	Joyce Harwood	Springfield	722	1995
75 - 79	Queenie Buchanan	Arlington	688	1988
80 - 84	Dorothy Segal	Fairfax	673	1994
85 +	Nell Henry	Sterling	612	2002
<b>BOWLING - TEN PIN - MEN</b>				
50 - 54	Hector Martinez	Springfield	703	2002
55 - 59	Clifford Noland	Springfield	675	1994
60 - 64	Rick Renniger	Springfield	651	2004
65 - 69	Dick Pelkey	Springfield	652	2002
70 - 74	John Melescue	Springfield	716	1995
75 - 79	Stan Segal	Fairfax	686	1987
80 - 84	Herbert Koehne	Arlington	655	1998
85 +	Michael Curcio	Manassas	679	1998

### Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>CANASTA - WOMEN</b>				
All Ages	Mary Hamm	Manassas	22,815	1986
<b>CANASTA - MEN</b>				
All Ages	Francis Bordeaux	Sterling	23,430	1985
<b>DOMINOS - WOMEN</b>				
All Ages	Maria Tuazon	Falls Church	783	1995
<b>DOMINOS - MEN</b>				
All Ages	Jesus Santi	Springfield	362	1994
<b>FRISBEE THROW - WOMEN</b>				
55 - 59	Toni Letaw	Vienna	75'10"	1998
60 - 64	Lucille Garrett	Alexandria	84' 0"	1992
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 - 84	Carla Convery	Alexandria	40'9"	2002
85 +	Carla Convery	Alexandria	56'10"	2005
<b>FRISBEE THROW - MEN</b>				
55 - 59	Ken Freund	Alexandria	124' 6"	2005
60 - 69	Jon Fantin	Burke	122' 4"	2002
70 - 74	Ben Robinson	Alexandria	120' 0"	1995
75 - 79	Herlindo Delgado	Burke	95' 5"	1997
	Ben Robinson	Alexandria	95' 5"	1998
80 - 84	Herlindo Delgado	Burke	98'	2000
85 +	J.R. Cassidy	Manassas	99'	2000
<b>GOLF - GROSS SCORE - WOMEN</b>				
50-59	Lucy Sale	Herndon	83	2003
60 - 69	Jean Wagoner	Reston	99	2002
70 - 79	Jackie Hand	Alexandria	108	2004
80+	Boyce Price	Alexandria	99	2003

GOLF - GROSS SCORE - MEN

50 - 59	Thomas Niles	Manassas	80	2004
60 - 69	George Mazuzan	Springfield	84	2002 and 2005
70 - 79	Orlando Van Bavel	Woodbridge	77	2002
80+	Guido Cavallo	Arlington	83	2003

GOLF - "PEORIA" NET SCORE - WOMEN

50 - 54	Yung Kim	Vienna	73	1999
	Linda Powell	Chantilly	73	1999
55 - 59	Frances Herrity	Sterling	72	1998
60 - 64	Marie Sterne	Vienna	80	1999
65 - 69	Anne Sharp	Arlington	64	1991
70 - 74	Cecilia Ivy	Springfield	70	1991
75 - 79	Dorothy Segal	Fairfax	87	1991
80 - 84	Queenie Buchanan	Arlington	80	1990

GOLF - "PEORIA" NET SCORE - MEN

50 - 54	John Newman	Burke	65	1999
55 - 59	Bob Davis		69	1989
60 - 64	Bill Lowder	Falls Church	64	1999
	Claude Tyner	Fairfax	64	1991
65 - 69	Orland VanBavel	Woodbridge	58	1998
70 - 74	James Glassco	McLean	59	1995
75 - 79	Bill Hutchings	Falls Church	65	1992
80 - 84	Emanuel Hershkowitz	Reston	64	1998
85 +	Glen Swanson	Leesburg	69	1999

GOLF - "CALLAWAY " - NET SCORE - WOMEN

50 - 59	Carol Blair	Reston	50	2000
60 - 69	Lazell Hunigan	Sterling	64	2000
70 - 79	Wanda Bridgman	Fairfax	63	2000
80+	Boyce Price	Alexandria	74	2003

