

				Shot Put				
	Female Record Holders							

SHOT PUT - WOMEN						
50 - 54	Maureen Pam	Alexandria	9.20M		30' 2.16"	2014
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	Angela Fernandes	Burke			19' 9"	2016
85 - 89	Josephine Stewart	Manassas			21' 4"	2010
90 - 94	Josephine Stewart	Manassas			18' 6.5"	2013

List of Participants 2017

							Best Try	
Sex	Age Group	Place	Age	First Name	Last Name	City	M	ft in
F	50-54	Gold	54	Maureen	Pan	Alexandria	8.53	28-0
F	55-59	Gold	56	Lisa	Ninomiya	Vienna	7.79	25-6 1/2
F	55-59	Silver	59	Kathleen	Wilson	Springfield	7.52	24-8
F	55-59	Bronze	59	Greta	Budweg	Ashburn	6.36	20-10 1/2
F	55-59		4 56	Joanne	Shabelski	Alexandria	4.65	15-3
F	65-69	Gold	65	Jane	Hoge	Falls Church	6.21	20
F	70-74	Gold	72	Suzan	French	Ashburn	4.39	15-8 1/2
F	80-84	Gold	84	Alease	Brooks	Arlington	4.24	13-11

Male Record Holders

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	Charles Pistorino	McLean			21' 9.25"	2013
95 - 99	J.R. Cassidy	Manassas			15' 10"	2010

List of Male Participants

M	50-54	Gold	53	Robert	Tartt	Falls Church	8.63	28-3 3/4
M	50-54	Silver	51	Louis	Novak	Alexandria	7.85	25-9

M	50-54	Bronze	50	Joseph	Sunday	Arlington	7.04	23-1 1/4
M	55-59	Gold	58	Craig	Day	Falls Church	9.43	30-11 1/4
M	55-59	Silver	58	Thomas	Carroll	Chantilly	6.48	21-3
M	55-59	DNP	59	Charles	Crum	Bealeton		
M	60-64	DNP	64	Ken	Freund	Alexandria		
M	65-69	Gold	69	Jeff	Young	McLean	9.58	31-5
M	65-69	Silver	66	Louis	Mazel	Falls Church	8.6	28-2 1/2
M	70-74	Gold	72	Thomas	Sullivan	Oakton	10.87	35-8
M	70-74	Silver	74	Robert	Price	Vienna	10.62	34-10
M	70-74	Bronze	71	Kevin	Culhane	Lorton	9.19	30-1 3/4
M	70-74		4	71	Clarence John	Wells-Martin	7.93	26 1/4
M	70-74		5	74	Jay	Holmes	7.62	25
M	70-74		6	73	Donald	Meli	6.95	22-9 1/2
M	70-74		7	74	Norbert (Bud)	Commons	6.57	21-6 1/2
M	75-79	Gold	78	Bernhard	Stamm	Ashburn	8.26	27-1 1/4
M	75-79	DNP	79	wayne	Willson	Haymarket		
M	80-84	Gold	82	Jerry	Bradley	Oakton	5.88	19-3 1/2
M	80-84	Silver	80	Roger	Webb	Ashburn	3.77	12-4 1/2
M	85-89	Gold	85	Bill	Wieand	McLean	5.36	17-7
M	85-89	Silver		Leonard	Kalkwarf	Springfield	4.43	14-6 1/4
M	85-89	DNP	88	Harold	Mueller	Oakton		