Northern Virginia Senior Olympics - 9/19/2026

TJ Community Center

Results - Event Order

Women 50-54 55 Meter Dash

	Name	Age	School	Finals
Finals				
1	Passmore, Heather	52	Alexandria	9.66

Women 55-59 55 Meter Dash

	Name	Age	School	Finals	H#
1	Mortimer, Sylvie	56	Arl8ngton	9.31	2
2	Nguyen, Dziem	59	Fairfax	10.88	2

Women 60-64 55 Meter Dash

	Name	Age	School	Finals	H#
1	Seaton, Laurie	61	Fairfax	10.13	3
2	Giehler, Holly	61	Manassas	11.92	3

Women 65-69 55 Meter Dash

	Name	Age	School	Finals	H#
1	Good, Keg	69	Woodbridge	11.04	4
2	Weinberg, Karen	65	Fairfax	13.72	4

Women 70-74 55 Meter Dash

	Name	Age	School	Finals	H#
1	Linton, Lisa	71	Broad Run	10.14	4

Women 75-79 55 Meter Dash

	Name	Age	School	Finals	H#
1	DiCaprio, Louise	75	Fairfax	12.81	5

Women 85-89 55 Meter Dash

	Name	Age	School	Finals	H#
1	Whalen, Mandy	86	Falls Church	19.23	5

Women 90-94 55 Meter Dash

	Name	Age	School	Finals	H#
1	Brooks, Alease	93	Arlington	32.72	5

Women 50-54 200 Meter Dash

	Name	Age	School	Finals
1	Passmore, Heather	52	Alexandria	39.73

Northern Virginia Senior Olympics - 9/19/2026

TJ Community Center

Results - Event Order

Women 55-59 200 Meter Dash

	Name	Age	School	Finals
1	Mortimer, Sylvie	56	Arl8ngton	35.34
2	Brown, Susanna	59	Aldie	53.07

Women 60-64 200 Meter Dash

	Name	Age	School	Finals
1	Giehler, Holly	61	Manassas	45.98

Women 65-69 200 Meter Dash

	Name	Age	School	Finals	H#
1	RO, Duk	67	Nokesville	44.33	2
2	Good, Keg	69	Woodbridge	44.52	2
3	Shabelski, Joanne	65	Springfield	44.99	2

Women 70-74 200 Meter Dash

	Name	Age	School	Finals	H#
1	Linton, Lisa	71	Broad Run	37.66	2

Women 50-54 400 Meter Dash

	Name	Age	School	Finals
1	Whitestone, Yuko	54	Fairfax	1:27.80
2	Passmore, Heather	52	Alexandria	1:41.50

Women 55-59 400 Meter Dash

	Name	Age	School	Finals
1	Mortimer, Sylvie	56	Arl8ngton	1:21.96

Women 60-64 400 Meter Dash

	Name	Age	School	Finals	H#
1	Giehler, Holly	61	Manassas	1:50.89	2

Women 65-69 400 Meter Dash

	Name	Age	School	Finals	H#
1	Shabelski, Joanne	65	Springfield	1:45.92	2

Women 70-74 400 Meter Dash

	Name	Age	School	Finals	H#
1	Linton, Lisa	71	Broad Run	1:26.87	2

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Results - Event Order

Women 50-54 800 Meter Run

	Name	Age	School	Finals
1	Whitestone, Yuko	54	Fairfax	3:07.76

Women 60-64 800 Meter Run

	Name	Age	School	Finals
1	Giehler, Holly	61	Manassas	4:04.87

Women 65-69 800 Meter Run

	Name	Age	School	Finals
1	Shabelski, Joanne	65	Springfield	3:59.50

Women 70-74 800 Meter Run

	Name	Age	School	Finals
1	Linton, Lisa	71	Broad Run	3:32.70

Women 50-54 1600 Meter Run

	Name	Age	School	Finals
1	Whitestone, Yuko	54	Fairfax	6:33.07

Women 60-64 1600 Meter Run

	Name	Age	School	Finals
1	Giehler, Holly	61	Manassas	8:37.85

Women 65-69 1600 Meter Run

	Name	Age	School	Finals
1	Shabelski, Joanne	65	Springfield	8:14.01
2	RO, Duk	67	Nokesville	8:34.89
3	Joy, Mimi	65	Alexandria	10:01.89