GOLF - "CALLAWAY" - NET SCORE - MEN

50 - 59	Ron Scanlon	Centreville	64	2000
60 - 69	Don Borcharding	McLean	49	2000
70 - 79	Jim Lemons	Vienna	51	2000
80 +	Guido Cavallo	Arlington	73	2005

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>MINIATURE GOLF - WOMEN</b>				
50 - 59	Audrey Bragg	Alexandria	40	2002
60 - 64	Anita Morgan	Arlington	42	1994
65 - 69	Polly Harrington	Falls Church	39	1992
70 - 79	Anita Morgan	Arlington	46	2002
80 - 84	Birdie Hughes	Falls Church	40	1995
	Dorothy Segal	Fairfax	40	1995
<b>MINIATURE GOLF - MEN</b>				
55 - 59	Ray Holt	Arlington	36	1994
60- 69	George Weeks	Fairfax	39	2002
70 - 79	Lester Morgan	Arlington	42	2002
80 +	A. Edward DeSomma	McLean	44	1998
	Steve Hajek	Woodbridge	44	2002
<b>SOFTBALL HIT - WOMEN</b>				
50 - 54	Lucy Sale	Herndon	175'5"	2002
55 - 59	Antonia Letaw	Vienna	166' 7"	1994
60 - 64	Donna Packard	Vienna	156'	1994
65 - 69	Josephine Stewart	Manassas	135' 0"	1990
70 - 74	Josephine Stewart	Manassas	143'	1998
75 - 79	Josephine Stewart	Manassas	111'	2000
80 - 84	Mary Lathram	Falls Church	73' 6"	1998
85 +	Mary Lathram	Falls Church	61' 6"	2005
<b>SOFTBALL HIT - MEN</b>				
50 - 54	Don Meli	Annandale	206' 4"	1998
55 - 59	Ray Holt	Arlington	261'	1994
60 - 64	Del Wilson	Burke	229' 4"	1998
65 - 69	Leon Braxton	Alexandria	218' 2"	1988
70 - 74	Al Smith	Fairfax	231' 7"	1999
75 - 79	Raymond Kaminski	Annandale	186'	1995
80 - 84	Raymond Kaminski	Annandale	166' 9"	1997
85 +	Raymond Kaminski	Annandale	135' 6"	2001

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>SOFTBALL THROW - WOMEN</b>				
50 - 54	Lucy Sale	Herndon	140'	2002
55 - 59	Gloria Bortell	Arlington	122' 5"	1990
60 - 64	Toni Letaw	Vienna	92' 3"	1999
65 - 69	Jacqueline Stephens	Fairfax Station	90'3"	2002
70 - 74	Josephine Stewart	Manassas	87'	1995
	Mary Williams	Woodbridge	87'	1996
75 - 79	Josephine Stewart	Manassas	82' 5"	2000
80 - 84	Birdie Hughes	Falls Church	52' 6"	1996
85 +	Mary Lathram	Falls Church	38'	2000

### SOFTBALL THROW - MEN

50 - 54	Randy Meyers	Arlington	137'	2000
55 - 59	Dan Barolo	Alexandria	219' 1"	1999
60 - 64	Alan Dale Clark	Vienna	198' 0"	1985
65 - 69	Ken Woodall	Gainesville	169'	2001
70 - 74	Ray Kaminski	Annandale	168' 11"	1990
75 - 79	Richard Williams	Falls Church	144' 2"	1989
80 - 84	J.R. Cassidy	Manassas	138'	1996
85 +	J.R. Cassidy	Manassas	99'6"	2002

### SWIMMING - BACKSTROKE - WOMEN

50 - 54	Andrea Haines	Alexandria	:37.83	1998
55 - 59	Andrea Haines	Alexandria	:38:46	2003
60 - 64	Lou Kilby	Annandale	:47.27	1987
65 - 69	Lou Kilby	Annandale	:46.13	1990
70 - 74	Anne Walker	Arlington	:47.10	1990
75 - 79	Anne Walker	Arlington	:47.90	1992
80 - 84	Anne Walker	Arlington	:50.70	1997
85 +	Carol Galbraith	Alexandria	1:00.75	2001

