

Results for Mini Javelin throw 2016

Female Age Group Records

MINI JAVELIN THROW - WOMEN

50 - 54	Maureen Pan	Alexandria	69' 6"	M	2016*
55 - 59	Kathleen Wilson	Springfield	68' 3"		2016*
60 - 64	Charlotte Perdue	Arlington	44' 10"		2009
65 - 69	Carol Stamm	Ashburn	33' 7"		2013
70 - 74	Gail Johnson	Gainesville	33' 10"	10.31	2015
75 - 79	Sheila Gildea	McLean	32' 11"		2009
80 - 84	Angela Fernandes	Burke	30' 4"		2016*
85 - 89	Bernie Kleinschmidt	Annandale	24' 3"		2009
90 - 94	Carla Convery	Alexandria	11' 8"		2010

List of Registered Participants 2016

Sex	Age Group	Place	Age	First Name	Last Name	City	BEST
F	50-54	Gold	53	Maureen	Pan	Alexandria	69' 6" *
F	50-54		50	Sheila	Beard	McLean	DNP
F	50-54		52	Colleen	Cornwell	Manassas	DNP
F	55-59	Gold	58	Kathleen	Wilson	Springfield	68' 3" *
F	55-59	Silver	55	Lisa	Ninomiya	Vienna	64' 7"
F	55-59	Bronze	58	Greta	Budweg	Ashburn	58' 9"
F	55-59	4	55	Joanne	Brenton	Alexandria	27' 7"
F	55-59		58	Linda	Sholl	Arlington	DNP
F	70-74	Gold	73	Gail	Johnson	Gainesville	32' 4"
F	70-74		70	Nancy	Joyner	Annandale	DNP
F	70-74		70	Margaret	Rodriguez	Dumfries	DNP
F	75-79	Gold	76	Margaret	DeWilde	Dumfries	24' 1"
F	80-84	Gold	80	Angela	Fernandes	Burke	30' 4" *
F	80-84		83	Alease	Brooks	Arlington	DNP
F	85-89		86	Sheila	Gildea	McLean	DNP

Male Age Group Records							
MINI JAVELIN THROW - MEN							
50 - 54	Mark Abbott	Delapane	88' 8.5"	27.04 M	2015		
55 - 59	John Casale	Ashburn	107' 1.8"	32.66M	2014		
60 - 64	Paul Decot	Fairfax	106' 2"		2009		
65 - 69	Thomas Sullivan	Oakton	100' 6.72"	30.65M	2014		
70 - 74	Bernhard Stamm	Ashburn	103' 10"		2013		
75 - 79	Bernhard Stamm	Ashburn	100' 6.24"	30.64M	2014		
80 - 84	Charles Pistorino	McLean	61' 3"		2010		
85 - 89	Charles Pistorino	McLean	50' 9"		2012		
90 - 94	Charles Pistorino	McLean	43' 7"		2013		
95 - 99	J.R. Cassidy	Manassas	24' 10"		2010		

List of Registered Participants 2016								
Sex	Age Group	Place	Age	First Name	Last Name	City	BEST	
M	50-54	Gold	50	Louis	Novak	Alexandria	69' 9"	
M	50-54		50	Douglas	Gelbach	Springfield	DNP	
M	55-59		56	Michael	Ambrose	Alexandria	DNP	
M	55-59		57	Thomas	Carroll	Chantilly	DNP	
M	60-64	Gold	62	Frank	Henry	Woodbridge	101' 7"	
M	60-64		63	Ken	Freund	Alexandria	DNP	
M	65-69	Gold	66	Jim	Donahue	Oakton	75' 11"	
M	65-69	Silver	65	Louis	Mazel	Falls Church	63' 5"	
M	70-74	Gold	74	Spiros	Pallas	Arlington	70' 2"	
M	70-74	Silver	70	Clarence Joh	Wells-Martin	Herndon	66' 9"	
M	70-74	Bronze	73	Jay	Holmes	Springfield	50' 9"	
M	70-74		4	72	Donald	Meli	Annandale	45' 7"
M	70-74		5	70	Larry	Soufal	Falls Church	40' 9"

M	70-74		70	John	Cordyack	Reston	DNP	
M	70-74		70	James	Etter	Fairfax	DNP	
M	70-74		71	Gerald	Scott	Ashburn	DNP	
M	70-74		71	James	Spencer	Alexandria	DNP	
M	70-74		71	Thomas	Sullivan	Oakton	DNP	
M	70-74		72	Ralph	Tapp	Warrenton	DNP	
M	70-74		71	Paul	Van Hoozer	Arlington	DNP	
M	75-79	Gold	77	Herb	Levitan	Arlington	53' 1"	
M	75-79	Gold	76	Carlos	Rodriguez	Dumfries	53' 1"	
M	80-84	Gold	81	Jerry	Bradley	Oakton	58' 1"	
M	80-84	Silver	83	Nicholas	Fidandis	Alexandria	47' 6"	
M	80-84		80	Elmer	Premo	Arlington	DNP	