Women 70-74 1600 Meter Run

	Name	Age	School	Finals
1	Linton, Lisa	71	Broad Run	7:59.18

Women 75-79 1600 Meter Run

	Name	Age	School	Finals
1	Morasch, Carol	78	Fairfax	10:37.23

Northern Virginia Senior Olympics - 9/19/2026

TJ Community Center

Results - Event Order

Women 50-54 800 Meter Race Walk

	Name	Age	School	Finals
1	Whitestone, Yuko	54	Fairfax	5:23.12
2	Czarnecki, Melissa	54	Burke	6:32.36

Women 55-59 800 Meter Race Walk

	Name	Age	School	Finals
1	Nguyen, Dziem	59	Fairfax	6:17.14
2	Wissing, Laura	58	Ashburn	7:46.85

Women 60-64 800 Meter Race Walk

	Name	Age	School	Finals
1	Giehler, Holly	61	Manassas	5:32.46
2	Moston, Kathy	62	Bristow	6:50.66
3	Miller, Margaret	62	Arlington	7:40.07
4	McDaniel, Heather	61	Arlington	7:42.99

Women 65-69 800 Meter Race Walk

	Name	Age	School	Finals
1	Good, Keg	69	Woodbridge	6:16.58
2	Francis, Noela	67	Alexandria	6:37.23
3	Tate, Deborah	66	Arlington	6:51.66
4	Shepherd, Tamara	66	Springfield	7:16.42
5	Mahoney, Sally	67	Arlington	8:43.47

Women 70-74 800 Meter Race Walk

	Name	Age	School	Finals
1	Rudat, Karen	73	Sterling	7:00.04

Women 75-79 800 Meter Race Walk

	Name	Age	School	Finals
1	Johnson, Beverly	79	Arlington	8:15.20

Women 80-84 800 Meter Race Walk

	Name	Age	School	Finals
1	Baynes, Beth	80	Alexandria	6:43.83
2	Brush, Lorie	80	Falls Church	7:42.07
3	Wertheim, Rosella France	80	Hamilton	7:50.75

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TJ Community Center

Results - Event Order

Women 95-99 800 Meter Race Walk

	Name	Age	School	Finals
1	Bland, Janine	95	Arlington	8:16.72

Women 50-54 1600 Meter Race Walk

	Name	Age	School	Finals
1	Whitestone, Yuko	54	Fairfax	11:16.73
2	Czarnecki, Melissa	54	Burke	13:31.95

Women 55-59 1600 Meter Race Walk

	Name	Age	School	Finals
1	Wissing, Laura	58	Ashburn	12:19.51
2	Sheffield, Karen	58	Vienna	13:57.36

Women 60-64 1600 Meter Race Walk

	Name	Age	School	Finals
1	Giehler, Holly	61	Manassas	11:39.53
2	Moore, Marcia	60	Oakton	14:27.51
3	Moston, Kathy	62	Bristow	15:39.36
4	McDaniel, Heather	61	Arlington	15:45.68
5	Allen, Brenda	64	Lorton	15:54.10

Women 65-69 1600 Meter Race Walk

	Name	Age	School	Finals
1	Good, Keg	69	Woodbridge	12:49.56
2	Francis, Noela	67	Alexandria	13:37.91
3	Tate, Deborah	66	Arlington	13:50.13
4	Shepherd, Tamara	66	Springfield	15:07.48
5	Mahoney, Sally	67	Arlington	16:37.26

Women 70-74 1600 Meter Race Walk

	Name	Age	School	Finals
1	Hancock, Elizabeth	74	Falls Church	16:11.36

Women 75-79 1600 Meter Race Walk

	Name	Age	School	Finals
1	Davis, Cynthia	79	Arlington	17:03.90

Women 80-84 1600 Meter Race Walk

	Name	Age	School	Finals
1	Baynes, Beth	80	Alexandria	13:25.98

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Results - Event Order

....Women 80-84 1600 Meter Race Walk

2	Levitan, Karen	84	Arlington	15:30.71
3	Brush, Lorie	80	Falls Church	15:40.65
4	Ziegler, Debbie	80	Arlington	20:57.31

Women 90-94 1600 Meter Race Walk

	Name	Age	School	Finals
1	Pittman, Annmarie	90	Alexandria	15:47.62

Men 50-54 55 Meter Dash

	Name	Age	School	Finals
1	Diephouse, Greg	51	Falls Church	8.37
2	Purvis, Eugene	51	Centreville	8.56
3	Wilkinson, Carter	50	Arlington	8.59
4	Paralkar, Sid	51	Oakton	9.25