### SWIMMING - BACKSTROKE - MEN

50 - 54	James McKenzie	Clifton	:39.20	2005
55 - 59	Tom Scott	Woodbridge	:36.53	1995
60 - 64	Niel Sween	Vienna	:35.89	1995
65 - 69	Niel Sween	Vienna	:37.22	2002
70 - 74	Niel Sween	Vienna	:36.96	2005
75 - 79	James Glassco	McLean	:43.33	2003
80 - 84	James Glassco	McLean	:49.73	2005
85 +	J.R. Cassidy	Manassas	:58.75	2000

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>SWIMMING - BREAST STROKE - WOMEN</b>				
50 - 54	Andrea Haines	Alexandria	:46.06	1998
55 - 59	Joanne Leilich	Springfield	:41.54	1997
60 - 64	Minna Hamner	Annandale	:50.65	1983
65 - 69	Grace Hamilton	Annandale	:56.78	1985
70 - 74	Minna Hamner	Annandale	:58.43	1997
75 - 79	Minna Hamner	Annandale	1:05.75	1998
80 - 84	Minna Hammer	Fairfax Station	1:10:82	2003
85 +	A. V. Symington	Leesburg	1:52.40	2001
<b>SWIMMING - BREAST STROKE - MEN</b>				
50 - 54	James Hill	Springfield	:35.65	2002
55 - 59	James Hill	Springfield	:35.95	2005
60 - 64	Lawrence Cohen	Sterling	:41.07	1997
65 - 69	Curran Tiffany	Arlington	:41.20	1991
70 - 74	Curran Tiffany	Arlington	:43.75	1996
75 - 79	Mohammad Assareh	Alexandria	:49.26	1997
80 - 84	Mohammad Assareh	Alexandria	:54:56	2003
85 +	J.R. Cassidy	Manassas	1:23.78	2001
<b>SWIMMING - FREESTYLE - WOMEN</b>				
50 - 54	Andrea Haines	Alexandria	:33.05	1998
55 - 59	Mary Schreiner	Annandale	:31.49	1998
60 - 64	Minna Hamner	Annandale	:40.76	1983
65 - 69	Elizabeth Deem	Woodbridge	:37.38	1984
70 - 74	Anne Walker	Arlington	:41.96	1987
75 - 79	Anne Walker	Arlington	:43.99	1993
80 - 84	Anne Walker	Arlington	:45.72	1997
85 +	Carol Galbraith	Alexandria	:51.97	2001
<b>SWIMMING - FREESTYLE - MEN</b>				
50 - 54	James McKenzie	Clifton	:29.66	2005
55 - 59	Tom Scott	Woodbridge	:28.34	1995
60 - 64	Lawrence Cohen	Sterling	:30.09	1998
65 - 69	Reverdy Wright	Mt. Vernon	:34.08	2002
70 - 74	Bert Kassell	Arlington	:32.47	1984
75 - 79	Bert Kassell	Arlington	:33.21	1988
80 - 84	Bert Kassell	Arlington	:38.60	1992
85 +	J.R. Cassidy	Manassas	:45.61	2001

