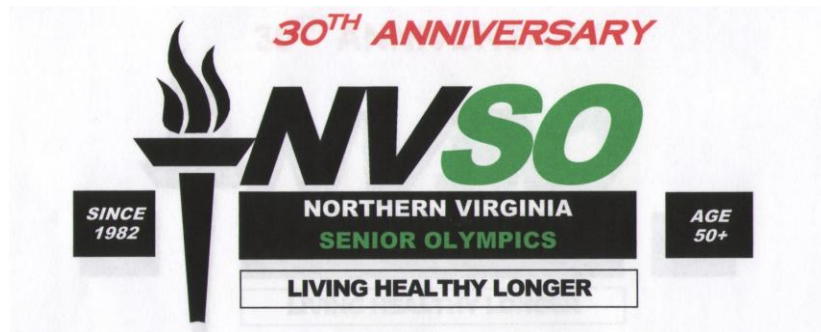


NORTHERN VIRGINIA SENIOR OLYMPICS



September 15 - September 26, 2012

2012 EVENT RESULTS

*Northern Virginia Senior Olympic Committee
P.O. Box 2089
Merrifield, VA 22116-9998
703-228-3300, ext. 9996
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www.nvso.us*

2012 EVENT RESULTS

30th Annual NORTHERN VIRGINIA SENIOR OLYMPICS September 15 – September 26, 2012

Sponsored by:

Northern Virginia Senior Olympic Committee:

City of Alexandria Department of Recreation, Parks, and Cultural Activities
Arlington County Department of Parks and Recreation
Fairfax County Department of Neighborhood and Community Services
Fairfax County Park Authority
City of Fairfax Parks and Recreation Department
City of Falls Church Department of Recreation and Parks
Fauquier County Parks and Recreation Department
Loudoun County Department of Parks and Recreation
Prince William County Area Agency on Aging

NORTHERN VIRGINIA SENIOR OLYMPICS COMMITTEE MEMBERS 2012

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Carol Mackela, Secretary

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2012 GOLD Patrons

Ashby Ponds; Ashton Physical Therapy Center; Falcons Landing; Goodwin House Incorporated; Greenspring Retirement Community; Heatherwood Retirement Community; Humana; M. Quinn Designs/Pack 'n Move; Safeway; Summerset Retirement Community; The Hermitage of Northern Virginia; The Virginian; Westminster at Lake Ridge.

2012 Silver Patrons

Debbie Miller, Realtor; McEneaney Associates, Inc.; VITAS Innovative Hospice Care; James V. Kimsey.

2012 Bronze Patrons

Patrick Malvaso; Charlotte Perdue; Maryann Schwab; Mandy Whalen;
United NOVA Women's Basketball.

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The Northern Virginia Senior Olympic Committee would like to thank all of the volunteers and sponsoring agencies for their assistance!! The more than 750 senior registrants appreciate everyone's efforts on their behalf.

2012 EVENT RESULTS

BADMINTON – SINGLES - WOMEN

50-59	Gold Silver	Caiying Gwen	Guo Liang	Leesburg Alexandria
60-69	Gold Silver	Suchawadee Amphai	Collins Klinboon	Leesburg Aldie

BADMINTON – SINGLES - MEN

59-59	Gold Silver Bronze 4	Anwar Igor Peter Jaime	Hussain Lazarev Guss Chica	Alexandria Annandale Warrenton Leesburg
60-69	Gold Silver Bronze 4 4 4	Mohammad Arif Dan Evan Ken Gerald Jonathan	Osmanzoi Wen Robinson Meyercord Rhoads Lind	Lorton Burke Arlington Reston Burke Manassas
70-79	Gold	Rajendra	Prasad	Sterling

BADMINTON – DOUBLES - WOMEN

50-59	Gold Gold	Gwen Caiying	Liang Guo	Alexandria Leesburg
60-69	Gold Gold	Suchawadee Amphai	Collins Klinboon	Leesburg Aldie

BADMINTON – DOUBLES - MEN

50-59	Gold Gold	Anwar Igor	Hussain Lazarev	Alexandria Annandale
	Silver Silver	Dan Suraj	Wen Hindagolla	Burke Vienna
	Bronze Bronze	Durga Bhavaraju	Adusumilli NarayanaMurty	Centerville Lansdowne
	4 4	Peter Jonathan	Guss Lind	Warrenton Manassas
60-69	Gold Gold	Evan Mohammad	Robinson Osmanzoi	Arlington Lorton
	Silver Silver	Ken Rajendra	Meyercord Prasad	Reston Sterling

BADMINTON - MIXED DOUBLES

50-59	Gold	Anwar	Hussain	Alexandria
	Gold	Gwen	Liang	Alexandria
60-69	Silver	Igor	Lazarev	Annandale
	Silver	Caiying	Guo	Leesburg
60-69	Gold	Suchawadee	Collins	Leesburg
	Gold	Rajendra	Prasad	Sterling
60-69	Silver	Amphai	Klinboon	Aldie
	Silver	Ken	Meyercord	Reston

BASKETBALL FIELD GOALS - WOMEN (NEW in 2012)

50 - 59	Gold	Helen	White	Arlington	8/20 *
	Silver	Marianne	Simonton	Vienna	7/20
	Bronze	Winnie	Thong	Fairfax	3/20
60 - 69	Gold	Hannah	Phillips	Alexandria	8/20 *

BASKETBALL FIELD GOALS - MEN (NEW in 2012)

50 - 59	Gold	Peter	Martinson	Arlington	14/20 *
	Silver	Eugene	Thomas	Stafford	8/20
	Bronze	Michael	Tadis	Alexandria	8/20
	4	Charles	Crum	Bealeton	7/20
60 - 69	Gold	Charles	Harris	Alexandria	13/20 *
	Silver	John	Stavropoulos	Annandale	12/20
	Bronze	Sam	Slowinski	Gainesville	12/20
	4	Allan	Kellum	McLean	12/20
	5	Dugald	Gillies	Arlington	9/20
	6	Gerald	Rhoads	Fairfax	8/20
	7	Charles	Kleymeyer	Arlington	7/20
70 - 79	Gold	William	Nehrke	Arlington	12/20 *
	Silver	Herb	Levitan	Arlington	11/20
	Bronze	Frederick	Hacker	Springfield	11/20
	4	Charles	Toftoy	Arlington	10/20
	5	Harold	Skeins	Fairfax	8/20
	6	Andrew	Dixon	Fairfax	7/20
	6	Randy	Langston	Alexandria	7/20
	6	Del	Nelson	Lake Ridge	7/20
	7	Jim	Viggiani	Manassas	5/20

BASKETBALL FREE THROW - WOMEN

50 - 59	Gold	Helen	White	Arlington	18/25
	Silver	Marianne	Simonton	Vienna	11/25
	Bronze	Winnie	Thong	Fairfax	5/25
60 - 69	Gold	Hannah	Phillips	Alexandria	6/25
70 - 79	Gold	Mary	D'Alessandris	Falls Church	6/25

BASKETBALL FREE THROW - MEN

50 - 59	Gold	Michael	Tadie	Alexandria	19/25
	Silver	Peter	Martinson	Arlington	18/25
	Bronze	Eugene	Thomas	Stafford	11/25
60 - 69	Gold	Allan	Kellum	McLean	22/25
	Silver	Charles	Harris	Alexandria	20/25
	Bronze	John	Stavropoulos	Annandale	19/25
	4	Gerald	Rhoads	Fairfax	18/25
	5	Sam	Slowinski	Gainesville	17/25
	6	Dugald	Gillies	Arlington	10/25
	7	Charles	Kleymeyer	Arlington	6/25
70 - 79	Gold	Harold	Skeins	Fairfax	18/25
	Silver	Jim	Viggiani	Manassas	17/25
	Bronze	Andrew	Dixon	Fairfax	17/25
	4	Herb	Levitan	Arlington	16/25
	5	Frederick	Hacker	Springfield	14/25
	6	Randy	Langston	Alexandria	14/25
	7	William	Nehrke	Arlington	12/25
	8	Del	Nelson	Lake Ridge	8/25
	9	Charles	Toftoy	Arlington	7/25

BASKETBALL - 3 x 3 - MEN

50-59	Gold	Metro All Stars Charles Harris Seth Levinson Eugene Thomas Steve LePage	Alexandria Kingstowne Stafford Herndon
	Silver	Team John Birch John Birch Peter Martinson Allen Kellum David Scott Paul Peck	Woodbridge Arlington McLean Arlington McLean

BASKETBALL - 3 x 3 - MEN Cont'd

60-69	Gold	Prince William Busch Donnie Greene Jr. John Stavropoulos Bill Baird Joe Madigan	Dale City Annandale Haymarket Centreville
70-79	Gold	Committee Creepers Del Wilson Jim Viggiani David Jerome Fred Hacker	Burke Manassas Haymarket Springfield

BOCCE - WOMEN

70 - 79	Gold	Diane	Hill	Springfield
90 - 99	Gold	Carla	Convery	Alexandria

BOCCE - MEN

60 - 69	Gold Silver Bronze	Ralph George Charles	Tapp Deyman Kleymeyer	Warrenton Annandale Arlington
70 - 79	Gold	Ruben	Izurietta	Fairfax
80 - 89	Gold Silver	Nicholas Henry	Garito Colletto	Fairfax Oakton

BOWLING - TEN PIN - WOMEN

55 - 59	Gold	Sheryl	Rhymes	Woodbridge	563
60 - 64	Gold Silver Bronze 4	Rachel Karen Linda Mary	Frantum Scheer Baumbusch Rhodes	Annandale Arlington Fairfax Alexandria	603 565 555 526
65 - 69	Gold Silver	Marcia Mary	Sessions Johnson	Dumfries Woodbridge	576 533
70 - 74	Gold Silver Bronze 4 5 6 7 8 9	Vera Dorothy Jo Betty Patricia Betty Sandra Lucia Helena	Graham Swift Ferry Graves Collins Stephens Graves McSweeney Scott	Alexandria Alexandria Alexandria Alexandria Alexandria Alexandria Fairfax Centreville Alexandria	613 610 591 589 566 563 541 537 374 ! !wheelchair bowler

BOWLING - TEN PIN - WOMEN Cont'd

75 - 79	Gold	Emily	Fern	Alexandria	574
	Silver	Alease	Brooks	Arlington	459
80 - 84	Gold	Beverly	Kalkwarf	Springfield	599
	Silver	Winnie	Tegge	Alexandria	586
	Bronze	Marjorie	Burts	Alexandria	571
	4	Nancy	Leary	Alexandria	555
85 - 89	Gold	Eva	Sorenson	Alexandria	655*
	Silver	Marge	McNare	Falls Church	646

BOWLING - TEN PIN - MEN

60 - 64	Gold	Charles	Reese	Springfield	650
	Silver	Willie	Bilbro	Lorton	638
	Bronze	Lawrence	Walker	Alexandria	589
	4	Michael	Pilot	Arlington	564
	5	Jerome	Jackson	Fairfax	539
65 - 69	Gold	Ted	Crews	Springfield	598
	Silver	Roy	Rhodes	Alexandria	558
	Bronze	Jesse	Barron	Woodbridge	551
	4	Richard	Markle	Alexandria	492
	5	Chris	Scheer	Arlington	484
70 - 74	6	Gerald	Rhoads	Burke	435
	Gold	Michael	Coyne	Dumfries	600
	Silver	Otha	Vines	Woodbridge	599
	Bronze	Carlos	Rodriguez	Dumfries	579
	4	William	McSweeney	Centreville	542
75 - 79	Gold	Marvin	Smyth	Woodbridge	638
	Silver	Donald	Beveridge	Arlington	606
	Bronze	Ted	Centers	Woodbridge	582
	4	John	Handley	Woodbridge	506
80 - 84	Gold	Marvin	Kalkwarf	Springfield	632
	Silver	John	Fox	Springfield	576
	Bronze	John	Sheppard	Falls Church	562
85 - 89	Gold	Gordon	Causey	Falls Church	605
	Silver	Richard	Cline	Alexandria	420
90 - 94	Gold	Gordon	Sorenson	Alexandria	594

BUNCO

All	Gold Silver Bronze	Carla Convery Deborah Wurdack Ruth Smith Judy Bennett Fran Dudick Helga Flory Di Di Hooks Cecile Jimenez Dorothy Rollins Sue Thaler	Alexandria Burke Burke
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BUNCO (Game Winners)

All	Gold Silver Bronze	Anne Zvijac Genevieve Foley Lydia Blake Russell Allen Virginia Ammann Jean Andrews Judy Bennett Sylvia Braveman Carla Convery Anne Donohoe Fran Dudick Nana Faulkner Helga Flory Dorothy Habermehl Roasemary Hilsabeck Di Di Hooks Cecile Jimenez Edith Kane Beatrice Mulvihill Marian Myers Edith Plunkett Dorothy Rollins Ruth Smith Sue Thaler Joan Wester Olga Wisneski Deborah Wurdock	Burke Alexandria Alexandria
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CRIBBAGE - COED

All	Gold	Anthony	Williams	Arlington	9 + 84
	Silver	Paul	McFarland	Springfield	7 + 21
	Bronze	Anne	Christenson	Falls Church	6 + 32
		Grace	Cohen	Alexandria	6 + 9
		Riley	Geary	Arlington	6 minus 4
		George	Gero	Dumfries	5 + 12
		Verner	Utke-Ramsing	McLean	2 minus 61
		Richard	Fontaine	Springfield	2 minus 83

CYCLING - 10K TIME TRIAL - WOMEN (Held at Fauquier Community Park in 2012; different circuit from 2011)

50 - 54	Gold	Margie	Golden	Alexandria	19:54.6
55 - 59	Gold	Patricia	Van Houten	Oakton	25:56.1
	Silver	Susan	Bleistein	Springfield	37:42.7
60 - 64	Gold	Pam	Joseph	Leesburg	24:32.0
	Silver	Rebecca	Kite	Leesburg	27:06.0
75 - 79	Gold	Joyce	Tobias	Haymarket	33:03.1
	Silver	Jean	Gentry	Gainesville	35:21.0

CYCLING - 10K TIME TRIAL - MEN (Held at Fauquier Community Park in 2012; different circuit from 2011)

