

Results for Shot Put

Female Age Group Records

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 Registered Participants 2016

Sex	Age Group	Place	Age	First Name	Last Name	City	Ft/inches
F	50-54	Gold	53	Maureen	Pan	Alexandria	28'
F	50-54		50	Sheila	Beard	McLean	DNP
F	50-54		52	Colleen	Cornwell	Manassas	DNP
F	55-59	Gold	58	Kathleen	Wilson	Springfield	26' 6 1/2"
F	55-59	Silver	55	Lisa	Ninomiya	Vienna	22' 8"
F	55-59	Bronze	58	Greta	Budweg	Ashburn	20' 10 1/2"
F	55-59	4	55	Joanne	Brenton	Alexandria	18' 1"
F	55-59		58	Linda	Sholl	Arlington	DNP
F	70-74	Gold	70	Margaret	Rodriguez	Dumfries	15'
F	70-74	Silver	73	Gail	Johnson	Gainesville	14" 9"
F	75-79		76	Margaret	DeWilde	Dumfries	DNP
F	80-84	Gold	80	Angela	Fernandes	Burke	19' 9" *
F	80-84	Silver	83	Alease	Brooks	Arlington	16' 2"
F	85-89		86	Sheila	Gildea	McLean	DNP

M	70-74	Gold	73	Robert	Price	Vienna	37' 1"	
M	70-74	Silver	71	Mark	Weshinskey	Purcellville	31' 3"	
M	70-74	Bronze	70	Clarence John	Wells-Martin	Herndon	26' 9 1/2"	
M	70-74		4	73	Jay	Holmes	Springfield	23' 11"
M	70-74		5	72	Donald	Meli	Annandale	23' 4"
M	70-74			74	Spiros	Pallas	Arlington	DNP
M	70-74			71	James	Spencer	Alexandria	DNP
M	70-74			70	John	Cordyack	Reston	DNP
M	70-74			71	Thomas	Sullivan	Oakton	DNP
M	75-79	Gold	75	John	Deal	Reston	30' 7"	
M	75-79	Silver	76	Carlos	Rodriguez	Dumfries	22' 8"	
M	75-79	Bronze	79	Roger	Webb	Ashburn	13' 1 1/2"	
M	80-84	Gold	81	Jerry	Bradley	Oakton	22' 4 1/2"	
M	80-84			80	Elmer	Premo	Arlington	DNP
M	80-84			84	Vaithilingam	Thuraisamy	Leesburg	DNP
M	85-89	Gold	86	Harold	Mueller	Oakton	17' 2"	