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>SWIMMING - HALF MILE - WOMEN</b>				
50 - 54	Maria-Angelica Cortes	Sterling	11:44.27	2005
55 - 59	Andrea Haines	Alexandria	12:34:72	2003
60 - 64	Matilda Huber	Fairfax	16:46.85	
65 - 69	Marcelle Meli	Vienna	18:45.39	1988
70 - 74	Anne Walker	Arlington	17:39.39	
75 - 79	Anne Walker	Arlington	17:24.41	1994
80 - 84	Carol Galbraith	Alexandria	18:00.61	1996
85 +	Carol Galbraith	Alexandria	19:08.57	2001
<b>SWIMMING - HALF MILE - MEN</b>				
50 - 54	James Hill	Springfield	12:38.00	2004
55 - 59	Bill Dean	Springfield	13:21.32	1990
60 - 64	Lawrence Cohen	Sterling	12:44.00	1997
65 - 69	William Philips	Arlington	15:44.66	
70 - 74	David McAfee	Falls Church	15:11.12	1983
75 - 79	Pat Russell	McLean	17:49.48	1995
80 - 84	Pat Russell	McLean	20:41.93	1999
85 +	Pat Russell	McLean	22:54.00	2004
<b>TRACK AND FIELD EVENTS</b>				
<b>DISCUS - WOMEN</b>				
50 - 54	Maria Miller	Arlington	58' 8 ½"	1998
55 - 59	Maria Miller	Arlington	70' 8"	2000
60 - 64	Ellen Tharpe	Nokesville	55' 6"	1990
65 - 69	Bernie Kleinschmidt	Annandale	51' 0"	1991
70 - 74	Bernie Kleinschmidt	Annandale	54' 8 1/4"	1992
75 - 79	Sheila Gildea	McLean	48' 0"	2005
80 - 84	Bernie Kleinschmidt	Annandale	33' 7"	2004
85 +	Mary Lathram	Falls Church	28' 6"	2000
<b>DISCUS - MEN</b>				
50 - 54	Aivars Baumanis	Springfield	119' 9"	2005
55 - 59	Leonard Olsen	Centreville	145' 7"	1990
60 - 64	Leonard Olsen	Centreville	152' 0"	1991
65 - 69	William Smith	Alexandria	113' 0"	2000
70 - 74	Charles Pistorino	McLean	102' ½"	1996
75 - 79	Robert Laurents	Fairfax	92' 7 1/4"	1996
80 - 84	J.R. Cassidy	Manassas	81'1 3/4"	1995
85 +	J.R. Cassidy	Manassas	66'	2000

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>LONG JUMP - RUNNING - WOMEN</b>				
50 - 54	Diane Lasichak	Alexandria	12'	2001
55 - 59	Maria Miller	Arlington	10' 11"	1999
60 - 64	Toni Letaw	Vienna	9' 7"	1999
65 - 69	Phyllis Kozan	McLean	7' 10"	1997
70 - 74	Rusty Dowling	Fairfax	8' 2"	1998
75 - 79	Bess Larson	Annandale	6' 4 ½"	1994
80 - 84	Carla Convery	Alexandria	6' 4"	2002
85+	Carla Convery	Alexandria	4' 3"	2005
<b>LONG JUMP - RUNNING - MEN</b>				
55 - 59	Robert Taylor	Arlington	15' 9"	1998
60 - 64	Richard Enrico	Fairfax	13' 8 ½"	1993
65 - 69	John Baker	Arlington	13' 5"	1994
70 - 74	John Baker	Arlington	12' 1"	2000
75 - 79	Josiah Smith	Ashburn	10' 10 1/4"	1994
80 - 84	Josiah Smith	Ashburn	9' 11"	1998
85 +	Mike Greyson		8'7"	2002
<b>LONG JUMP - STANDING - WOMEN</b>				
50 - 54	Diane Lasichak	Alexandria	6'8"	2002
55 - 59	Antonia Letaw	Vienna	6'3"	1998
60 - 64	Toni Letaw	Vienna	6'4"	1999
65 - 69	Elizabeth Deem	Woodbridge	5'6 ½"	1986
70 - 74	Rusty Dowling	Fairfax	6'2"	1998
75 - 79	Elizabeth Deem	Woodbridge	4'8"	1994
80 - 84	Mary Lathram	Falls Church	3'11"	1995
85 +	Mary Lathram	Falls Church	3'9"	2001
<b>LONG JUMP - STANDING - MEN</b>				
50 - 54	Don Meli	Annandale	7' 2"	1998
55 - 59	Wayne Wilson	Fairfax	8' 6"	1994
60 - 64	Richard Enrico	Fairfax	8' 4"	1992
65 - 69	Neel Price	McLean	7' 11"	1984
70 - 74	Richard Enrico	Ashburn	7' 7"	2005
75 - 79	John Baker	Alexandria	6' 9"	2004
80 - 84	Herlindo Delgado	Burke	6' 6"	2001
85 +	Herlindo Delgado	Burke	5' 5 ½"	2005

### Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>SHOT PUT - WOMEN</b>				
50 - 54	Maria Miller	Arlington	29' 2"	1998
55 - 59	Maria Miller	Arlington	29' 1"	1999
60 - 64	Ellen Tharpe	Nokesville	23' 11"	1991
65 - 69	Maxine Bartlett	Woodbridge	26' ½"	1995
70 - 74	Josephine Stewart	Manassas	23' 8 ½"	1996
75 - 79	Josephine Stewart	Manassas	21' 6"	2000
80 - 84	Josephine Stewart	Manassas	18' 6"	2004
85 +	Peg Bell	Manassas	14' 1 ½"	1997
<b>SHOT PUT - MEN</b>				
50 - 54	Don Meli	Annandale	41' 5"	1998
55 - 59	Richard West	Springfield	54' 10"	1984
60 - 64	Leonard Olson	Centreville	52' 8"	1991
65 - 69	Charles Pistorino	McLean	43' 9"	1992
70 - 74	Charles Pistorino	McLean	40' 11 ½"	1994
75 - 79	John Schlogl	Springfield	38' 3 ½"	1994
80 - 84	J.R. Cassidy	Manassas	35' 11 ½"	1995
85 +	J.R. Cassidy	Manassas	28' 8"	2000
<b>50 METER DASH - WOMEN</b>				
50 - 54	Diane Lasichak	Alexandria	7:94	2002
55 - 59	Jean Williams	Alexandria	7:92	1983
60 - 64	Carla Convery	Alexandria	7:67	1983
65 - 69	Josephine Stewart	Manassas	9:10	1992
70 - 74	Josephine Stewart	Manassas	9:23	1996
75 - 79	Josephine Stewart	Manassas	9:09	2002
80 - 84	Josephine Stewart	Manassas	9:72	2004
85+	Carla Convery	Alexandria	13:68	2005
<b>50 METER DASH - MEN</b>				
50 - 54	Schuyler Webb	Falls Church	6:58	2003
55 - 59	Robert Taylor	Arlington	6:48	1997
60 - 64	Fernand Achee	Alexandria	6:78	1982
	Dick West	Springfield	6:78	1990
65 - 69	Aubrey Williams	Fairfax	6:26	1982
70 - 74	John Ball	Arlington	6:56	1982
75 - 79	Richard Williams	Falls Church	8:46	1990
80 - 84	Josiah Smith	Ashburn	7:97	1997
85 +	Andrew Simko	Springfield	10:52	2003

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>100 METER DASH - WOMEN</b>				
50 - 54	Diane Lasichak	Alexandria	15:56	2002
55 - 59	Sharon Helton	Vienna	15:54	1998
60 - 64	Jean Campbell	Alexandria	16:09	1987
65 - 69	Josephine Stewart	Manassas	17:91	1992
70 - 74	Josephine Stewart	Manassas	17:68	1996
75 - 79	Josephine Stewart	Manassas	18:56	2001
80 - 84	Josephine Stewart	Manassas	19:26	2005
85 +	Carla Convery	Alexandria	30:26	2005
<b>100 METER DASH - MEN</b>				
50 - 54	Willie Adams	Alexandria	12:86	2003
55 - 59	Richard West	Springfield	11:41	1985
60 - 64	Donald Easton	Annandale	11:95	1985
65 - 69	Aubrey Williams	Fairfax	13:47	1982
70 - 74	Neel Price	McLean	13:09	1985
75 - 79	Glen Drummond	Fairfax	16:07	1996
80 - 84	Josiah Smith	Ashburn	16:17	1997
85 +	Andrew Simko	Springfield	22:44	2003
<b>200 METER DASH - WOMEN</b>				
50 - 54	Diane Lasichak	Alexandria	34:63	2001
55 - 59	Helen Crum	Annandale	36:83	1996
60 - 64	Helen Crum	Annandale	39:99	2001
65 - 69	Josephine Stewart	Manassas	39:15	1993
70 - 74	Josephine Stewart	Manassas	42:48	1995
75 - 79	Josephine Stewart	Manassas	42:38	2000
80 - 84	Josephine Stewart	Manassas	43:37	2005
<b>200 METER DASH - MEN</b>				
50 - 54	Willie Adams	Alexandria	27:86	2005
55 - 59	Richard Enrico	Fairfax	27:95	1991
60 - 64	Hal Goolsby	McLean	28:27	1992
65 - 69	Curran Tiffany	Arlington	30:15	1991
70 - 74	Hal Goolsby	McLean	31:16	2000
75 - 79	Josiah Smith	Ashburn	35:38	1992
80 - 84	Josiah Smith	Ashburn	35:25	1997
85 +	Mike Lowe	Springfield	1:01.02	2004

### Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>400 METER RUN - WOMEN</b>				
50 - 54	Hannah Phillips	Alexandria	1:20.09	2005
55 - 59	Rachel Brown	Fairfax	1:24.36	1987
60 - 64	Helen Crum	Annandale	1:27.53	2001
65 - 69	Doralie Segal	Arlington	1:35.53	1998
70 - 74	Lee Glassco	McLean	1:51.00	2004
75 - 79	Josephine Stewart	Manassas	2:35.00	2002
80 - 84	Josephine Stewart	Manassas	1:48.06	2004
<b>400 METER RUN - MEN</b>				
50 - 54	Dave Bertagnoli	McLean	1:05.84	1999
55 - 59	James Bradley	Springfield	1:05.89	1993
60 - 64	Hal Goolsby	McLean	1:07.22	1992
65 - 69	Curran Tiffany	Arlington	1:08.32	1991
70 - 74	Hal Goolsby	McLean	1:13.00	2000
75 - 79	Josiah Smith	Ashburn	1:23.13	1993
80 - 84	Josiah Smith	Ashburn	1:32.28	1997
<b>800 METER RUN - WOMEN</b>				
50 - 54	Karen Marchant	Springfield	3:08.37	2005
55 - 59	Betty Dameron	Arlington	3:14.75	1990
60 - 64	Henrietta Witt	Arlington	4:23.58	1984
65 - 69	Doralie Segal	Arlington	3:37.40	1997
70 - 74	Marilyn Carney	Arlington	6:35.22	1999
75 - 79	Eloise Over	Alexandria	5:12.00	1996
80 - 84	Hedy Marque	Alexandria	3:58.20	1998
<b>800 METER RUN - MEN</b>				
50 - 54	Rich Hower	Reston	2:28:00	2003
55 - 59	Ronald Gerughty	Annandale	2:41.00	1990
60 - 64	Herb Chisholm	Alexandria	2:48.00	1988
65 - 69	John P. McIntyre	Springfield	2:52.21	1987
70 - 74	Curran Tiffany	Arlington	3:04.20	1996
75 - 79	Paul Lackey	Arlington	3:26.85	1999
80 - 84	John Allums	Falls Church	4:20.07	1992

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>800 METER WALK - WOMEN</b>				
50 - 54	Kim Fess	Annandale	5:25.76	1998
55 - 59	Dot Michaels	Arlington	4:51.00	1983
60 - 64	Jean Wood	Springfield	5:05.00	1986
65 - 69	Jean Wood	Springfield	5:22.49	1990
70 - 74	Mary Boska	Alexandria	5:38.00	2000
75 - 79	Mary Lathram	Falls Church	5:57.75	1990
80 - 84	Mary Lathram	Falls Church	6:35.61	1995
85 +	Mary Lathram	Falls Church	6:37.00	2000
<b>800 METER WALK - MEN</b>				
50 - 54	Bob Ryan	Ashburn	4:28.79	1999
55 - 59	Jack Ozment	Philomont	4:10.00	1987
60 - 64	Victor Litwinski	McLean	4:30.00	2004
65 - 69	Louis Aelle	Leesburg	4:28.18	1986
70 - 74	Edward Seeger	Falls Church	4:37.00	1985
75 - 79	John Allums	Falls Church	5:01.62	1991
80 - 84	Ed Seeger	Falls Church	5:30.02	1997
85 +	Ed Seeger	Falls Church	6:11.86	2001
<b>1500 METER WALK - WOMEN</b>				
50 - 54	Joy Chambers	Alexandria		1998
55 - 59	Josephine Smith	Centreville	10:24:00	2003
60 - 64	Rita Windish	Alexandria	10:44.00	1996
65 - 69	Rita Windish	Alexandria	10:51.00	2000
70 - 74	Terry Hamilton	Reston	10:54.83	1999
75 - 79	Mary Boska	Alexandria	11:32.00	2002
80 - 84	Mary Lathram	Falls Church	12:32.12	1999
85 +	Mary Lathram	Falls Church	12:32.00	2000
<b>1500 METER WALK - MEN</b>				
50 - 54	Peter Blank	Annandale	9:11.12	2004
55 - 59	Victor Litwinski	McLean	8:56.52	2001
60 - 64	Victor Litwinski	McLean	8:47.97	2004
65 - 69	Roger Webb	Alexandria	9:49.00	2004
70 - 74	John Dunaway	Arlington	10:11.22	1992
75 - 79	Shannon Ferguson	Alexandria	10:38.40	1998
80 - 84	Ed Seegar	Falls Church	10:35.90	1997
85 +	Ed Seegar	Falls Church	11:08.00	2000