55 - 59	Gold	Jim	Gleason	Reston	16:38.4
	Silver	Howard	Van Houten	Oakton	17:20.1
	Bronze	Clifton	Anderson	Warrenton	19:27.4
		Dale	Howell	Burke	38:39.4
60 - 64	Gold	Christopher	Randall	Arlington	18:49.2
65 - 69	Gold	David	Jerome	Haymarket	19:10.0
	Silver	Thomas	Short	Alexandria	19:26.9
	Bronze	David	Endres	McLean	20:59.6
		Robert	Eaheart	Springfield	22:14.9
		Alfred	Baca	Alexandria	23:34.8
		John	Cruden	Annandale	26:40.3
70 - 74	Gold	Kenneth	Weinzapfel	Gainesville	20:40.8
	Silver	Herb	Levitan	Arlington	22:13.7
	Bronze	Rufus	Harris	Fairfax Station	24:17.8
		Richard	Eimas	Reston	28:44.2
75 - 79	Gold	Terence	McCarthy	Leesburg	24:02.3*
	Silver	William	Harris	Woodbridge	24:15.8
	Bronze	Andrew	Hemstreet	Centreville	24:21.2
		Thomas	Tobias	Haymarket	26:20.5
		Ron	Farra	Bristow	27:20.3

CYCLING – 20K TIME TRIAL – WOMEN (Held at Northern Fauquier Community Park, New in 2012)

50 - 54	Gold	Margie	Golden	Alexandria	39:54.8*
55 - 59	Gold	Karen	Sullivan	Arlington	37:55.6*
	Silver	Susan	Bleistein	Springfield	41:38.3
	Bronze	Barbara	Williamson	Woodbridge	55:19.9
60 - 64	Gold	Hannah	Phillips	Alexandria	46:19.7*
65 - 69	Gold	Lynn	Saunders	Gainesville	47:55.2*
	Silver	Barb	Happ	Gainesville	49:57.4
70 - 74	Gold	Susan	Lucas	Gainesville	40:49.4*
75 - 79	Gold	Joyce	Tobias	Haymarket	1:06:43.7*

CYCLING – 20K TIME TRIAL–MEN (Held at Northern Fauquier Community Park, New in 2012)

50 - 54	Gold	Jerry	Reid	Arlington	38:03.2*
	Silver	Mario	Balakgie	Arlington	38:24.5
	Bronze	Brian	Morgan	Dumfries	39:55.3
	4	John	Williamson	Woodbridge	50:00.7
55 – 59	Gold	Jim	Gleason	Reston	32:28.3*
	Silver	Howard	Van Houten	Oakton	33:56.1
	Bronze	Clifton	Anderson	Warrenton	38:15.5
	4	Wilson	Hernandez	Bealeton	49:19.2
60 - 64	Gold	Peter	Berty	Arlington	36:54.1*
	Silver	Christopher	Randall	Arlington	37:19.4
	Bronze	Wendell	Williams	Warrenton	1:01:18.4
65 - 69	Gold	David	Jerome	Haymarket	38:46.9*
	Silver	Thomas	Short	Alexandria	38:58.9
	Bronze	David	Endres	McLean	41:36.9
	4	Robert	Eaheart	Springfield	45:35.6
70 - 74	Gold	Kenneth	Weinzapfel	Gainesville	40:19.9*
	Silver	Stephen	Forman	McLean	42:51.9
	Bronze	Herb	Levitan	Arlington	46:01.2
	4	Rufus	Harris	Fairfax Station	49:06.9
	5	Robert	Lynch	Haymarket	57:02.2
	6	Richard	Eimas	Reston	59:45.2
75 - 79	Gold	Terence	McCarthy	Leesburg,	48:06.0*
	Silver	William	Harris	Woodbridge	49:20.4
	Bronze	Thomas	Tobias	Haymarket	52:58.4

DIVING - WOMEN

50-54	Gold	Madeline	Fleckenstein	Arlington	193.1*
60-64	Gold	Carol	Mackela	Arlington	175.7*
65-69	Gold	Cammie	Nilles	Arlington	132.8*

DIVING - MEN

50-54	Gold	Roy	Lewis	Arlington	185.1*
55-59	Gold	Bobby	Meeks	Arlington	253.25*
60-64	Gold	Duane	Clayton-Cox	Fairfax	192.45*
70-74	Gold	Kim	Alderman	Arlington	166.35*
	Silver	Carlos	Rodriguez	Dumfries	119.5
80-84	Gold	John	Gouldin	Annandale	94.4*

DUPLICATE BRIDGE

North/South	Gold	Linda Burton	Alexandria
	Gold	Marvin Raines	Alexandria
	Silver	Lucy McCoy	Annandale
East/West	Silver	Kathryn Kiley	Bristol
	Bronze	Joyce Kaiser	Arlington
	Bronze	Ervin Meyer	Annandale
East/West	Gold	Mary Ann Kral	Reston
	Gold	Bill Gurley	Arlington
	Silver	Betty Griffin	Springfield
East/West	Silver	Joe Griffin	Springfield
	Bronze	Jean Verdow	Potomac Falls
	Bronze	Dick Verdow	Potomac Falls

8 BALL POOL - WOMEN

50-59	Gold	Danita Moses	Alexandria
60-69	Gold	Shelly Wade	Arlington
70-79	Gold	Diane Hill	Springfield
80-89	Gold Silver	Elizabeth (Betty) Roadcap Margaret Toth	Ashburn Springfield

8 BALL POOL - MEN

60-69	Gold Silver Bronze	James Westray James Moss Cornelius Davis, Jr. Pliney Britford Andy Diccio Gary Jackson Joe Jackson Gerald Rhoads David Robinson	Arlington Arlington Bristow Arlington Manassas Fairfax Alexandria Burke Arlington
70-79	Gold Silver Bronze	Yousef Saah Yining Wang Clifford Nolan Nicholas Fidandis Ram Krisn	Fairfax Fairfax Bristow Alexandria Ashburn
80-89	Gold Silver Bronze	Joseph Griffin John Gouldin William Preston	Springfield Annandale Arlington

FOOTBALL THROW - WOMEN (New in 2012)

55 - 59	Gold	Alice	Swan	Arlington	54' 2" *
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FOOTBALL THROW - MEN (New in 2012)

55 - 59	Gold	William	Bowie	Reston	87' 7"*
65 - 69	Gold Silver Bronze	Don Thomas Norbert (Bud)	Sodo Sullivan Commons	Dumfries Oakton Ashburn	102' 9" * 100' 3" 77' 7"
70 - 74	Gold Silver Bronze 4 5 6	Frederick Dennis Carlos Herb Dell Richard (Dick)	Hacker Mong Rodriguez Levitan Pendergrast Stohr	Springfield Warrenton Dumfries Arlington Fairfax Fairfax	104' 3" * 86' 9" 75' 11" 75' 10" 74' 6" 44' 7"
75 - 79	Gold Silver Bronze	Andrew William Charles	Dixon Nehrke Toftoy	Fairfax Arlington Arlington	72' 10" * 60' 4" 52' 6"
90 - 94	Gold	Charlie	Edwards	Springfield	26' 3" *

FRISBEE THROW - WOMEN

50 - 59	Gold	Sue	Thaler	Arlington	59' 10"
60 - 69	Gold	Margaret	DeWilde	Dumfries	38' 1"
70 - 79	Gold	Alease	Brooks	Arlington	21' 8"
80 - 89	Gold	Josephine	Stewart	Manassas	36' 8"
90 - 99	Gold	Carla	Convery	Alexandria	16' 11"

FRISBEE THROW - MEN

50 - 59	Gold	Steve	Goodwin	Arlington	156' 7" *
	Silver	Marty	Willis	Fall Church	91' 2"
60 - 69	Gold	Thomas	Sullivan	Oakton	158' *
	Silver	Anthony	Williams	Arlington	114' 6"
	Bronze	Charles	Kleymeyer	Arlington	111' 7"
	4	John	Cordyack	Reston	90' 3"
	5	John	Carten	Arlington	61' 5"
70 - 79	Gold	Ezzat	Pashai	Fairfax	112' 4"
	Silver	Frank	Roderiguez	PrinceWilliam	88' 8"
	Bronze	Chuck	Toftoy	Arlington	81' 1"
	4	Herb	Levitan	Arlington	60' 7"
	5	Richard (Dick)	Stohr	Springfield	58' 10"
80 - 89	Gold	Dante	Simbulan	Burke	58' 7"
	Silver	William	Wieand	McLean	45' 5"
90 - 99	Gold	J.R.	Cassidy	Manassas	27' 7"

GOLF - WOMEN

50-59	Gold	Teresa	Hannon	Manassas	95
	Silver	Lisa	George	Fairfax	116
	Bronze	Carol	Wippich	Falls Church	119
	4	Mary	Robertson	Reston	120
60-69	Gold	Margaret	Riffee	Arlington	90
	Silver	Rebecca	Davis	Sumerduck	97
	Bronze	Carol	Blair	Reston	102
	4	Annette	Langley	Annandale	103
	5	Sandra	Straus	Centreville	113
70-79	Gold	Nancy	Huff	Woodbridge	101
	Silver	Joan	Donnelly	Gainesville	107
	Bronze	Barbara	Klementz	Annandale	142
	4	Mary	D'Alessandris	Falls Church	145
	5	Margaret	Denise	Annandale	176

GOLF – MEN

50-59	Gold	Mark	Westerfield	Annandale	101
	Silver	Christopher	Smith	Annandale	102
	Bronze	Jerry	Hannon	Manassas	105
	4	Michael	Spence	Springfield	106
60-69	Gold	William	Somers	Arlington	74
	Silver	Craig	Olson	Arlington	88
	Bronze	Richard	Markle	Alexandria	91
	4	Don	Sodo	Dumfries	92
	5	Bill	Finneran	Arlington	95
	5	Charles	Reese	Springfield	95
	7	Alan	Crupi	Alexandria	97
	8	Richard	Scott	Vienna	100
	9	Norbert(Bud)	Commons	Ashburn	101
	9	G. Malcolm	Junkin	Ashburn	101
	11	James	Busse	Reston	103
	12	Donald	Drain	Springfield	104
	13	Willy	Viladegut	Falls Church	105
	14	Marlin	Pike	Culpeper	106
	15	Jesse	Barron	Woodbridge	109
	15	Ronald	Hack	Burke	109
	15	Steven	Wetzel	Herndon	109
	18	James	Ivery	Alexandria	110
	19	John	Derosa	Artlington	125
	20	Paul	Bailey	Vienna	126
70-79	Gold	Barry	Gale	Arlington	95
	Silver	George	Bishop	Vienna	97
	Bronze	Richard(Dick)	Irvine	McLean	103
	4	Clifford	Nolan	Bristow	104
	5	John	Cutrone	Burke	111
	5	Paul	Newcombe	Fairfax	111
	7	James	Corrigan	Arlington	113
	8	Nicholas	Fidandis	Alexandria	116
	8	William	McSweeney	Centreville	116
80-89	Gold	Marvin	Reed	Oak Hill	102
	Silver	Neil	Brown	Herndon,	105
	Bronze	James	Fahey	Vienna	111
	4	John	Baldwin	Springfield	131
	4	Charles	Bowmaster	Falls Church	131
	6	Alan	Weiner	Leesburg	134

HORSESHOES - WOMEN

65 - 69	Gold	Gail	Johnson	Gainesville
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HORSESHOES - MEN

50 - 54	Gold	Charles	Crum	Bealeton
60 - 64	Gold Silver	Jerome Bruce	Jackson Fisher	Fairfax Fairfax
65 - 69	Gold	Richard	Markle	Alexandria
70 - 74	Gold	Carlos	Rodriguez	Dumfries
75 - 79	Gold	Robert	Stotz	McLean
80 - 84	Gold	Leonard	Kalkwarf	Springfield

LINE DANCING (TEAM)

50-79 Gold (Tie) Symmetry In Motion (Alexandria)
 Julian Haley, Jr.
 Danita Moses
 Patricia Yancey
 Rokell Person
 Joyce Hughes
 Darlene Murray (Woodbridge)
 Joselyn Schmidt-Jones

Gold (Tie) Hawaiian Stars
 Marilu Morada (Burke)
 Edna Noe (Annandale)
 Rita Perrotti (Springfield)
 Tran Perry (Vienna)
 Maria Puri (Burke)
 Melanie Willis (Fairfax)

Silver Silver Diamonds (Lorton)
 Susie Thomas (Burke)
 Young Sook Chon (Centerville)
 Em Soon Eun (Fairfax)
 June Campany (Springfield)
 Mi Rubenacker (Fairfax Station)

Bronze Lee Center Dancers
 Rosemary Campbell (Annandale)
 Ingeborg Ercolano ((Arlington)
 Kathy Fanelli (Annandale)
 Marian Lapp (Arlington)
 May McWilliams (Arlington)
 Maria-Julia Meyer (Springfield)
 Sun Y. Yang (Arlington)

Line Dancing Team Cont'd

80+ Gold Forever Queen
 Couazon Alvano (Burke)
 Eppie De La Cuesta (Burke)
 Sukja Jo (Fairfax)
 Young Kim (Annandale)
 Soon Bun Lee (Fairfax Station)
 Lynn Ngo (Arlington)

Silver Heatherwood Hotties (Burke)
 Jean Andrews
 Silvia Braverman
 Louise Fahey
 Dorothy Habermehl
 Ruth Smith

MEXICAN TRAIN DOMINOES (New in 2012)

Mixed	Gold	Alice	Swan	Arlington	56
	Silver	Sue	Thaler	Arlington	71
	Bronze	Charles	Toftoy	Arlington	77
	4	Doris	Woodring	Lake Ridge	80
	5	Roberta	Conion	Springfield	89
		Dorothea	Clingenpeel	Falls Church	
		Fran	Dudick	Arlington	
		John	Duran	Arlington	
		Helga	Flory	Falls Church	
		Vivian	Griffin	Springfield	
		Helen	Henderson	Falls Church	
		Aileen	Mosier	Springfield	
		Camille	Shaw	Springfield	
		Barbara	Simpson	Springfield	
		Wendy	Straub	Springfield	
		Harriett	Way	Lake Ridge	
		Ben	Wilmot	Falls Church	

MINIATURE GOLF - WOMEN

60 - 69	Gold	Barbara	Williams	Alexandria	45
	Silver	Aurora	Tapp	Warrenton	48
	Bronze	Linda	Baumbusch	Fairfax	60

MINIATURE GOLF - MEN

50 - 59	Gold	Charles	Crum	Bealeton	47
60 - 69	Gold	Charlie	Williams	Annandale	35*
	Silver	George	Deyman	Annandale	44
	Bronze	Ralph	Tapp	Warrenton	45
	4	Jeffrey	Shapiro	Arlington	47
70 - 79	Gold	Richard (Dick)	Stohr	Springfield	44
	Silver	Carlos	Rodriguez	Dumfries	47
	Bronze	Charles	Toftoy	Arlington	50
80 - 89	Gold	John	Gouldin	Annandale	43*