Men 55-59 55 Meter Dash

	Name	Age	School	Finals	H#
1	Anthony, Todd	56	Aldie	8.14	2
2	Simcox, Jim	58	Falls Church	8.61	2
3	Sovada, C.J.	55	Arlington	11.88	3

Men 60-64 55 Meter Dash

	Name	Age	School	Finals	H#
1	Taylor, Rich	63	Arlington	8.32	5
2	Patten, John	61	Alexandria	8.62	5
3	Paletz, David	60	Burke	8.95	4
4	Bergmann, Martin	60	Arlington	9.14	3
5	Young, Stephen	63	Arlington	10.89	5

Men 65-69 55 Meter Dash

	Name	Age	School	Finals	H#
1	Caskie, Brian	65	Ashburn	8.90	6
2	Boyd, Alan	67	Annandale	9.18	6
3	Willis, A. Marty	66	Baileys Crossroads	11.70	8
4	Berglund, Jon	66	Springfield	12.67	6

Men 70-74 55 Meter Dash

	Name	Age	School	Finals	H#
1	Nakazawa, Muraji	70	Great Falls	9.63	10
2	Shands, Severt	70	Springfield	9.64	10
3	Brockway, Alvin	74	Reston	11.47	9

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Results - Event Order

Men 75-79 55 Meter Dash

	Name	Age	School	Finals	H#
1	Webb, Schuyler	75	Arlington	8.62	13
2	Granger, Nathan	75	Sterling	9.20	12
3	Hudson, William	79	Alexandria	9.44	12
4	Sacilotto, Alessandro	77	Fairfax	10.51	12
5	Dosik, Allan	75	Arlington	11.28	12
6	Sun, Juguang	76	Arlington	11.88	13
7	Argentieri, Bob	78	Fairfax	12.01	11

Men 80-84 55 Meter Dash

	Name	Age	School	Finals	H#
1	Durante, Daniel	83	Gainesville	10.87	14
2	Modglin, Terrence	80	Falls Church	11.37	15
3	Bresner, Mike	82	Ashburn	13.47	14
4	Cordyack, John	80	Reston	18.18	14

Men 85-89 55 Meter Dash

	Name	Age	School	Finals	H#
1	Bahnmaier, William (Bill	88	Fort Belvoir	10.94	16
2	Lady, Karl	85	Alexandria	11.01	16
3	Rodriguez, Carlos	87	Dumfries	21.30	17

Men 90-94 55 Meter Dash

	Name	Age	School	Finals	H#
1	Park, Hyung	91	McLean	22.83	18
2	Dobson, Stan	90	Arlington	24.28	18

Men 50-54 200 Meter Dash

	Name	Age	School	Finals
1	Diephouse, Greg	51	Falls Church	30.00

Men 55-59 200 Meter Dash

	Name	Age	School	Finals
1	Anthony, Todd	56	Aldie	30.31

Men 60-64 200 Meter Dash

	Name	Age	School	Finals	H#
1	Paletz, David	60	Burke	32.68	3
2	Bergmann, Martin	60	Arlington	33.67	3
3	Patten, John	61	Alexandria	34.57	3
4	Young, Stephen	63	Arlington	51.98	5

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Results - Event Order

Men 65-69 200 Meter Dash

	Name	Age	School	Finals	H#
1	Caskie, Brian	65	Ashburn	33.87	5
2	Higgins, Robert	65	Leesburg	33.93	6
3	Boyd, Alan	67	Annandale	35.67	5
4	Willis, A. Marty	66	Baileys Crossroads	44.93	6

Men 70-74 200 Meter Dash

	Name	Age	School	Finals	H#
1	Blount, Michael	71	Haymarket	35.30	6
2	Shands, Severt	70	Springfield	36.30	8
3	Ro, Kap	71	Nokesville	45.75	8
4	Brockway, Alvin	74	Reston	46.48	6
5	Karimullah, Mohammad Jav	73	Manassas	53.86	8

Men 75-79 200 Meter Dash

	Name	Age	School	Finals	H#
1	Granger, Nathan	75	Sterling	35.00	10
2	Bender, Rick	76	Reston	38.62	10
3	McCormick, Michael	76	Alexandria	43.72	10

Men 80-84 200 Meter Dash

	Name	Age	School	Finals	H#
1	Modglin, Terrence	80	Falls Church	45.51	15
2	Page, Jason	82	Hamilton	46.04	15
3	Mort, James	80	Burke	1:03.81	15