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>1600 METER RUN - WOMEN</b>				
55 - 59	Betty Dameron	Arlington	6:55.42	1990
60 - 64	Helen Simpson	Arlington	8:17.00	1988
65 - 69	Irene Sutherland	Manassas	8:34.62	1988
70 - 74	Kay Bachman	Falls Church	12:44.00	1984
75 - 79	Virginia Pierce	Falls Church	14:03.60	1991
80 +	Eva Belle Mimms	Arlington	15:51.34	1991
<b>1600 METER RUN - MEN</b>				
55 - 59	Herb Chisholm	Alexandria	5:30.00	1983
60 - 64	Herb Chisholm	Alexandria	5:38.07	1986
65 - 69	John McIntyre	Springfield	6:25.98	1986
70 - 74	Jules Averitt	Alexandria	8:22.14	1990
75 - 79	Alwym Woods	Springfield	9:32.23	1986
<b>1600 METER WALK - WOMEN</b>				
55 - 59	Dorothy Michaels	Arlington	9:49.00	1982
60 - 64	Jean Wood	Springfield	10:28.06	1986
65 - 69	Jean Wood	Springfield	11:11.09	1989
70 - 74	Mary Lathram	Falls Church	12:02.58	1989
75 - 79	Mary Lathram	Falls Church	12:31.03	1990
80 +	Eva Belle Mimms	Arlington	15:51.34	1991
<b>1600 METER WALK - MEN</b>				
55 - 59	Jack Ozment	Philomont	8:49.19	1989
60 - 64	John Dunaway	Arlington	9:54.00	1986
65 - 69	John Dunaway	Arlington	9:59.37	1989
70 - 74	Clarence Patton	Annandale	7:46.48	1989
75 - 79	John Allums	Falls Church	9:27.88	1989
80 +	John Hoffman	Woodbridge	14:23.86	1988
<b>3 MILE WALK - WOMEN</b>				
50 - 54	Mary Ann Schwab	Fairfax	34:16.00	2005
55 - 59	Dot Michaels	Arlington	32:30.00	1983
60 - 64	Jean Wood	Springfield	34:25.00	1986
65 - 69	Rita Windish	Alexandria	36:20.07	2000
70 - 74	Mary Boska	Alexandria	35:45.70	1999
75 - 79	Eloise Over	Alexandria	37:37.80	1997
80 - 84	Mary Lathram	Falls Church	40:25.98	1995
85 +	Mary Lathram	Falls Church	43:17.89	2000

## Northern Virginia Senior Olympic Records

Age	Winners	Locality	Score	Year
<b>3 MILE WALK - MEN</b>				
50 - 54	Bob Ryan	Ashburn	32:09.70	1999
55 - 59	S.J. Miller	Woodbridge	29:18.91	1991
60 - 64	Victor Litwinski	McLean	28:14.00	2005
65 - 69	Ralph Driscoll	Alexandria	29:53.47	1991
70 - 74	Edward Seegar	Falls Church	31:00.00	1985
75 - 79	John Allums	Falls Church	33:02.00	1990
80 - 84	Edward Seegar	Falls Church	34:57.90	1997
85 +	Edward Seegar	Falls Church	38:39.47	2000

**Asterisk (\*) Indicates tied or established new Olympic record**

**The Northern Virginia Senior Olympic Committee would like to thank all of the volunteers and sponsoring agencies for their assistance!! The more than 600 senior registrants appreciate everyone's efforts on their behalf.**

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