PICKLEBALL - MIXED DOUBLES

50 - 59	Gold	Jackie	Cubero	Arlington
	Gold	Corwin	Umbach	Arlington
	Silver	Michael	Thaler	Arlington
	Silver	Sue	Thaler	Arlington
	Bronze	Peggy	Tugwell	Springfield
	Bronze	Ron	Tugwell	Springfield
60 - 69	Gold	Michael	Knight	Falls Church
	Gold	Wendy	Sparrow	Alexandria
	Silver	Jonathan	Lind	Manassas
	Silver	Karen	Pearson	McLean
	Bronze	Janis	Ferrara	Arlington
	Bronze	Abbott	Jerry	Arlington
	4	Chris	May	Alexandria
	4	Dawit	Tesfamichael	Arlington
	5	Gerald	Rhoads	Burke
	5	Joyce	Hellems	Fairfax
70 - 79	Gold	Don	Meeks	Alexandria
	Gold	Sun Y.	Yang	Arlington
	Silver	Alease	Brooks	Arlington
	Silver	Lawrence	Mason	Arlington
	Bronze	Craig	Preston	Springfield
	Bronze	Wendy	Straub	Springfield

PICKLEBALL – DOUBLES – WOMEN

50 - 59	Gold Gold	Jackie Wendy	Cubero Sparrow	Arlington Alexandria
	Silver Silver	Helen Marianne	White Simonton	Arlington Vienna
	Bronze Bronze	Sue Fran	Thaler Dudick	Arlington Arlington
60 - 69	Gold Gold	Marian Karen	Lapp Pearson	Arlington McLean
	Silver Silver	Janis Chris	Ferrara May	Arlington Alexandria
	Bronze Bronze	Louise Mary	Watkins Cramer	Bristow Bristow
	4 4	Emma Carol	Hom Reich	Alexandria Alexandria
	4 4	Barbara Morika	Sumner Mitchell	Alexandria Alexandria
70 - 79	Gold Gold	Sun Jo	Yang Ferry	Arlington Bristow
	Silver Silver	Alease Catherine	Brooks deLaubenfels	Arlington Arlington

PICKLEBALL – DOUBLES - MEN

50 - 59	Gold Gold	Michael Michael	Thaler Knight	Arlington Falls Church
	Silver Silver	Peter Jon	Guss Lind	Warrenton Manassas
	Bronze Bronze	Corwin Milan	Umbach Lepusic	Arlington Arlington

PICKLEBALL – DOUBLES – MEN Cont'd

60 - 69	Gold	Dawit	Tesfamichael	Arlington
	Gold	Jerry	Abbot	Arlington
	Silver	Steven	Napoliello	Manassas
	Silver	Ron	Ferra	Bristow
	Bronze	Gerald	Rhoads	Burke
	Bronze	Ron	Rothberg	Annandale
70 - 79	Gold	Herb	Levitan	Arlington
	Gold	Larry	Mason	Arlington
	Silver	Don	Meeks	Alexandria
	Silver	Joseph	Smith	Alexandria
	Bronze	J.T.	Price	Arlington
	Bronze	Del	Wilson	Burke
	4	Woody	Hair	Arlington
	4	Horacio	Reyes	Arlington
	4	Craig	Preston	Springfield
	4		Nemecek	

PICKLEBALL – SINGLES – WOMEN

50 - 59	Gold	Helen	White	Arlington
	Silver	Natalie	Roy	Arlington
	Bronze	Jackie	Cubero	Arlington
60 - 69	Gold	Chris	May	Alexandria
	Silver	Fran	Dudick	Arlington
	Bronze	Mary	Cramer	Bristol
70 - 79	Gold	Sun Y.	Yang	Arlington
	Silver	Alease	Brooks	Arlington

PICKLEBALL – SINGLES – MEN

50 - 59	Gold	Peter	Guss	Warrenton
	Silver	Marty	Willis	Falls Church
60 - 69	Gold	Michael	Knight	Falls Church
	Silver	Jonathan	Lind	Manassas
	Bronze	Steven	Napoliello	Manassas
	4	Gerald	Rhoads	Burke
	4	Dawit	Tesfamichael	Arlington

PICKLEBALL – SINGLES – MEN Cont'd

70 - 79	Gold	Joseph	Smith	Alexandria
	Silver	John T.	Price	Arlington
	Bronze	Don	Meeks	Alexandria
	4	Del	Wilson	Burke
	5	Herb	Levitan	Arlington
	6	Horacio	Reyes	Arlington

RACQUETBALL – WOMEN

69 - 64	Gold	Charlotte	Perdue	Arlington
	Silver	Fran	Dudick	Arlington

RACQUETBALL – MEN

50 - 54	Gold	John	Leisenring	Arlington
55 - 59	Gold	William	Bouie	Reston
70 - 74	Gold	Peter	Andrews	McLean
	Silver	David	Phillips	Alexandria
	Bronze	Patrick	Malvaso	Alexandria
75 - 79	Gold	Daniel	Clark	Lorton
	Silver	Bill	Sidenstick	Burke
80 - 84	Gold	James	Gallivan	Alexandria
	Silver	Ted	Ralph	Annandale

SCRABBLE – COED

	Gold	Lynn	Durel	Arlington	3 WINS; +198
	Silver	Betty	Bonifer	Alexandria	3 WINS; +192
	Bronze	Ellen	Harland	Alexandria	3 WINS; +183
	4	David	Robinson	Arlington	2 WINS; +187
	5	Barbara	Phillips	Alexandria	2 WINS; +151
	6	Irene	Awret	Falls Church	2 WINS; +134
	7	Judith	Bromberg	Alexandria	2 WINS; +94
	8	Bruce	Fisher	Fairfax	2 WINS; +79
	9	Karen	Scheer	Arlington	2 WINS; +67
	10	Ruth	Sigerson	Potomac Falls	2 WINS; +35
	11	Jean	Varney	Alexandria	2 WINS; +33
	12	Mary Jane	Meyer	Alexandria	2 WINS; -32
	13	Dorothy	Swift	Alexandria	1 WIN; +150
	14	Cheryl (Kay)	Carnahan	Alexandria	1 WIN; +68
	15	Mary	Indianer	Alexandria	1 WIN; -4
	16	Rebecca	Hansen	Arlington	1 WIN; -14
	17	Nancy	Rosenberg	Alexandria	1 WIN; -15
	18	Eva	Sorensen	Alexandria	1 WIN; -83
	19	Eve	Pelton	Reston	1 WIN; -124

	20	Mary Ann	Kral	Reston	1 WIN -149
	21	Ethel	Scaccio	Dumfries	1 WIN; -293
	22	Robert	Chowning	Alexandria	0 WINS; -69
	23	Judy	Fisher	Fairfax	0 WINS; -289

SOFTBALL HIT – WOMEN

70 - 74	Gold	Mary	D'Alessandris	Falls Church	79' 2"
85 - 89	Gold	Josephine	Stewart	Manassas	70' 1" *

SOFTBALL HIT – MEN

65 - 69	Gold	Thomas	Sullivan	Oakton	228' 10" *
	Silver	Don	Sodo	Dumfries	226' 10"
	Bronze	Robert	Eaheart	Springfield	199' 9"
70 - 74	Gold	Dennis	Mong	Warrenton	228'
	Silver	Frederick	Hacker	Springfield	196' 11"
	Bronze	Herb	Levitan	Arlington	139' 2"
75 – 79	Gold	Charles	Toftoy	Arlington	153' 5"
	Silver	William	Nehrke	Arlington	119' 2"
	Bronze	Andrew	Dixon	Fairfax	112' 8"
80 - 84	Gold	Bernard(Ben)	Schaefer	Fairfax	123' 9"
90 - 94	Gold	Charlie	Edwards	Springfield	66' 5"
95 - 99	Gold	J.R.	Cassidy	Manassas	55' 9"

SOFTBALL THROW – WOMEN

55 - 54	Gold	Alice	Swan	Arlington	51'
70 - 74	Gold	Mary	D'Alessandris	Falls Church	40'
85 - 89	Gold	Josephine	Stewart	Manassas	39' 4"

SOFTBALL THROW – MEN

55-59	Gold	William	Bouie	Reston	115' 11"
65-69	Gold	Thomas	Sullivan	Oakton	167' 2"
	Silver	Don	Sodo	Dumfries	153' 4"
	Bronze	Robert	Eaheart	Springfield	140' 10"
	4	Norbert (Bud)	Commons	Ashburn	107' 5"
	5	Charles	Kleymeyer	Arlington	99' 8"
	6	John	Cordyack	Reston	67' 10"
70 - 74	Gold	Bernie	Stamm	Ashburn	143' 10"
	Silver	Dennis	Mong	Dumfries	130' 6"
	Bronze	Frederick	Hacker	Springfield	130' 2"
	4	Herb	Levitan	Arlington	108' 1"
	5	Carlos	Rodrigues	Dumfries	87' 2"
	6	Richard (Dick)	Stohr	Fairfax	77' 2"

SOFTBALL THROW – MEN Cont'd

75 - 79	Gold	Andrew	Dixon	Fairfax	113' 6"
	Silver	William	Nehrke	Arlington	64' 5"
	Bronze	Charles	Toftoy	Arlington	62' 2"
80 - 84	Gold	Bernard(Ben)	Schaefer	Fairfax	106' 10"
90 – 94	Gold	Charlie	Edwards	Springfield	32'
95 - 99	Gold	J.R.	Cassidy	Manassas	36'

SWIMMING – 50 YARD BREASTSTROKE – WOMEN

50 - 54	Gold	Margie	Golden	Alexandria	:47.7
55 - 59	Gold	Xiaoxin	Li	Fairfax	:49.7
	Silver	Bobbe	Duquette	Herndon	:52.0
	Bronze	Lynn	Wymelenberg	Reston	:54.0
	4	Susan	Bliestein	Springfield	1:00.0
	5	Winnie	Thong	Fairfax	1:22.0
60 - 64	Gold	Susan	Maguire	Arlington	:43.0
	Silver	Patricia	Lengle	Arlington	:56.0
	Bronze	Anne	Christenson	Falls Church	1:13.0
65 - 69	Gold	Gail	Johnson	Gainesville	1:21.0
	Silver	Barb	Happ	Gainesville	1:23.0
	Bronze	Jennifer	Johnston	Annandale	1:43.0
70 - 74	Gold	Jane	Geison	Haymarket	1:12.0
	Silver	Pat	Cook	Falls Church	1:32.0
75 - 79	Gold	Joyce	Tobias	Haymarket	1:42.0
85 - 89	Gold	Doris	Kumar	Fairfax	1:30.0
	Silver	Minna	Hamner	Fairfax Station	1:45.0

SWIMMING – 50 YARD BREASTSTROKE - MEN

50 - 54	Gold	Mark	Harris	Alexandria	:33.0
55 - 59	Gold	Douglas	Hill	Woodbridge	:56.0
60 - 64	Gold	James	Hill	Springfield	:38.1
	Silver	James	Lengle	Arlington	:38.9
	Bronze	Bruce	Fisher	Fairfax	:43.4
	4	Eiji	Yasuhara	Sterling	:44.0
	5	John	Carten	Arlington	:50.9
65 - 69	Gold	Charles	Kleymeyer	Arlington	:51.9
70 - 74	Gold	John	Dineen	Springfield	:45.0
	Silver	Herb	Levitan	Arlington	:46.0
	Bronze	Leo	Deege	Vienna	:54.4
	4	Carlos	Rodriguez	Dumfries	:56.0
	5	Tim	Johnston	Annandale	1:08.0

SWIMMING – 50 YARD BREASTSTROKE – MEN Cont'd

75 - 79	Gold	Vsevolod	Ivanov	Arlington	:51.0
	Silver	James W.C.	Chang	Oakton	1:01.0
	Bronze	Elmer	Premo	Arlington	1:29.0
	4	Paul	Gesswein	Great Falls	2:06.0
80 - 84	Gold	Phil	Case	Springfield	1:01.0
	Silver	William	Wieand	McLean	1:02.0
	Bronze	John	Gouldin	Annandale	1:18.0
85 - 89	Gold	Lou	DeRosa	Springfield	2:30.0
90 - 94	Gold	Mohammad	Assareh	Ashburn	1:24.0

SWIMMING – 50 YARD FREESTYLE – WOMEN

50 - 54	Gold	MacKenzie	Kearney	Arlington	:35.0
	Silver	Margie	Golden	Alexandria	:37.0
	Bronze	Kathryn	Underhill	Vienna	:40.0
55 - 59	Gold	Abigail	Friedman	Arlington	:34.4
	Gold	Lynn	Wymelenberg	Reston	:34.4
	Bronze	Bobbe	Duquette	Herndon	:39.0
	4	Susan	Bliestein	Springfield	:50.3
60 - 64	Gold	Susan	Maguire	Arlington	:33.0
	Silver	Patricia	Lengle	Arlington	:35.9
	Bronze	Carol	Mackela	Arlington	:50.6
	4	Anne	Christenson	Falls Church	:54.0
65 - 69	Gold	E. Anne	Moore	Gainesville	:44.0
	Silver	Peg	Pankowski	Fairfax	:45.9
	Bronze	Barb	Happ	Gainesville	1:01.3
	4	Gail	Johnson	Gainesville	1:01.4
	5	Jennifer	Johnston	Annandale	1:11.0
70 - 74	Gold	Carmen	Decarli	McLean	:47.0
	Silver	Jane	Geison	Haymarket	:52.0
	Bronze	Pat	Cook	Falls Church	1:13.0
75 - 79	Gold	Marie Beth	Hall	Leesburg	1:17.0
	Silver	Joyce	Tobias	Haymarket	1:24.9
85 - 89	Gold	Minna	Hamner	Fairfax Station	1:24.6
90 - 94	Gold	Joan	Doupe	Falls Church	1:18.0

SWIMMING – 50 YARD FREESTYLE – MEN

50 - 54	Gold	Bret	Bailey	Herndon	:26.5
	Silver	Mark	Harris	Alexandria	:26.6
	Bronze	Mark	Mann	McLean	:38.0
	4	Gerald	McCullin	Fairfax	:41.0
55 - 59	Gold	Douglas	Hill	Woodbridge	:33.0