Men 85-89 200 Meter Dash

	Name	Age	School	Finals	H#
1	Lady, Karl	85	Alexandria	48.80	16
2	Golan, Amnon	87	Arlington	57.63	16
3	Rodriguez, Carlos	87	Dumfries	1:31.54	16

Men 90-94 200 Meter Dash

	Name	Age	School	Finals	H#
1	Dobson, Stan	90	Arlington	1:49.19	17
2	Park, Hyung	91	McLean	1:51.34	17

Men 50-54 400 Meter Dash

	Name	Age	School	Finals
1	Diephouse, Greg	51	Falls Church	1:09.04

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Results - Event Order

Men 55-59 400 Meter Dash

	Name	Age	School	Finals
1	Anthony, Todd	56	Aldie	1:13.99

Men 65-69 400 Meter Dash

	Name	Age	School	Finals
1	Higgins, Robert	65	Leesburg	1:21.37
2	Boyd, Alan	67	Annandale	1:31.00

Men 70-74 400 Meter Dash

	Name	Age	School	Finals
1	Linton, David	71	Broad Run	1:17.90

Men 75-79 400 Meter Dash

	Name	Age	School	Finals	H#
1	Granger, Nathan	75	Sterling	1:27.60	2
2	McCormick, Michael	76	Alexandria	1:54.87	2
3	Talkington, Doyle	79	Haymarket	1:59.93	2

Men 80-84 400 Meter Dash

	Name	Age	School	Finals	H#
1	Modglin, Terrence	80	Falls Church	1:58.27	2
2	Mort, James	80	Burke	2:31.45	2

Men 85-89 400 Meter Dash

	Name	Age	School	Finals	H#
1	Golan, Amnon	87	Arlington	2:45.66	2

Men 55-59 800 Meter Run

	Name	Age	School	Finals
1	Pellot, Carlos	55	Fairfax	2:50.93

Men 70-74 800 Meter Run

	Name	Age	School	Finals
1	Linton, David	71	Broad Run	2:55.74
2	Dauphinais, Richard	73	Arlington	4:02.86
3	Mihalich, Jim	72	Falls Church	4:35.52

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Men 75-79 800 Meter Run

	Name	Age	School	Finals
1	McCormick, Michael	76	Alexandria	4:14.18
2	Creekmore, Joe	77	Reston	4:31.27
3	Klemm, Jeffrey	75	McLean	4:41.74
4	Talkington, Doyle	79	Haymarket	4:51.12

Men 80-84 800 Meter Run

	Name	Age	School	Finals	H#
1	Page, Jason	82	Hamilton	4:13.22	2
2	Modglin, Terrence	80	Falls Church	4:31.06	2
3	Atashbarghi, Gholam	80	Fairfax	5:08.55	2
4	Mort, James	80	Burke	5:30.55	2

Men 85-89 800 Meter Run

	Name	Age	School	Finals	H#
1	Golan, Amnon	87	Arlington	6:00.91	2

Men 50-54 1600 Meter Run

	Name	Age	School	Finals
1	Paralkar, Sid	51	Oakton	6:18.02

Men 55-59 1600 Meter Run

	Name	Age	School	Finals
1	Cachion, Paul	59	Arlington	6:30.26
2	Pellot, Carlos	55	Fairfax	6:42.65
3	Sovada, C.J.	55	Arlington	8:46.60

Men 65-69 1600 Meter Run

	Name	Age	School	Finals	H#
1	Scarborough, James	68	Arlington	8:25.95	2
2	Boyd, Alan	67	Annandale	8:31.14	2
3	Willis, A. Marty	66	Baileys Crossroads	10:44.06	2

Men 70-74 1600 Meter Run

	Name	Age	School	Finals	H#
1	Linton, David	71	Broad Run	6:21.21	2
2	Ro, Kap	71	Nokesville	8:25.91	2
3	Dauphinais, Richard	73	Arlington	8:37.62	2

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Men 75-79 1600 Meter Run

	Name	Age	School	Finals	H#
1	McCormick, Michael	76	Alexandria	9:18.90	3
2	Granger, Nathan	75	Sterling	9:30.11	3
3	Klemm, Jeffrey	75	McLean	9:36.16	3
4	Talkington, Doyle	79	Haymarket	10:08.26	3
5	Guey-Lee, William	78	Arlington	14:03.60	3

Men 80-84 1600 Meter Run

	Name	Age	School	Finals	H#
1	Page, Jason	82	Hamilton	8:35.23	4
2	Mort, James	80	Burke	11:09.27	4
3	Searles, Stuart	84	Arlington	12:04.70	4

