

Results for Discus

Female Age Group Records

DISCUS - WOMEN

50 - 54	Maureen Pan	Alexandria	74'	22.56M	2016*
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	Sheila Gildea	McLean	44' 9"		2013
85 - 89	Josephine Stewart	Manassas	35' 9"		2010
90 - 94	Josephine Stewart	Manassas	27' 5.52"	8.37M	2014

List of Registered Participants 2016

Sex	Age Group	Place	Age	First Name	Last Name	City	Meters	Feet/inches
F	50-54	Gold	53	Maureen	Pan	Alexandria	22.56 *	74ft *
F	50-54		50	Sheila	Beard	McLean	DNP	
F	50-54		52	Colleen	Cornwell	Manassas	DNP	
F	55-59	Gold	55	Lisa	Ninomiya	Vienna	17.29	56ft 9in
F	55-59	Silver	58	Greta	Budweg	Ashburn	16.04	52ft 8in
F	55-59	Bronze	55	Joanne	Brenton	Alexandria	9.67	31ft 9in
F	55-59		58	Linda	Sholl	Arlington	DNP	
F	70-74	Gold	73	Gail	Johnson	Gainesville	7.64	25ft 1in
F	70-74	Silver	70	Margaret	Rodriguez	Dumfries	7.5	24ft 8in
F	75-79		76	Margaret	DeWilde	Dumfries	DNP	
F	80-84	Gold	80	Angela	Fernandes	Burke	11.92	39ft 2in
F	85-89		86	Sheila	Gildea	McLean	DNP	

Male Age Group Records

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	Robert Price	Vienna	115' 5"	2013
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	Charles Pistorino	McLean	54' 0"	2013
95 - 99	J.R. Cassidy	Manassas	36' 4"	2010

List of Registered Participants 2016							Distance	
Sex	Age Group	Place	Age	First Name	Last Name	City	Meters	Feet/inches
M	50-54		50	Douglas	Gelbach	Springfield	DNP	
M	55-59	Gold	55	Mitchell	Frid	Broadlands	24.66	80ft 11in
M	55-59	Silver	57	Matthew	Mohler	Herndon	21.43	70ft 4in
M	55-59		56	Michael	Ambrose	Alexandria	DNP	
M	55-59		57	Thomas	Carroll	Chantilly	DNP	
M	55-59		56	Craig	Day	Falls Church	DNP	
M	60-64	Gold	62	Frank	Henry	Woodbridge	40.47	132ft 9in
M	60-64		63	Ken	Freund	Alexandria	DNP	
M	65-69	Gold	68	Eiji	Yasuhara	Sterling	22.7	74ft 6in
M	70-74	Gold	73	Robert	Price	Vienna	34.8	114ft 2
M	70-74	Silver	71	Mark	Weshinsky	Purcellville	25.95	85ft 2in
M	70-74	Bronze	73	Parviz	Youssefi	Gainesville	20.06	65ft 10in
M	70-74		4	Donald	Meli	Annandale	18.58	60ft 11in
M	70-74		5	Spiros	Pallas	Arlington	18.49	60ft 8in
M	70-74		6	Clarence John	Wells-Martin	Herndon	17.6	57ft 9in
M	70-74		71	James	Spencer	Alexandria	DNP	
M	70-74		71	Thomas	Sullivan	oakton	DNP	
M	70-74		70	John	Cordyack	Reston	DNP	
M	70-74		72	Ralph	Tapp	Warrenton	DNP	
M	75-79	Gold	75	John	Deal	Reston	25.21	82ft 9in
M	75-79	Silver	76	Carlos	Rodriguez	Dumfries	17.03	55ft 10in
M	75-79	Bronze	77	Herb	Levitan	Arlington	14.9	49ft 3in
M	75-79		4	Roger	Webb	Ashburn	8.91	29ft 3in
M	80-84	Gold	81	Jerry	Bradley	Oakton	16.09	52ft 9in
M	80-84		80	Elmer	Premo	Arlington	DNP	