SWIMMING – 50 YARD FREESTYLE – MEN Cont'd

60 - 64	Gold	Bruce	Fisher	Fairfax	:29.0*
	Silver	Jim	Donahue	Oakton	:30.0
	Bronze	James	Lengle	Arlington	:31.0
	4	John	Carten	Arlington	:36.0
	5	Thomas	Garasic	Manassas	:37.0
	6	Eiji	Yasuhara	Sterling	:38.0
65 - 69	Gold	Charles	Kleymeyer	Arlington	:37.0
	Silver	Vince	Romano	Annandale	:40.0
70 - 74	Gold	John	Dineen	Springfield	:35.0
	Silver	George	Brockway	Arlington	:36.7
	Bronze	Rufus	Harris	Fairfax Station	:36.8
	4	Herb	Levitan	Arlington	:37.0
	5	Leo	Deege	Vienna	:38.0
	6	Carlos	Rodriguez	Dumfries	:44.0
	7	Tim	Johnston	Annandale	:45.0
	8	Kenton	Pattee	Falls Church	:47.0
	9	Kenneth	Weinzapfel	Gainesville	:49.0
75 - 79	Gold	Paul	Gesswein	Great Falls	:56.0
	Silver	Ron	Farra	Bristow	:58.0
	Bronze	Elmer	Premo	Arlington	1:12.0
80 - 84	Gold	Lou	Brown	Leesburg	:47.0
	Silver	William	Wieand	McLean	:52.3
	Bronze	Loren	Mead	Falls Church	:52.8
	4	Phil	Case	Springfield	:55.0
	5	John	Gouldin	Annandale	1:09.0
90 - 94	Gold	William	Kennedy	Springfield	1:22.0

SWIMMING – 50 YARD BACKSTROKE – WOMEN

50 - 54	Gold	MacKenzie	Kearney	Arlington	:41.2
	Silver	Margie	Golden	Alexandria	:41.7
55 - 59	Gold	Lynn	Wymelenberg	Reston	:46.4
	Silver	Bobbe	Duquette	Herndon	:51.6
	Bronze	Susan	Bliestein	Springfield	:52.0
		Winnie	Thong	Fairfax	1:06.0
60 - 64	Gold	Susan	Maguire	Arlington	:38.0*
	Silver	Patricia	Lengle	Arlington	:41.5
	Bronze	Carol	Mackela	Arlington	:57.0
	4	Anne	Christenson	Falls Church	1:02.0
65 - 69	Gold	Gail	Johnson	Gainesville	1:03
	Silver	Peg	Pankowski	Fairfax	1:05
	Bronze	Barb	Happ	Gainesville	1:11
	4	Jennifer	Johnston	Annandale	1:32

SWIMMING – 50 YARD BACKSTROKE – WOMEN Cont'd

70 - 74	Gold	Carmen	Decarli	McLean	:55.7
	Silver	Jane	Geison	Haymarket	1:04.0
	Bronze	Pat	Cook	Falls Church	1:26.0
75 - 79	Gold	Joyce	Tobias	Haymarket	1:18.0
	Silver	Marie Beth	Hall	Leesburg	1:21.0
85 - 89	Gold	Minna	Hamner	Fairfax Station	1:22.0
90 - 94	Gold	Joan	Doupe	Falls Church	1:10.0*
	Silver	Doris	Kumar	Fairfax	1:23.0

SWIMMING – 50 YARD BACKSTROKE – MEN

50 - 54	Gold	Bret	Bailey	Herndon	:36.1
	Silver	Gerald	McCullin	Fairfax	:57.4
55 - 59	Gold	Douglas	Hill	Woodbridge	:44.0
60 - 64	Gold	Bruce	Fisher	Fairfax	:35.6
	Silver	John	Carten	Arlington	:44.0
	Bronze	James	Lengle	Arlington	:46.8
	4	Thomas	Garasic	Manassas	:48.0
	5	Eiji	Yasuhara	Sterling	:48.7
65 - 69	Gold	Charles	Kleymeyer	Arlington	:49.0
70 - 74	Gold	Rufus	Harris	Fairfax Station	:42.0
	Silver	Leo	Deege	Vienna	:46.8
	Bronze	Herb	Levitan	Arlington	:52.9
	4	Carlos	Rodriguez	Dumfries	:56.2
	5	Kenneth	Weinzapfel	Gainesville	:56.8
	6	Kenton	Pattee	Fairfax	:58.4
75 - 79	Gold	Niel	Sween	Vienna	:43.5
	Silver	Paul	Gesswein	Great Falls	:52.3
	Bronze	Ron	Farra	Bristow	:57.0
	4	Elmer	Premo	Arlington	1:33.0
80 - 84	Gold	Lou	Brown	Leesburg	:53.8
	Silver	Phil	Case	Springfield	:54.6
	Bronze	John	Gouldin	Annandale	1:07.5
	4	Gilbert	Robinson	McLean	1:17.0
	5	Loren	Mead	Falls Church	1:26.0

SWIMMING – HALF MILE – 900 YARDS - WOMEN

50 - 54	Gold	Margie	Golden	Alexandria	15:19
	Silver	Mary Ann	McGrail	Leesburg	23:24
55 - 59	Gold	Lynn	Wymelenberg	Reston	13:31
	Silver	Abigail	Friedman	Arlington	14:29
	Bronze	Susan	Davies	Arlington	18:05
	4	Xiaoxin	Li	Fairfax	18:55

SWIMMING – HALF MILE – 900 YARDS – WOMEN Cont'd

60 - 64	Gold	Patricia	Lengle	Arlington	15:16*
	Silver	Carol	Mackela	Arlington	22:18
	Bronze	Anne	Christenson	Falls Church	22:25
65 - 69	Gold	Marie	Baumann	Arlington	17:55
	Silver	Peg	Pankowski	Fairfax	18:53
	Bronze	Barb	Happ	Gainesville	23:59
	4	Jennifer	Johnston	Annandale	25:09
	5	Gail	Johnson	Gainesville	29:35
70 - 74	Gold	Carmen	Decarli	McLean	22:04
	Silver	Pat	Cook	Falls Church	27:12
75 - 79	Gold	Joyce	Tobias	Haymarket	28:12
	Silver	Marie Beth	Hall	Leesburg	31:07

SWIMMING – HALF MILE – 900 YARDS - MEN

50 - 54	Gold	Mark	Harris	Alexandria	11:08*
	Silver	Bret	Bailey	Herndon	11:39
	Bronze	John	Williamson	Woodbridge	20:43
55 - 59	Gold	Douglas	Hill	Woodbridge	16:46
60 - 64	Gold	Bruce	Fisher	Fairfax	12:55
	Silver	James	Hill	Springfield	13:26
	Bronze	Jim	Donahue	Oakton	14:05
	4	James	Lengle	Arlington	15:41
65 - 69	Gold	Charles	Kleymeyer	Arlington	20:35
70 - 74	Gold	Rufus	Harris	Fairfax Station	15:45
	Silver	Herb	Levitan	Arlington	16:52
	Bronze	George	Brockway	Arlington	17:28
	4	Leo	Deege	Vienna	19:14
	5	Kenton	Pattee	Falls Church	23:05
	6	Tim	Johnston	Annandale	23:07
	7	Carlos	Rodriguez	Dumfries	25:33
75 - 79	Gold	Paul	Gesswein	Great Falls	23:06
	Silver	James W.C.	Chang	Oakton	28:09
80 - 84	Gold	Lou	Brown	Leesburg	20:57
	Silver	John	Alleva	Fairfax	21:08
	Bronze	Loren	Mead	Falls Church	23:04

TABLE TENNIS – WOMEN

50 - 59	Gold	Jenny Chang	Lang	McLean
	Silver	Im-Sook	Kim	Springfield
60 - 69	Gold	Xiang Mei	Gu	Falls Church
	Silver	Karen	Scheer	Arlington

TABLE TENNIS – WOMEN Cont'd

70 - 79	Gold Silver Bronze 4	Lilas Rose Sun Y. Kyoung	Samirad Katz Yang Kang	Lansdowne Annandale Arlington Springfield
80 - 89	Gold	Gaby	Kloiber	Woodbridge

TABLE TENNIS – MEN

50 – 59	Gold Silver Bronze 4 5 5	John Graham Walter Marty Jaime Jackie	Olsen Copp Weber Willis Chica Surratt	Annandale Leesburg Alexandria Falls Church Leesburg Alexandria
60 – 69	Gold Silver Bronze 4 5 5	Hak Sung John Ernest Allan Thomas Kevin	Hwang Papp Krapfl Kellum Garasic Morley	Herndon Nokesville Woodbridge McLean Manassas Clifton
70 – 79	Gold Silver Bronze 4 5 5 5 5 5	Hae Mun Edward Ram Gerhard Andrew Indra Xuewu Rajendra Yousef	Byun Scaccio Krisn Jung Dixon Gupta Ma Prasad Saah	Alexandria Dumfries Ashburn Woodbridge Fairfax Centreville Herndon Sterling Fairfax
80 - 89	Gold Silver Bronze 4	John Arthur Gilbert Roland	Gouldin Carroll Robinson Dionne	Annandale Fairfax McLean Lansdown

TENNIS - SINGLES – WOMEN

50-59	Gold	Winnie	Thong	Fairfax
60-69	Gold	Annette	Langley	Annandale
80-89	Gold	Sun	Yang	Arlington

TENNIS - SINGLES – MEN

50-59	Gold	James	Callan	Arlington
60-69	Gold	Bob	Drosdzal	Leesburg
80-89	Gold	Norman	Williams	Vienna
90-99	Gold	Donald	Brooks	Potomac Falls

TENNIS - DOUBLES - WOMEN

70 - 79	Gold Gold	Ellen Nancy	Fendley Mullen	Dumfries Dumfries
	Silver Silver	Jewel Trish	Emswiler Ward	Leesburg Ashburn

TENNIS - DOUBLES - MEN

50 – 59	Gold Gold	Bob Cecil	Howe Case	Alexandria Fairfax Station
	Silver Silver	Peter John	Guss Lind	Warrenton Manassas
	Bronze Bronze	Alain Larry	Sawicki Blair	Bristow Bristow
60 – 69	Gold Gold	Donald Andy	Tomb Leighton	Arlington Arlington
	Silver Silver	Jim John	Noriega Lee	Burke Springfield
	Bronze Bronze	Sam Barry	Bedford Herman	Nokesville Manassas
70 – 79	Gold Gold	Ed Duff	Ladd Rice	Potomac Falls Potomac Falls
80 - 89	Gold Gold	Phil Bob	Doherty Barnard	Burke Annandale
	Silver Silver	Phil Owen	Case Jacobs	Springfield Manassas

TENNIS - MIXED DOUBLES

50 – 59	Gold Gold	Sally Kevin	Garrahan Garrahan	Fairfax Station Fairfax Station
	Silver Silver	Sachi Jim	Pilkenton Viggiani	Alexandria Manassas
60 – 69	Gold Gold	Merry Peter	Macke Koenig	Springfield Annandale
	Silver Silver	Lana Jim	Shnekendorf Fuller	Burke Burke

70 - 79	Gold Gold	Nancy Jim	Durgan Scott	Clifton Springfield
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WII BOWLING - WOMEN

50 - 59	Gold	Sue	Thaler	Arlington	526
60 - 69	Gold	Vickie	Lambert	Springfield	726
	Silver	Andrea	Strosnider	Alexandria	558
	Bronze	Sharon	Steen	Alexandria	526
	4	Helga	Flory	Falls Church	447
	5	Fran	Dudick	Arlington	422
70 - 79	Gold	Lillian	Wachter	Springfield	656
	Silver	Sofia	Henriquez	Arlington	608
	Bronze	Dona	Hobbs	Lake Ridge	592
	4	Susan	Barrick	Springfield	576
	5	Violet	Fenty	Arlington	564
	6	Betty	Seybold	Lake Ridge	524
	7	Shirley	Crist	Lake Ridge	478
	8	Victoria	Morriberon	Arlington	477
	9	Loretta	Jefferson	Alexandria	419
80 - 89	Gold	Joan	Matteson	Springfield	827*
	Silver	Helen	Moot	Springfield	754
	Bronze	Anne	Genakos	Alexandria	705
	4	Marjorie	Lawrence	Falls Church	661
	5	Willa Mae	Graham	Arlington	654
	6	Joyce	Knapp	Alexandria	606
	7	Viola	Hancock	Springfield	586
	8	Marcy Rollin	Guillod	Sterling	562
	9	Barbara	Ashton	Springfield	560
	10	Jeannine	Hazard	Springfield	527
	11	Harriett	Way	Lake ridge	516
	12	Ruth	Burack	Potomac Falls	498
	13	Mamie	Feamster	Arlington	491
	14	Helen	Henderson	Falls Church	490
	15	Doris	Kaplan	Alexandria	465
	16	Eva	Collins	Alexandria	449
	17	Emily	Martin	Lake Ridge	442
	18	Ruth	Hare	Alexandria	438
	19	Gloria	Bachurski	McLean	406
	20	Marcia	Dake	Springfield	377

WII BOWLING - WOMEN Cont'd

90 - 99	Gold	Mildred	Toth	Falls Church	552*
	Silver	Josephine	Steele	Alexandria	536
	Bronze	Helen	Deardorff	McLean	502
	4	Jane	Richardson	Potomac Falls	491
	5	Maria	Kennedy	Alexandria	486
	6	Cecelia	Noonan	Potomac Falls	476

WII BOWLING - MEN

60 - 69	Gold	Clinton	Lambert	Springfield	666*
	Silver	Arland	Long	Alexandria	551
	Bronze	Rene	Roger	Alexandria	530
	4	Charles	McCottry	Arlington	461
70 - 79	Gold	Ed	Ladd	Potomac Falls	706
	Silver	Richard (Dick)	Stohr	Springfield	510
	Bronze	Jack	Martin	Falls Church	472
80 - 89	Gold	George	Tateosian	Springfield	657
	Silver	Ted	Campbell	Springfield	621
	Bronze	Edward	Solomon	Springfield	604
	4	Jay	Parsons	Springfield	533
90 - 99	Gold	Joseph	Sahaj	Alexandria	623*
	Silver	Raymond	Kaminski	Springfield,	586
	Bronze	Robert	Zikowitz	Springfield	545
	4	Clyde	Ridgely	Alexandria	456

YO YO- WOMEN

70 +	Gold	Carla	Convey	Alexandria	10 (Beginner)
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YO YO- MEN