Men 85-89 1600 Meter Run

	Name	Age	School	Finals	H#
1	Golan, Amnon	87	Arlington	11:33.77	4

Men 50-54 800 Meter Race Walk

	Name	Age	School	Finals
1	Diephouse, Greg	51	Falls Church	5:18.61

Men 60-64 800 Meter Race Walk

	Name	Age	School	Finals
1	Mickalonis, David	61	Burke	4:47.40

Men 65-69 800 Meter Race Walk

	Name	Age	School	Finals
1	Sullivan, John	67	Fairfax	5:33.05
2	Kelkar, Mahesh	65	Herndon	6:18.29
3	Doperalski, James	66	Alexandria	6:35.71
4	Roll, Robert	69	Arlington	7:46.81

Men 70-74 800 Meter Race Walk

	Name	Age	School	Finals
1	Karimullah, Mohammad Jav	73	Manassas	6:20.78
2	Rudat, Art	73	Sterling	7:45.13
3	Freund, Ken	73	Alexandria	7:49.91

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Men 75-79 800 Meter Race Walk

	Name	Age	School	Finals
1	Klemm, Jeffrey	75	McLean	5:27.53
2	Augustine, Thomas	76	Woodbridge	5:49.75
3	Dosik, Allan	75	Arlington	6:22.71
4	Enright, James	76	Alexandria	7:29.46

Men 80-84 800 Meter Race Walk

	Name	Age	School	Finals
1	Endres, David A.	83	Tysons	6:20.93
2	Kleymeyer, Chuck	82	Arlington	7:31.11
3	Haworth, Hugh	83	Alexandria	7:46.73

Men 85-89 800 Meter Race Walk

	Name	Age	School	Finals
1	Golan, Amnon	87	Arlington	7:03.31
2	Nooger, Garry	85	Falls Church	8:38.76

Men 90-94 800 Meter Race Walk

	Name	Age	School	Finals
1	Dobson, Stan	90	Arlington	9:41.26

Men 55-59 1600 Meter Race Walk

	Name	Age	School	Finals	H#
1	Sovada, C.J.	55	Arlington	11:44.68	2

Men 60-64 1600 Meter Race Walk

	Name	Age	School	Finals	H#
1	Mickalonis, David	61	Burke	9:50.30	2
2	Sheffield, Charles	64	Vienna	11:14.01	2
3	Young, Stephen	63	Arlington	11:24.97	2
4	Moston, Dave	60	Bristow	11:49.03	2

Men 65-69 1600 Meter Race Walk

	Name	Age	School	Finals	H#
1	Sullivan, John	67	Fairfax	11:35.54	2
2	Kelkar, Mahesh	65	Herndon	12:44.09	2
3	Roll, Robert	69	Arlington	13:58.24	2

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Men 70-74 1600 Meter Race Walk

	Name	Age	School	Finals	H#
1	Singh, Shabeg	74	Haymarket	11:58.22	2
2	Brockway, Alvin	74	Reston	12:45.12	2
3	Karimullah, Mohammad Jav	73	Manassas	12:55.94	2
4	Nakazawa, Muraji	70	Great Falls	13:26.09	2

Men 75-79 1600 Meter Race Walk

	Name	Age	School	Finals	H#
1	Granger, Nathan	75	Sterling	12:19.52	3
2	Augustine, Thomas	76	Woodbridge	12:31.67	3
3	Dosik, Allan	75	Arlington	13:04.14	3
4	Dellagiarino, George	79	Reston	14:11.89	3
5	Guey-Lee, William	78	Arlington	14:48.94	3
6	Saah, David	78	Fairfax	15:06.37	3
--	Leggett, William	75	Woodbridge	DNF	3
--	Klemm, Jeffrey	75	McLean	DNF	3

Men 80-84 1600 Meter Race Walk

	Name	Age	School	Finals	H#
1	Endres, David A.	83	Tysons	12:54.51	3
2	Atashbarghi, Gholam	80	Fairfax	13:45.91	3
3	Pronczuk, Andrzej	84	Arlington	14:03.59	3

Men 85-89 1600 Meter Race Walk

	Name	Age	School	Finals	H#
1	Golan, Amnon	87	Arlington	13:40.37	3
2	Nooger, Garry	85	Falls Church	16:56.37	3

Men 90-94 1600 Meter Race Walk

	Name	Age	School	Finals	H#
1	Cummings, Lincoln	92	Arlington	18:36.03	3