50 - 69					
Advanced	Gold	Dan	Lock	Fairfax	31
70+					
Novice	Gold	Dante	Simbulan	Burke	19
Advanced	Gold	Roger	Webb	Alexandria	21

TRACK & FIELD

LONG JUMP, STANDING - WOMEN

50 - 54	Gold	Kathryn	Underhill	Vienna	6' 2"
55 - 59	Gold Silver	Keg Marianne	Good Simonton	Woodbridge Vienna	6' 0" 4' 7.75"
60 - 64	Gold	Charlotte	Perdue	Arlington	5' 0"
65 - 69	Gold Silver	Gail Margaret	Johnson DeWilde	Gainesville Dumfries	3' 8.75" 3' 4.5"
70 - 74	Gold	Margaret	Anderson	Springfield	2' 11"
75 - 79	Gold	Alease	Brooks	Arlington	3' 0"
90 - 94	Gold	Jean W.	Burdell	Springfield	0' 8"

LONG JUMP, STANDING - MEN

50 - 54	Gold	Marty	Willis	Falls Church	6' 2.5"
55 - 59	Gold Silver	Douglas Robert	Hill Bilko	Woodbridge Fairfax	6' 6.5" 6' 3.25"
60 - 64	Gold Silver Bronze 4 5 6	John Charles Gerard John Wendell Jerome	Scurto Appler Nezet Carten Williams Jackson	Oakton Springfield Arlington Arlington Warrenton Fairfax	7' 9" 7' 2.25" 6' 4" 6' 1" 6' 0" 5' 11.75"
65 - 69	Gold Silver Bronze 4 5 6	Robert Charles Gordon John James Joe	Eaheart Kleymeyer Lusby Cordyack Spencer Jackson	Springfield Arlington Springfield Reston Alexandria Alexandria	6' 7" 6' 0.5" 6' 0" 5' 9" 5' 8" 5' 5.75"
70 - 74	Gold Silver Bronze 4	Bernie Parviz Carlos Herb	Stamm Youssefi Rodriguez Levitan	Ashburn Gainesville Dumfries Arlington	7' 1" 6' 8" 5' 8.75" 4' 5.5"
75 - 79	Gold Silver Bronze	Charles William Richard	Toftoy Nehrke Ernst	Arlington Arlington Springfield	4' 6" 4' 6" (J) 2' 5"
80 - 84	Gold Silver	Dante William	Simbulan Wieand	Burke McLean	5' 5.5" 4' 6.5"

LONG JUMP, RUNNING - WOMEN

55 - 59	Gold Silver	Keg Marianne	Good Underhill	Woodbridge Vienna	8' 5.75" 4' 5.25"
60 - 64	Gold	Charlotte	Perdue	Arlington	8' 0.25"

LONG JUMP, RUNNING – WOMEN Cont'd

65 - 69	Gold	Gail	Johnson	Gainesville	3' 2.5"
75 - 79	Gold	Alease	Brooks	Arlington	4' 8.5"
90 - 94	Gold	Jean W.	Burdell	Springfield	2' 0" *

LONG JUMP, RUNNNG – MEN

50 - 54	Gold	Marty	Willis	Falls Church	8' 3.75"
55 - 59	Gold Silver	Robert Douglas	Bilko Hill	Fairfax Woodbridge	11' 2.75" 11' 0"
60 - 64	Gold Silver Bronze 4	Wendell John Charles John	Williams Scurto Appler Carten	Warrenton Oakton Springfield Arlington	11' 10" 11' 7.5" 11' 4.5" 8' 10"
65 - 69	Gold Silver Bronze 4	Robert Charles Gordon Joe	Eaheart Kleymeyer Lusby Jackson	Springfield Arlington Springfield Alexandria	11' 8" 9' 7" 8' 10.5" 6' 11"
70 - 74	Gold Silver Bronze	Parviz Carlos Herb	Youssefi Rodriguez Levitan	Gainesville Dumfries Arlington	10' 1.5" 7' 1" 4' 4.5"
75 - 79	Gold Silver	William Richard	Nehrke Ernst	Arlington Springfield	4' 11.75" 3' 7"
80 - 84	Gold	Dante	Simbulan	Burke	6' 4"

HIGH JUMP – WOMEN (New in 2012)

50 - 54	Gold	Mary	Fowler	Alexandria	4' 2" *
60 - 64	Gold	Charlotte	Perdue	Arlington	3' 2" *

HIGH JUMP – MEN (New in 2012)

60 - 64	Gold Silver	Charles George Gerard	Appler Marmorino Nezet	Springfield Alexandria Arlington	3' 10" * 3' 8" 0' 0"
65 - 69	Gold	Robert	Eaheart	Springfield	4' 0" *
70 - 74	Gold Gold Bronze	Bernie Parviz Herb	Stamm Youssefi Levitan	Ashburn Gainesville Arlington	4' 0" * 4' 0" * 3' 6"

MINI JAVELIN THROW – WOMEN

55- 59	Gold	Keg	Good	Woodbridge	47' 1"
60 - 64	Gold	Charlotte	Perdue	Arlington	25' 9"
65 - 69	Gold	Gail	Johnson	Gainesville	27' 6"
75 - 79	Gold	Alease	Brooks	Arlington	18' 2"
90 - 94	Gold	Carla	Convery	Arlington	10' 9"

MINI JAVELIN THROW - MEN

50 - 54	Gold	John	Williamson	Woodbridge	58' 8"
55 - 59	Gold	Douglas	Hill	Woodbridge	86' 2"
	Silver	Robert	Bilko	Fairfax	41' 3"
60 - 64	Gold	Thomas	Garasic	Manassas	85' 6"
	Silver	George	Marmorino	Alexandria	71' 1"
	Bronze	Charles	Appler	Springfield	66' 4"
65 - 69	Gold	Thomas	Sullivan	Oakton	82' 5"
	Silver	Norbert (Bud)	Commons	Ashburn	69' 10"
	Bronze	Robert	Eaheart	Springfield	62' 7"
	4	Victor	Litwinski	McLean	58' 10"
70 - 74	Gold	Bernie	Stamm	Ashburn	98' 7" *
	Silver	Dennis	Mong	Warrenton	84' 0"
	Bronze	Peter	Andrews	McLean	77' 0"
	4	Richard	Santos	Great Falls	64' 0"
	5	Herb	Leviton	Arlington	48' 2"
	6	Richard (Dick)	Stohr	Springfield	32' 6"
75 - 79	Gold	Ezzat	Pashai	Fairfax	75' 10"
	Silver	Chuck	Toftoy	Arlington	46' 4"
	Bronze	William	Nehrke	Arlington	44' 0"
	4	Elmer	Premo	Arlington	41' 4"
80 - 84	Gold	William	Wieand	McLean	41' 4"
	Silver	Dante	Simbulan	Burke	37' 10"
85 - 89	Gold	Charles	Pistorino	McLean	50' 9"
90 - 94	Gold	Charlie	Edwards	Springfield	23' 2"
95 - 99	Gold	J.R.	Cassidy	Manassas	14' 9"

SHOT PUT - WOMEN

50 - 54	Gold	Karen	Mahoney	Oakton	23' 5"
	Silver	Kathryn	Underhill	Vienna	22' 9.75"
55 - 59	Gold	Marianne	Simonton	Vienna	23' 0.75"
60 - 64	Gold	Charlotte	Perdue	Arlington	18' 5"
85 - 89	Gold	Josephine	Stewart	Manassas	18' 8.75"

SHOT PUT - MEN

50 - 54	Gold	John	Williamson	Woodbridge	23' 6.5"
55 - 59	Gold	Douglas	Hill	Woodbridge	25' 0.25"
	Silver	Robert	Bilko	Fairfax	19' 1.75"
60 - 64	Gold	George	Marmorino	Alexandria	31' 1"
	Silver	Charles	Appler	Springfield	28' 1"
65 - 69	Gold	Thomas	Sullivan	Oakton	30' 6"
	Silver	Victor	Litwinski	McLean	27' 4"
	Bronze	Gordon	Lusby	Springfield	25' 0.5"

SHOT PUT - MEN		Cont'd			
70 - 74	Gold	Bernie	Stamm	Ashburn	33' 4.75"
	Silver	Frederick	Hacker	Springfield	27' 7"
	Bronze	Peter	Andrews	McLean	26' 4.75"
	4	Richard	Santos	Great Falls	24' 6"
	5	Herb	Levitan	Arlington	17' 0.75"
75 - 79	Gold	Ezzat	Pashai	Fairfax	31' 11.75"
	Silver	William	Nehrke	Arlington	19' 5.25"
	Bronze	Elmer	Premo	Arlington	17' 9"
80 - 84	Gold	Dante	Simbulan	Burke	21' 3.25"
	Silver	William	Wieand	McLean	19' 7.5"
85 - 89	Gold	Charles	Pistorino	McLean	21' 3.5"
90 - 94	Gold	Charlie	Edwards	Springfield	12' 10.5"

DISCUS - WOMEN

50 - 54	Gold	Karen	Mahoney	Oakton	55' 5"
65 - 69	Gold	Gail	Johnson	Gainesville	34' 7"
85 - 89	Gold	Josephine	Stewart	Manassas	33' 4"

DISCUS - MEN

55 - 59	Gold	Douglas	Hill	Woodbridge	48' 2"
60 - 64	Gold	George	Marmorino	Alexandria	106' 2"
	Silver	Thomas	Garasic	Manassas	63' 4"
	Bronze	Charles	Appler	Springfield	59' 4"
65 - 69	Gold	Thomas	Sullivan	Oakton	101' 2"
	Silver	Victor	Litwinski	McLean	75' 9"
70 - 74	Gold	Peter	Andrews	McLean	93' 11"
	Silver	Bernie	Stamm	Ashburn	79' 2"
	Bronze	Richard	Santos	Great Falls	68' 5"
	4	Parviz	Youssefi	Gainesville	66' 8"
75 - 79	Gold	Ezzat	Pashai	Fairfax	90' 6"
	Silver	William	Nehrke	Arlington	42' 10"
	Bronze	Elmer	Premo	Arlington	42' 4"
	4	Richard	Ernst	Springfield	27' 3"
80 - 84	Gold	Dante	Simbulan	Burke	47' 7"
85 - 89	Gold	Charles	Pistorino	McLean	56' 0"
90 - 94	Gold	Charlie	Edwards	Springfield	28' 2"

TRACK – 60 METER RUN – WOMEN

50 - 54	Gold	Danita	Moses	Alexandria	9.94
	Silver	Denise	Smith-Haynes	Warrenton	10.07
55 - 59	Gold	Keg	Good	Woodbridge	10.12
	Silver	Barbara	Saffir	McLean	11.16
60 - 64	Gold	Lynnea	Salvo	McLean	11.50
	Silver	Charlotte	Perdue	Arlington	12.00
	Bronze	Anne	Christenson	Falls Church	12.43
65 - 69	Gold	Mary	White	Arlington	10.15
	Silver	Marilyn	Barnes	Reston	12.93
	Bronze	Frances	Raiford	Arlington	15.00
70 - 74	Gold	Mandy	Whalen	Alexandria	17.63
	Silver	Carrie	Griffith	Waterford	17.97
80 - 84	Gold	Valma	Greer	Alexandria	17.96
85 - 89	Gold	Josephine	Stewart	Manassas	13.06
	Silver	Eva	Sorenson	Alexandria	26.00

TRACK – 60 METER RUN - MEN

50 - 54	Gold	David	Hobbs	Arlington	8.01 *
	Silver	Anthony	Thomas	Manassas Park	8.03
	Bronze	Tom	Flaherty	Vienna	8.03+
	4	Patrick	Clark	Fairfax	8.07
	5	Marty	Willis	Falls Church	8.78
55 - 59	Gold	Douglas	Hill	Woodbridge	9.00
	Silver	Michael	Kappel	Arlington	9.22
60 - 64	Gold	Schuyler	Webb	Arlington	8.18
	Silver	Wendell	Williams	Warrenton	8.85
	Bronze	John	Carten	Arlington	9.50
	4	John	Scurto	Oakton	9.56
65 - 69	Gold	Doyle	Talkington	Haymarket	10.13
	Silver	John	Phillips	Arlington	10.13+
	Bronze	James	Spencer	Alexandria	11.00
	4	John	Cordyack	Reston	11.37
	5	Joe	Jackson	Alexandria	13.84
70 - 74	Gold	Peter	Andrews	McLean	9.50*
	Silver	Charles	Sponsler	Fairfax	10.19
	Bronze	Carl L.	Henningsen	Arlington	16.78
	4	Herb	Levitan	Arlington	18.47
75 - 79	Gold	William	Nehrke	Arlington	15.81
	Silver	Richard	Ernst	Springfield	16.28
	Bronze	Elmer	Premo	Arlington	20.62

TRACK – 60 METER RUN – MEN Cont'd

80 - 84	Gold	Kent	Halstead	Arlington	11.94
	Silver	Leonard	Kalkwarf	Springfield	18.13
85 - 89	Gold	John	Martin	Ashburn	13.78

TRACK – 200 METER RUN – WOMEN

55 - 59	Gold	Keg	Good	Woodbridge	38.78
	Silver	Marianne	Simonton	Vienna	51.72
60 - 64	Gold	Charlotte	Perdue	Arlington	42.00
	Silver	Anne	Christenson	Falls Church	47.06
65 - 69	Gold	Mary	White	Arlington	41.15*
	Silver	Frances	Raiford	Arlington	66.32
70 - 74	Gold	Mandy	Whalen	Alexandria	66.33
85 - 89	Gold	Josephine	Stewart	Manassas	51.72 *

TRACK – 200 METER RUN - MEN

50 - 54	Gold	F. Greg	Thomas	Arlington	29.28
	Silver	Tom	Flaherty	Vienna	29.63
	Bronze	Marty	Willis	Falls Church	34.12
	4	Arthur	Skaer	South Riding	35.44
55 - 59	Gold	Clifton	Anderson	Warrenton	31.63
	Silver	Douglas	Hill	Woodbridge	32.84
	Bronze	Michael	Kappel	Arlington	33.53
	4	Robert	Bilko	Fairfax	36.28
60 - 64	Gold	Wendell	Williams	Warrenton	30.00
	Silver	John	Carten	Arlington	33.50
	Bronze	Jay	Wind	Arlington	47.53
65 - 69	Gold	Joseph	Segal	Falls Church	35.44
	Silver	John	Phillips	Arlington	35.62
	Bronze	Doyle	Talkington	Haymarket	36.88
	4	James	Spencer	Alexandria	39.28
	5	Norbert (Bud)	Commons	Ashburn	57.59
70 - 74	Gold	Peter	Andrews	McLean	33.56*
	Silver	Charles	Sponsler	Fairfax	37.13
	Bronze	Herb	Levitan	Arlington	55.63
75 - 79	Gold	Hyung	Park	Springfield	42.56
	Silver	Robert	Hannah	Oakton	45.93
	Bronze	William	Nehrke	Arlington	68.00
	4	Elmer	Premo	Arlington	88.53
80 - 84	Gold	Kent	Halstead	Arlington	48.66

TRACK – 400 METER RUN - WOMEN

55 - 59	Gold	Brenda	Pennington	McLean	1:46
60 - 64	Gold	Hannah	Phillips	Alexandria	1:29
	Silver	Charlotte	Perdue	Arlington	1:45
	Bronze	Anne	Christenson	Falls Church	1:51
70 - 74	Gold	Carrie	Griffith	Waterford	2:25*
	Silver	Mandy	Whalen	Alexandria	2:28

TRACK – 400 METER RUN - MEN

50 - 54	Gold	Marty	Willis	Falls Church	1:23
	Silver	Arthur	Skaer	South Riding	1:24
55 - 59	Gold	Clifton	Anderson	Warrenton	1:12
	Silver	Michael	Zawadzki	Falls Church	1:15
	Bronze	Joe	Lerner	Arlington	1:21
	4	Robert	Bilko	Fairfax	1:25
60 - 64	Gold	John	Carten	Arlington	1:25
	Silver	Jay	Wind	Arlington	1:30
	Bronze	John	Birch	Woodbridge	1:32
65 - 69	Gold	Doyle	Talkington	Haymarket	1:36
	Silver	Norbert (Bud)	Commons	Ashburn	2:29
70 - 74	Gold	Peter	Andrews	McLean	1:21*
	Silver	Charles	Sponsler	Fairfax	1:35
	Bronze	Brian	Forst	Reston	1:43
	4	Herb	Leviton	Arlington	2:09
75 - 79	Gold	Hyung	Park	Springfield	1:47
	Silver	William	Nehrke	Arlington	3:01
80 - 84	Gold	Kent	Halstead	Arlington	2:17

TRACK – 800 METER RUN - WOMEN

60 – 64	Gold	Hannah	Phillips	Alexandria	3:30
	Silver	Anne	Christenson	Falls Church	4:31
70 - 74	Gold	Mandy	Whalen	Alexandria	6:12*

TRACK – 800 METER RUN - MEN

50 - 54	Gold	Stephan	Moretti	Springfield	2:32
	Silver	Marty	Willis	Falls Church	3:28
55 - 59	Gold	Clifton	Anderson	Warrenton	2:50
	Silver	Ed	Binczewski	Arlington	2:51
	Bronze	Michael	Zawadzki	Falls Church	3:22
	4	Robert	Bilko	Fairfax	3:26
	5	Paul	Henry	Annandale	3:35
60 - 64	Gold	Jay	Wind	Arlington	3:02
	Silver	John	Birch	Woodbridge	3:39

TRACK – 800 METER RUN – MEN Cont'd

65 - 69	Gold	Jason	Page	Hamilton	2:47
	Silver	Stephen	Banks	Springfield	3:14
	Bronze	Doyle	Talkington	Haymarket	4:05
	4	Norbert (Bud)	Commons	Ashburn	5:30
70 - 74	Gold	Brian	Forst	Reston	4:02
	Silver	Herb	Levitan	Arlington	6:38
75 - 79	Gold	Frank	Green	Annandale	4:05
	Silver	Terry	McCarthy	Leesburg	4:07
	Bronze	Hyung	Park	Springfield	4:13
	4	Roger	Webb	Alexandria	6:38

TRACK – 1600 METER RUN – WOMEN

55 - 59	Gold	Barbara	Williamson	Woodbridge	8:24
	Silver	Barbara	Saffir	McLean	8:26
60 - 64	Gold	Hannah	Phillips	Alexandria	7:37*
	Silver	Anne	Christenson	Falls Church	9:16
	Bronze	Patricia	Canestra-Heenan	Arlington	10:48
70 - 74	Gold	Mandy	Whalen	Alexandria	12:38*

TRACK – 1600 METER RUN – MEN

50 - 54	Gold	Ted	Poulos	McLean	5:30 *
	Silver	Mark	Harris	Alexandria	5:36
	Bronze	Stephan	Moretti	Springfield	5:41
	4	Keith	Anderson	woodbridge	5:54
	5	Mark	Girard	Falls Church	5:57
	6	Jaime	Chica	Leesburg	6:52
	7	Marty	Willis	Falls Church	7:24
	8	Douglas	Hartman	Springfield	7:26
55 - 59	Gold	Clifton	Anderson	Warrenton	5:54*
	Silver	Peter	Blank	Annandale	6:54
	Bronze	Paul	Henry	Annandale	7:44
65 - 69	Gold	Jason	Page	Hamilton	6:02
	Silver	Stephen	Banks	Springfield	7:03
	Bronze	Doyle	Talkington	Haymarket	8:41
70 - 74	Gold	Brian	Forst	Reston	8:37 *
	Silver	G. Stan	Brown	Fairfax	9:35.5
	Bronze	Herb	Levitan	Arlington	9:35.6
75 - 79	Gold	Terry	McCarthy	Leesburg	8:50
80 - 84	Gold	Peter	Han	Alexandria	9:17

TRACK – 400 METER WALK – WOMEN (New in 2012)

55 - 59	Gold	Keg	Good	Woodbridge	2:46 *
	Silver	Esther	Petrilli-Massey	Arlington	2:53
65 - 69	Gold	Gail	Johnson	Gainesville	3:21 *
	Silver	Evelyn	Walters	Alexandria	4:56
70 - 74	Gold	Carrie	Griffith	Waterford	3:01 *
	Silver	Mandy	Whalen	Alexandria	3:12
	Bronze	Mary	D'Alessandris	Falls Church	3:31
75 - 79	Gold	Barbara	Curran	Purcellville	3:24 *
	Silver	Alease	Brooks	Arlington	3:41
80 - 84	Gold	Jean	Dawson	Purcellville	3:29 *

TRACK – 400 METER WALK – MEN (New in 2012)

50 - 54	Gold	Marty	Willis	Falls Church	2:55 *
55 - 59	Gold	Rob	Aaront	Centreville	2:32 *
	Silver	Robert	Bilko	Fairfax	2:49
60 - 64	Gold	Thomas	Agustine	Woodbridge	2:24 *
	Silver	Elmer	Crippin	Alexandria	3:18
65 - 69	Gold	Gerald	Cantor	Springfield	2:34 *
	Silver	Charles	Kleymeyer	Arlington	2:48
70 - 74	Gold	Brian	Forst	Reston	2:42 *
	Silver	Herb	Levitan	Arlington	2:50
	Bronze	James	Weber	Falls Church	2:55
75 - 79	Gold	Roger	Webb	Alexandria	2:55 *
	Silver	Charles	Toftoy	Arlington	3:07
80 - 84	Gold	Tom	Quinn	Arlington	2:59 *
	Silver	Kent	Halstead	Arlington	2:60
	Bronze	William	Wieand	McLean	3:37

TRACK – 800 METER WALK – WOMEN

50 - 54	Gold	Betty	Williams	Manassas	5:50 *
55 - 59	Gold	Keg	Good	Woodbridge	5:41
	Silver	Brenda	Pennington	McLean	5:51
60 - 64	Gold	Kathleen	Stansfield	Woodbridge	6:34
65 - 69	Gold	Carole	Yoho	Vienna	6:35
	Silver	Nancy	Otis	Arlington	7:14
70 - 74	Gold	Carrie	Griffith	Waterford	6:18
	Silver	Mandy	Whalen	Alexandria	6:32
	Bronze	Mary	D'Alessandris	Falls Church	7:14
75 - 79	Gold	Barbara	Curran	Purcellville	7:14
	Silver	Alease	Brooks	Arlington	7:24
80 - 84	Gold	Jean	Dawson	Purcellville	7:30

TRACK – 800 METER WALK – MEN

50 - 54	Gold	Marty	Willis	Falls Church	5:33
55 - 59	Gold	Rob	Aaront	Centreville	5:30
	Silver	Robert	Bilko	Fairfax	5:42
	Bronze	Riley	Geary	Arlington	6:04
60 - 64	Gold	Thomas	Agustine	Woodbridge	5:02 *
	Silver	Elmer	Crippin	Alexandria	6:40
65 - 69	Gold	John	Rubenacker	Fairfax Station	5:23
	Silver	Gerald	Cantor	Springfield	5:35
70 - 74	Gold	Brian	Forst	Reston	5:35
	Silver	Herb	Levitan	Arlington	5:49
	Bronze	James	Weber	Falls Church	5:53
	4	Carlos	Rodriguez	Dumfries	8:27
75 - 79	Gold	Roger	Webb	Alexandria	6:03
80 - 84	Gold	Tom	Quinn	Arlington	6:10 *
	Silver	Kent	Halstead	Arlington	6:27
	Bronze	Dave	Yoho	Vienna	6:35
	4	William	Wieand	McLean	7:22

TRACK – 1600 METER WALK – WOMEN

65 – 69	Gold	Carol	Banks	Springfield	13:45
	Silver	Gail	Johnson	Gainesville	13:48
70 - 74	Gold	Carrie	Griffith	Waterford	13:04
	Silver	Mandy	Whalen	Alexandria	13:49
75 - 79	Gold	Barbara	Curran	Purcellville	14:45

TRACK – 1600 METER WALK – MEN

50 – 54	Gold	Arthur	Skaer	South Riding	11:36
	Silver	Marty	Willis	Falls Church	11:43
55 – 59	Gold	Peter	Blank	Annandale	9:36
	Silver	Rob	Aaront	Centreville	11:21
	Bronze	Robert	Bilko	Fairfax	12:07
60 – 64	Gold	Thomas	Agustine	Woodbridge	10:22 *
	Silver	Elmer	Crippin	Alexandria	14:16
65 – 69	Gold	John	Rubenacker	Fairfax Station	11:56
	Silver	Gerald	Cantor	Springfield	12:39
70 – 74	Gold	Brian	Forst	Reston	11:10
	Silver	Herb	Levitan	Arlington	12:20
75 – 79	Gold	James W.C.	Chang	Oakton	11:44 *
	Silver	Roger	Webb	Alexandria	12:51
80 - 84	Gold	Tom	Quinn	Arlington	13:06 *
	Silver	Kent	Halstead	Arlington	14:04

TRACK – 3 MILE WALK – WOMEN

55 – 59	Gold	Alice	Swan	Arlington	37:33
60 – 64	Gold	Kathleen	Stansfield	Woodbridge	42:12
	Silver	Grace	Starbird	Falls Church	44:48
65 – 69	Gold	Carole	Yoho	Vienna	39:48
	Silver	Carol	Banks	Springfield	41:38
	Bronze	Ernestine	Jones	Falls Church	46:51
	4	Linda	Holtlander	Aldie	46:53
	5	Kristin	Krombein	Falls Church	48:42
	6	Dee	Hester	Burke	51:04
70 - 74	Gold	Judy	Bennett	Springfield	42:41
	Silver	Mandy	Whalen	Alexandria	42:45
	Bronze	Mary	D'Alessandris	Falls Church	46:18
	4	Mary	Cushmac	Alexandria	47:49
	5	Barbara	Farron	Lake Ridge	51:04

TRACK – 3 MILE WALK – MEN

50 – 54	Gold	Arthur	Skaer	South Riding	40:18
	Silver	Michael	Soler	Manassas	45:31
55 – 59	Gold	Riley	Geary	Arlington	41:16
	Silver	Rob	Aaront	Centreville	47:45
60 – 64	Gold	Jerome	Jackson	Fairfax	40:18
	Silver	Elmer	Crippin	Alexandria	47:45
65 – 69	Gold	Victor	Litwinski	McLean	34:29
	Silver	John	Rubenacker	Fairfax Station	36:01
70 – 74	Gold	Herb	Levitan	Arlington	37:35
	Silver	James	Weber	Falls Church	40:51
	Bronze	George	Cushmac	Alexandria	44:55
	4	Alton (Al)	Lamb	Alexandria	49:30
	5	William	Spengler	Woodbridge	51:37
75 – 79	Gold	Roger	Webb	Alexandria	38:45
	Silver	James W.C.	Chang	Oakton	39:19
80 – 84	Gold	Eduardo	Arriaga	Arlington	36:47 *
	Silver	Tom	Quinn	Arlington	40:23
	Bronze	Dave	Yoho	Vienna	40:47
	4	Leonard	Kalkwarf	Springfield	42:48
	5	Frank	Kelly	Fairfax	55:13
85 - 89	Gold	Jorge	Soler	Falls Church	45:31

NVSO Record Holders 1982-2012

Asterisk (*) Indicates tied or established new NVSO record in 2012

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	Archye 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

BAITCASTING - MEN

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	Charles Toftoy	Arlington	22	2008
75 - 79	John Schlogl	Springfield	9	1994
80 - 84	Paul Strickler	Falls Church	5	1991
85 - 89	Paul Strickler	Falls Church	1	1995
90 - 94	JR Cassidy	Manassas	5	2008

BASKETBALL FIELD GOALS - WOMEN (New in 2012)

50 - 59	Helen White	Arlington	8/20	2012*
60 - 69	Hannah Phillips	Alexandria	8/20	2012*

BASKETBALL FIELD GOALS - MEN (New in 2012)

50 - 59	Peter Martinson	Arlington	14/20	2012*
60 - 69	Charles Harris	Alexandria	13/20	2012*
70 - 79	William Nehrke	Arlington	12/20	2012*

BASKETBALL FREE THROW - WOMEN

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 - 89	Mary Boska	Alexandria	19/25	2007

BASKETBALL FREE THROW - MEN

50 - 54	Peter Brewington	Centreville	20/25	2011
55 - 59	Harold Skeins	Fairfax	25/25	1995
60 - 69	Harold Skeins	Fairfax	23/25	2002 & 2007
60 - 64	Harold Skeins	Fairfax	23/25	1999
65 - 69	Richard Smith	Springfield	24/25	1997
70 - 79	Andrew Dixon	Fairfax	22/25	2009
80 - 84	George Ryffel	Arlington	20/25	2000
85 - 90	JR Cassidy	Manassas	14/25	2005
90 - 94	JR Cassidy	Manassas	16/25	2006

BICYCLING - WOMEN

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
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BICYCLING - MEN

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

BOWLING - DUCK PIN - WOMEN

All Ages	Carla Convery	Alexandria	72	1983
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BOWLING - DUCK PIN - MEN

All Ages	Garland Suggs	Alexandria	92	1985
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BOWLING - TEN PIN - WOMEN

50 - 54	Rachael Frantum	Annandale	619	2009
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 - 89	Eva Sorenson	Alexandria	655	2012*

BOWLING - TEN PIN - MEN

50 - 54	Hector Martinez	Springfield	703	2002
55 - 59	Michael Knight	Falls Church	811	2010
60 - 64	Roy Rhodes	Alexandria	666	2010
65 - 69	Robert Foor	Alexandria	724	2009
70 - 74	John Melescue	Springfield	716	1995
75 - 79	Stan Segal	Fairfax	686	1987
80 - 84	John Sheppard	Falls Church	696	2011
85 - 90	Michael Curcio	Manassas	679	1998
90 - 94	Bob McNare	Falls Church	666	2010

CANASTA - WOMEN

All Ages	Mary Hamm	Manassas	22,815	1986
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CANASTA - MEN

All Ages	Francis Bordeaux	Sterling	23,430	1985
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CRIBBAGE - COED

All Ages	Paul McFarland	Springfield	12	2011
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CYCLING – 10K Time Trial – WOMEN

50-54	Ricki Gold	Arlington	18:19	2011
55-59	Hannah Phillips	Alexandria	21:31	2011
60-64	Rebecca Kite	Leesburg	22:04	2011
64-69	Barbara Happ	Gainesville	22:43	2011

CYCLING – 10K Time Trial – MEN

55-59	Howard Van Houten	Oakton	15:14	2011
60-64	Charles Baughman	Arlington	17:42	2011
65-69	David Jerome	Haymarket	16:39	2011
70-74	Herb Levitan	Arlington	19:40	2011
75-79	Terrence McCarthy	Leesburg	24:02.3	2012*
80-84	Walter Wingo	Arlington	20:15	2011

CYCLING – 20K Time Trial – WOMEN (New in 2012)

50-54	Margie Golden	Alexandria	39:54.8	2012*
55-59	Karen Sullivan	Arlington	37:55.6	2012*
60-64	Hannah Phillips	Alexandria	46:19.7	2012*
65-69	Lynn Saunders	Gainesville	47:19.7	2012*
70-74	Susan Lucas	Gainesville	40:49.4	2012*
75-79	Joyce Tobias	Haymarket	1:06:43.7	2012*

CYCLING – 20K Time Trial – MEN (New in 2012)

50-54	Jerry Reid	Arlington	38:03.2	2012*
55-59	Jim Gleason	Reston	32:28.3	2012*
60-64	Peter Berty	Arlington	36:54.1	2012*
65-69	David Jerome	Haymarket	38:46.9	2012*
70-74	Kenneth Weinzapfel	Gainesville	40:19.9	2012*
75-79	Terence McCarthy	Leesburg	48:06.0	2012*

DOMINOS - WOMEN

All Ages	Maria Tuazon	Falls Church	783	1995
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DOMINOS - MEN

All Ages	Jesus Santi	Springfield	362	1994
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FOOTBALL THROW – WOMEN (New in 2012)

55 – 59	Alice Swan	Arlington	54' 2"	2012*
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FOOTBALL THROW – MEN (New in 2012)

55 – 59	Willam Bowie	Reston	87' 7"	2012*
65 – 69	Don Sodo	Prince William	102' 9"	2012*
70 – 74	Frederick Hacker	Fairfax	104' 3"	2012*
75 – 79	Andrew Dixon	Fairfax	72' 10"	2012*

90 - 94	Charlie Edwards	Fairfax	26' 3"	2012*
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FRISBEE THROW - WOMEN

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 - 89	Carla Convery	Alexandria	56'10"	2005
90 - 99	Carla Convery	Alexandria	19' 3"	2010

FRISBEE THROW - MEN

50 - 59	Steve Goodwin	Arlington	156'7"	2012*
60 - 69	Charles Kley Meyer	Arlington	128'	2010
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 - 90	J.R. Cassidy	Manassas	99'	2000
90 - 94	J.R. Cassidy	Manassas	42' 1"	2007
95 - 99	J.R. Cassidy	Manassas	27' 7"	2012*

GOLF - GROSS SCORE - WOMEN

50-59	Rebecca Davis	Sumerduck	80	2010
60 - 69	Judie Armington	Arlington	90	2009
70 - 79	Myrna Fulton	Arlington	75	2008
80 - 89	Carolyn Caldwell	Alexandria	88	2009

GOLF - GROSS SCORE - MEN

50 - 59	William Somers	Arlington	69	2007
60 - 69	Harvey Doerksen	Fairfax	71	2009
70 - 79	Orland Van Bavel	Woodbridge	77	2002
80 - 89	Bill Yary	Alexandria	76	2009

GOLF - "PEORIA" NET SCORE - WOMEN (1982-1999)

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 (1982-1999)

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 - 89	Glen Swanson	Leesburg	69	1999

GOLF - "CALLAWAY " - NET SCORE - WOMEN (2000-Present)

50 - 59	Carol Blair	Reston	50	2000
60 - 69	Lazell Hunigan	Sterling	64	2000
70 - 79	Wanda Bridgman	Fairfax	63	2000
80 - 89	Boyce Price	Alexandria	74	2003

GOLF - "CALLAWAY" - NET SCORE - MEN (2000-Present)

50 - 59	Steve Brooks	Dale City	57	2006
60 - 69	Don Borcharding	McLean	49	2000
70 - 79	Jim Lemons	Vienna	51	2000
80 - 89	Sandy Grady	Reston	71	2009

MINIATURE GOLF - WOMEN

50 - 59	Audrey Bragg	Alexandria	40	2002
60 - 69	Polly Harrington	Falls Church	39	1992
70 - 79	Patricia Muschamp	Falls Church	44	2006
80 - 89	Birdie Hughes	Falls Church	40	1995
	Dorothy Segal	Fairfax	40	1995

MINIATURE GOLF - MEN

50 - 59	Ray Holt	Arlington	36	1994
60 - 69	Charlie Williams	Annandale	35	2012*
70 - 79	Richard Fitzgerald	Alexandria	40	2007
80 - 89	John Gouldin	Annandale	43	2012*
90+	William Keller	Lovettsville	48	2006

SCRABBLE - COED

All Ages	Jennifer Frum	Arlington	3 wins + 517	2011
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SOFTBALL HIT - WOMEN

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 - 89	Josephine Stewart	Manassas	70' 1"	2012*
90 +	Mary Lathram	Falls Church	66' 7"	2006

SOFTBALL HIT - MEN

50 - 54	Aivars Baumanis	Springfield	273' 0"	2008
55 - 59	Ray Holt	Arlington	261'	1994
60 - 64	Mike Coleman	Alexandria	245' 4"	2006
65 - 69	Thomas Sullivan	Fairfax	228' 10"	2012*
70 - 74	Al Smith	Fairfax	231' 7"	1999
75 - 79	Raymond Kaminski	Annandale	186'	1995
80 - 84	Raymond Kaminski	Annandale	166' 9"	1997
85 - 89	Andy Simko	Springfield	139' 7"	2006
90 - 94	Andy Simko	Springfield	125' 9"	2008
95 - 99	J.R. Cassidy	Manassas	79'	2011

SOFTBALL THROW - WOMEN

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 - 89	Bernie Kleinschmidt	Annandale	41' 9"	2008
90 - 94	Mary Lathram	Falls Church	32' 2"	2007
100+	Orpha Christenson	Falls Church	6' 0"	2009

SOFTBALL THROW - MEN

50 - 54	Aivars Baumanis	Springfield	151' 6"	2008
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 - 90	J.R. Cassidy	Manassas	99' 6"	2002
90 - 94	Ray Kaminski	Springfield	85' 7"	2008

95 - 99	J.R. Cassidy	Manassas	53'	2011
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SWIMMING - 50 YD BACKSTROKE - WOMEN

50 - 54	Andrea Haines	Alexandria	:37.83	1998
55 - 59	Andrea Haines	Alexandria	:38:46	2003
60 - 64	Susan Maguire	Arlington	:38.00	2012*
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 - 90	Carol Galbraith	Alexandria	1:00.75	2001
90 - 94	Mary Lathram	Falls Church	1:10.31	2006
	Joan Doupe	Falls Church	1:10	2012*

SWIMMING - 50 YD BACKSTROKE - MEN

50 - 54	Dan Meek	Arlington	:27.75	2008
55 - 59	Tom Scott	Woodbridge	:36.53	1995
60 - 64	Bruce Fisher	Fairfax City	:35.59	2012*
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	:46.74	2006
85 - 89	Chester Myslicki	McLean	:56.49	2006
90 - 94	Chester Myslicki	McLean	1:06:18	2011
95 - 99	J.R. Cassidy	Manassas	1:21:03	2011

SWIMMING - 50 YD BREAST STROKE - WOMEN

50 - 54	Andrea Haines	Alexandria	:46.06	1998
55 - 59	Joanne Leilich	Springfield	:41.54	1997
60 - 64	Susan Maguire	Arlington	:43.0	2012*
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 - 89	Minna Hammer	Fairfax Station	1:25.00	2009

SWIMMING - 50 YD BREAST STROKE - MEN

50 - 54	Dan Meek	Arlington	:31.47	2008
55 - 59	James Hill	Springfield	:34.35	2007
60 - 64	James Hill	Springfield	:37.48	2010
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 - 89	Mohammad Assareh	Alexandria	1:18.30	2010
90 - 94	Mohammad Assareh	Ashburn	1:18.97	2011

SWIMMING - DIVING - WOMEN

50 - 54	Madeline Fleckenstein	Arlington	193.1	2012*
55 - 59	Carol Mackela	Arlington	164.10	2008
60 - 64	Carol Mackela	Arlington	175.7	2012*
65 - 69	Cammie Nilles	Arlington	132.8	2012*

SWIMMING - DIVING - MEN

50 - 54	Roy Lewis	Arlington	185.1	2012*
55 - 59	Bobby Meeks	Arlington	253.25	2012*
60 - 64	Duane Clayton-Cox	Fairfax	192.45	2012*
70 - 74	Kim Alderman	Arlington	166.35	2012*
75 - 79	John Gouldin	Annandale	67.05	2010
80 - 84	John Gouldin	Annandale	94.4	2012*

SWIMMING - 50 YD FREESTYLE - WOMEN

50 - 54	Andrea Haines	Alexandria	:33.05	1998
55 - 59	Mary Schreiner	Annandale	:31.49	1998
60 - 64	Susan Maguire	Arlington	:33.0	2012*
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 - 89	Carol Galbraith	Alexandria	:51.97	2001
90 +	Mary Lathram	Falls Church	1:09.54	2006

SWIMMING - 50 YD FREESTYLE - MEN

50 - 54	Bret Bailey	Herndon	:26.46	2012*
55 - 59	Tom Scott	Woodbridge	:28.34	1995
60 - 64	Bruce Fisher	Sterling	:29.0	2012*
65 - 69	Roderick Uveges	McLean	:31.70	2011
70 - 74	Bert Kassell	Arlington	:32.47	1984
75 - 79	Bert Kassell	Arlington	:33.21	1988
80 - 84	James Glassco	Arlington	:36.47	2006
85 - 89	J.R. Cassidy	Manassas	:45.61	2001
90 +	J.R. Cassidy	Manassas	:57.46	2006

SWIMMING - HALF MILE - 900 YD - WOMEN

50 - 54	Maria-Angelica Cortes	Sterling	11:44.27	2005
55 - 59	Andrea Haines	Alexandria	12:34.72	2003
60 - 64	Patricia Lingle	Arlington	15:16	2012*
65 - 69	Marie Baumann	Arlington	16:30.31	2010
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 - 89	Carol Galbraith	Alexandria	19:08.57	2001

90 - 94	Mary Lathram	Falls Church	28:25.00	2007
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SWIMMING - HALF MILE – 900 YD - MEN

50 - 54	Mark Harris	Alexandria	11:08	2012*
55 - 59	James Hill	Springfield	12:29.61	2006
60 - 64	Willis Braswell	Arlington	11:32.07	2008
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	Richard Briesemeister	McLean	20:33.88	2009
85 +	Pat Russell	McLean	22:54.00	2004

WII BOWLING – WOMEN

(NEW in 2009)

50-59	Deborah Hart	Leesburg	527	2010
60-69	Ann Daniels	Springfield	732	2009
70-79	Joan Matteson	Springfield	847	2011
80-89	Joan Matteson	Springfield	827	2012*
90-99	Mildred Toth	Falls Church	552	2012*

WII BOWLING – MEN

(NEW in 2009)

50 – 59	Ronald Boulware	Alexandria	502	2009
60 - 69	Clinton Lambert	Springfield	666	2012*
70 - 79	Ed Ladd	Potomac Falls	782	2011
80 - 89	Ted Campbell	Springfield	680	2011
90 - 99	Joseph Saha	Alexandria	623	2012*

TRACK AND FIELD EVENTS

DISCUS - WOMEN

50 - 54	Maria Miller	Arlington	58' 8 ½"	1998
55 - 59	Cindylee Arbelbide	Bristow	72' 3"	2007
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	Josephine Stewart	Manassas	38' 0"	2006
85 - 89	Josephine Stewart	Manassas	35' 9"	2010
90 - 94	Mary Lathram	Falls Church	20'4"	2008

DISCUS - MEN

50 - 54	Aivars Baumanis	Springfield	124' 2"	2006
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 - 89	J.R. Cassidy	Manassas	66'	2000
90 - 94	J.R. Cassidy	Manassas	45' 5"	2006
95 - 99	J.R. Cassidy	Manassas	36' 4"	2010

LONG JUMP - RUNNING - WOMEN

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 - 89	Carla Convery	Alexandria	4' 3"	2000
90 - 94	Jean W. Burdell	Springfield	2' 0"	2012*

LONG JUMP - RUNNING - MEN

50 - 54	Victor Painter	Arlington	11' 11 ½"	2007
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 - 89	Mike Grayson	Falls Church	8' 7"	2002
90 - 94	Mike Lowe	Springfield	4' 7 ½"	2010

LONG JUMP - STANDING - WOMEN

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' 1"	1995
85 - 89	Mary Lathram	Falls Church	3' 9"	2001
90 - 94	Mary Lathram	Falls Church	2' 8"	2006

LONG JUMP - STANDING - MEN

50 - 54	Rick Werner	Arlington	8' 9"	2006
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 - 89	Herlindo Delgado	Burke	5' 5 ¹ / ₂ "	2005
90 - 94	Andy Simko	Springfield	3' 3"	2008

HIGH JUMP - WOMEN**(NEW in 2012)**

50 - 54	Mary Fowler	Alexandria	4' 2"	2012*
60 - 64	Charlotte Perdue	Arlington	3' 2"	2012*

HIGH JUMP - MEN**(NEW in 2012)**

60 - 64	Charles Appler	Springfield	3' 10"	2012*
65 - 69	Robert Earheart	Springfield	4' 0"	2012*
70 - 74	Bernie Stamm	Ashburn	4' 0"	2012*
70 - 74	Parviz Yousseff	Gainesville	4' 0"	2012*

MINI JAVELIN THROW - WOMEN

50 - 54	Linda Shell	Arlington	49' 8"	2010
55 - 59	Keg Good	Woodbridge	47' 1"	2012*
60 - 64	Charlotte Perdue	Arlington	44' 10"	2009
65 - 69	Gail Johnson	Gainesville	27' 6"	2012*
75 - 79	Sheila Gildea	McLean	32' 11"	2009
80 - 84	Mary Boska	Alexandria	24' 9"	2009
85 - 89	Bernie Kleinschmidt	Annandale	24' 3"	2009
90 - 94	Carla Convery	Alexandria	11' 8"	2010

MINI JAVELIN THROW - MEN

50 - 54	Leo McArdle	Fort Belvoir	68' 8"	2009
55 - 59	Douglas Hill	Woodbridge	86' 2"	2012*
60 - 64	Paul Decot	Fairfax	106' 2"	2009
65 - 69	Thomas Sullivan	Oakton	89' 2"	2011
70 - 74	Bernie Stamm	Ashburn	98' 7"	2012*
75 - 79	Ezzat Pashai	Fairfax	75' 10"	2012*
80 - 84	Charles Pistorino	McLean	61' 3"	2010
85 - 89	Charles Pistorino	McLean	50' 9"	2012*
90 - 94	Andy Simko	Springfield	33' 7"	2009
95 - 99	J.R. Cassidy	Manassas	24' 10"	2010

SHOT PUT - WOMEN

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' 8 ½"	2006
85 - 89	Josephine Stewart	Manassas	21' 4"	2010
90 - 94	Mary Lathram	Falls Church	9' 9"	2008

SHOT PUT - MEN

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 - 89	J.R. Cassidy	Manassas	28' 8"	2000
90 - 94	J.R. Cassidy	Manassas	18' 2"	2008
95 - 99	J.R. Cassidy	Manassas	15' 10"	2010

50 METER DASH - Outdoor Track - WOMEN

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

50 METER DASH - Outdoor Track - MEN

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

60 METER DASH - INDOOR TRACK - WOMEN

50 - 54	Danita Moses	Alexandria	9.81	2011*
55 - 59	Tsipi Mercurjo	Reston	10.03	2009
60 - 64	Mary White	Arlington	9.89	2007
65 - 69	Mary White	Arlington	10.15	2012*
70 - 74	Alease Brooks	Arlington	15.00	2007
75 - 79	Lee Glassco	McLean	14.41	2007
80 - 84	Josephine Stewart	Manassas	12.09	2007
85 - 89	Josephine Stewart	Manassas	12.70	2010

60 METER DASH - INDOOR TRACK - MEN

50 - 54	David Hobbs	Arlington	8.01	2012*
55 - 59	Sola Cole	Arlington	8.6	2008
60 - 64	Schuyler Webb	Arlington	8.18	2012*
65 - 69	Terrance Kuruppu	McLean	8.31	2009
70 - 74	Peter Andrews	McLean	9.50	2012*
75 - 79	Richard Enrico	Ashburn	9.7	2008
80 - 84	Harry Dietz	Fairfax	11.06	2011
85 - 89	Dana Hodgdon	McLean	12.3	2008
90 - 94	Andy Simko	Springfield	15.19	2008

100 METER DASH - Outdoor Track - WOMEN

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	19.14	2006
85 +	Carla Convery	Alexandria	30.26	2005

100 METER DASH - Outdoor Track - MEN

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

200 METER RUN - INDOOR TRACK - WOMEN

50 - 54	Saskia Estupian-Day	McLean	34.3	2009
55 - 59	Hannah Phillips	Alexandria	36.10	2008
60 - 64	Mary White	Arlington	37.2	2009
65 - 69	Mary White	Arlington	41.15	2012*
70 - 74	Lee Glassco	McLean	56.75	2007
75 - 79	Alease Brooks	Arlington	1:11.13	2011
80 - 84	Josephine Stewart	Manassas	46.4	2008
85 - 89	Josephine Stewart	Manassas	51.72	2012*

200 METER RUN - INDOOR TRACK - MEN

50 - 54	Victor Painter	Arlington	28.46	2007
55 - 59	Sola Cole	Arlington	28.90	2008
60 - 64	James Loeb	Alexandria	29.20	2009
65 - 69	Terrance Kuruppu	McLean	33.40	2009
70 - 74	Peter Andrews	McLean	33.56	2012*
75 - 79	Hal Goolsby	McLean	35.69	2007
80 - 84	John Martin	Fairfax	43.91	2007

200 METER DASH - Outdoor Track - WOMEN

50 - 54	Diane Lasichak	Alexandria	34.63	2001
55 - 59	Helen Crum	Annandale	36.83	1996
60 - 64	Mary White	Arlington	38.92	2006
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

200 METER DASH - Outdoor Track - MEN

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

400 METER RUN - INDOOR TRACK - WOMEN

50 - 54	Saska Estupian-Day	McLean	1:22.3	2009
55 - 59	Hannah Phillips	Alexandria	1:24.70	2008
60 - 64	Charlotte Perdue	Arlington	1:36.00	2008
70 - 74	Carrie Griffith	Waterford	2:25	2012*
75 - 79	Lee Glassco	McLean	2:35.82	2007

400 METER RUN - INDOOR TRACK - MEN

50 - 54	Gary Presuhn	Burke	1:06.80	2008
55 - 59	Sola Cole	Arlington	1:06.90	2008
60 - 64	Gene McClellan	Arlington	1:15.16	2007
65 - 69	Jason Page	Hamilton	1:13.5	2010
70 - 74	Peter Andrews	McLean	1:21	2012*
75 - 79	Hal Goolsby	McLean	1:30.17	2007
80 - 84	Curran Tiffany	Arlington	1:52.40	2008

400 METER RUN - Outdoor Track - WOMEN

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

400 METER RUN - Outdoor Track - MEN

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

800 METER RUN - INDOOR TRACK - WOMEN

55 - 59	Hannah Phillips	Alexandria	3:22.98	2007
60 - 64	Hannah Phillips	Alexandria	3:30	2012*
70 - 74	Mandy Whalen	Alexandria	6:12	2012*

800 METER RUN - INDOOR TRACK - MEN

50 - 54	Steve Nearman	Alexandria	2:22.00	2011
55 - 59	Clifton Anderson	Warrenton	2:43.3	2010
60 - 64	Stephen Banks	Springfield	2:57.8	2009
65 - 69	Jason Page	Hamilton	2:42.00	2010
70 - 74	Ronald Steele	Fairfax	3:38.5	2009
75 - 79	Terence McCarthy	Leesburg	3:59.00	2011

800 METER RUN - Outdoor Track - WOMEN

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

800 METER RUN - Outdoor Track - MEN

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

400 METER WALK - INDOOR TRACK - WOMEN (New in 2012)

55 - 59	Keg Good	Woodbridge	2:46	2012*
65 - 69	Gail Johnson	Gainesville	3:21	2012*
70 - 74	Carrie Griffith	Waterford	3:01	2012*
75 - 79	Barbara Curran	Purcellville	3:24	2012*
80 - 84	Jean Dawson	Purcellville	3:29	2012*

400 METER WALK - INDOOR TRACK - MEN (New in 2012)

50 - 54	Marty Willis	Falls Church	2:55	2012*
55 - 59	Rob Aaront	Centreville	2:32	2012*
60 - 64	Thomas Agustine	Woodbridge	2:24	2012*
65 - 69	Gerald Cantor	Springfield	2:34	2012*
70 - 74	Brian Forst	Reston	2:42	2012*
75 - 79	Roger Webb	Alexandria	2:55	2012*
80 - 84	Tom Quinn	Arlington	2:59	2012*

800 METER WALK - INDOOR TRACK - WOMEN

50 - 54	Betty Williams	Manassas	5:50	2012*
55 - 59	Maureen Ruel	Ashburn	5:20.00	2011
60 - 64	Maryann Schwab	Fairfax	5:45	2010
65 - 69	Rosemary Hallenbeck	Burke	6:12.50	2008
70 - 74	Carrie Griffith	Waterford	6:17	2011
75 - 79	Dorothy Skinner	Alexandria	5:59	2009
80 - 84	Mary Boska	Alexandria	6:32	2007
85 - 89	Bernie Kleinschmidt	Annandale	9:29	2007
90 - 94	Mary Lathram	Falls Church	7:29.00	2008

800 METER WALK - INDOOR TRACK - MEN

50 - 54	Dave Osmun	Fairfax	4:43	2011
55 - 59	Peter Blank	Annandale	4:13	2009
60 - 64	Thomas Augustine	McLean	5:02	2012*
65 - 69	Victor Litwinski	McLean	4:46	2009
70 - 74	Richard Deringer	Annandale	5:10.91	2008
75 - 79	James Gravette	Arlington	5:57	2007
80 - 84	Tom Quinn	Arlington	6:10	2012*
90 - 94	Edward Seeger	Falls Church	9:43	2007
95 - 99	Chester Christenson	Falls Church	13:07	2009

800 METER WALK - Outdoor Track - WOMEN

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 Boska	Alexandria	6:24.00	2006
85 - 89	Mary Lathram	Falls Church	6:37.00	2000
90 +	Mary Lathram	Falls Church	7:19.00	2006

800 METER WALK - Outdoor Track - MEN

50 - 54	Peter Blank	Annandale	4:13.00	2006
55 - 59	Jack Ozment	Philomont	4:10.00	1987
60 - 64	Victor Litwinski	McLean	4:30.00	2004
65 - 69	Louis Alelle	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

1500 METER WALK - Outdoor Track - WOMEN

50 - 54	Joy Chambers	Alexandria		1998
55 - 59	Maryann Schwab	Fairfax	10:15.36	2006
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 - 89	Mary Lathram	Falls Church	12:32.00	2000
90 +	Mary Lathram	Falls Church	14:08.00	2006

1500 METER WALK - Outdoor Track - MEN

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

1600 METER RUN - Outdoor Track - WOMEN

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

1600 METER RUN - Outdoor Track - MEN

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

1600 METER WALK - INDOOR TRACK - WOMEN

55 - 59	Maryann Schwab	Fairfax	11:01	2007
60 - 64	Maryann Schwab	Fairfax	11:44	2010
65 - 69	Carrie Griffith	Waterford	13:13.3	2009
70 - 74	Dorothy Skinner	Alexandria	12:02	2007
75 - 79	Dorothy Skinner	Alexandria	12:47.9	2009
80 - 84	Mary Boska	Alexandria	13:50	2007
90 - 94	Mary Lathram	Falls Church	17:57.7	2009

1600 METER WALK - INDOOR TRACK - MEN

50 - 54	Peter Blank	Annandale	9:47	2007
55 - 59	Peter Blank	Annandale	9:07.8	2009
60 - 64	Thomas Augustine	Woodbridge	10.22	2012*
65 - 69	Ron Hoffman	Sterling	10:18.7	2009
70 - 74	Richard Deringer	Annandale	11:04.8	2009
75 - 79	James W.C. Chang	Oakton	11:44	2012*
80 - 84	Tom Quinn	Arlington	13:06	2012*
85 - 89	Joseph Peters	Great Falls	13:16	2007

1600 METER WALK - Outdoor Track - WOMEN

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

1600 METER WALK - Outdoor Track - MEN

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 +	Curran Tiffany	Arlington	12:49.80	2008

1600 METER RUN - INDOOR TRACK - WOMEN (New in 2011)

55-59	Hannah Phillips	Alexandria	7:37	2011
60-64	Hannah Phillips	Alexandria	7:37	2012*
65-69	Judy Snellgrove	Manassas	9:02	2011
70-74	Mandy Whalen	Alexandria	12:38	2012*

1600 METER RUN - INDOOR TRACK - MEN (New in 2011)

50-54	Ted Poulos	McLean	5:30	2012*
55-59	Clifton Anderson	Warrenton	5:54	2012*
60-64	Jay Wind	Arlington	6:31	2011
65-69	Jason Page	Hamilton	6:02	2012*
70-74	Brian Forst	Reston	8:37	2012*
75-79	Terence McCarthy	Leesburg	8:23	2011
80-84	Peter Han	Alexandria	9:17	2012*

3 MILE WALK - INDOOR TRACK - WOMEN

50 - 54	Connie McKeon	Annandale	39:03	2008
55 - 59	Maureen Ruel	Ashburn	33.10	2011
60 - 64	Josefina Smith	Centreville	38.14	2009
65 - 69	Rosemary Hallenbeck	Burke	39:16	2008
70 - 74	Dorothy Skinner	Alexandria	37:35	2007
75 - 79	Suzanne Sepilian	Burke	42:14	2008
80 - 84	Mary Simpson	Manassas	44.19	2011
85 - 89	Naomi Hesser	Fairfax	59.58	2011
90 - 94	Mary Lathram	Falls Church	50:09	2007

3 MILE WALK - INDOOR TRACK - MEN

50 - 54	Peter Blank	Annandale	31: 55	2007
55 - 59	Peter Blank	Annandale	29.15	2009
60 - 64	Victor Litwinski	McLean	32:37	2007
65 - 69	Ron Hoffman	Sterling	32:08	2009
70 - 74	Richard Deringer	Annandale	34:37	2007
75 - 79	Edward Arriaga	Arlington	34:39	2007
80 - 84	Edwardo Arriaga	Arlington	36:47	2012*
85 - 89	Jorge Soler	Falls Church	41:30	2010

3 MILE WALK - Outdoor Track -WOMEN

50 - 54	Mary Ann Schwab	Fairfax	34:07.00	2006
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

3 MILE WALK - Outdoor Track - MEN

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