

		EVENT:	Discus					
DISCUS – WOMEN								
	50 - 54			Maureen Pan	Alexandria	86' ¾"	26.23 M	2017
	55 - 59			Maureen Pan	Alexandria	87' 3½"	26.61	2022
	60 - 64			Maureen Pan	Alexandria	78' 0"	24.07	2023*
	65 - 69			Katherine Good	Woodbridge	51' 11"	15.82	2023*
	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 Participants 2023								
Sex	Age Group	Age	Place	Firstname	LastName	City	Results	
F	60-64	60	Gold	Maureen	Pan	Fairfax	78' 0"*	24.07M*
F	65-69	66	Gold	Katherine	Good	Woodbridge	51' 11"*	15.82M*
F	70-74	71		Jane	Hoge	Falls Church	DNP	
F	75-79	77		Beth	Baynes	Alexandria	DNP	
F		78		Georgia	Fuller	Falls Church	DNP	
F	80-84	82	Gold	SC	Whitehouse	Potomac Falls	23' 9"	7.24M
F	90-94	90	Gold	Alease	Brooks	Arlington	22' 3"	6.78M
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			George Marmorino	Alexandria	114' 5"	34.87 M	2017
	70 - 74			Robert Price	Vienna	115' 5"		2013
	75 - 79			Robert Price	Vienna	95' 7"	29.14	2022
	80 - 84			J.R. Cassidy	Manassas	81' 1 ¾ "		1995
	85 - 89			J.R. Cassidy	Manassas	66' 0"		2000
	90 - 94			Charles Pistorino	McLean	54' 0"		2013
	95 - 99			J.R. Cassidy	Manassas	36' 4"		2010
Sex	Age Group	Age	Place	Firstname	LastName	City	Results	
M	50-54	53		Darren	Snow	Warrenton	DNP	
M	55-59	56	Gold	Juan	Serrano, Jr.	Gainesville	64' 5"	19.63M
M		57		Jeff	Huse	Centreville	DNP	
M		59		Stephen	Neal	Chantilly	DNP	

M	60-64	64	Gold	Craig	Day	Falls Church	91' 9"	27.97M
M		63	Silver	Jon	Berglund	Springfield	82' 8.5"	25.21M
M		61	Bronze	Kit	Sheffield	Vienna	68' 9"	20.69M
M		62		Kenneth	Kops	Woodbridge	DNP	
M	65-69	65		Jeff	James	Purcellville	DNP	
M	70-74	71	Gold	Rod	Hupp	Falls Church	69' 3"	21.11M
M		74	Silver	James	Chalupsky	Burke	67' 10"	20.68M
M		71	Bronze	Ali	khaledi	Falls Church	57' 2.5"	17.44M
M		73	4	Safdar	Enferadi	Arlington	51' 6.25"	15.70M
M		71	5	Mohammad Nasir	Kianearsi	Dunn Loring	48' 7"	14.81M
M		70	6	Ken	Freund	Alexandria	46' 0.25"	14.03M
M		72		Michael	Schlabs	Oakton	DNP	
M	75-79	75	Gold	George	Marmorino	Alexandria	89' 11.5"	27.42M
M		75	Silver	Gharemon	Suleymon	McLean	77' 7"	23.65M
M		76	Bronze	Don	Sodo	Dumfries	60' 0"	18.29M
M		75	4	Eiji	Yasuhara	Sterling	57' 2"	17.42M
M		79	5	Don	Meli	Annandale	48' 0.25"	14.66M
M		77		Matt	Kline	Alexandria	DNP	
M		77		Thomas	Nabi	Fairfax	DNP	
M		77		John	Cordyack	Reston	DNP	
M		78		Thomas	Sullivan	Oakton	DNP	
M	80-84	81	Gold	Parviz	Youssefi	Gainesville	61' 3"	18.67M
M		81	Silver	George	Levendis	Arlington	59' 11.5"	18.28M
M		80	Bronze	James	Holmes	Springfield	53' 0.5"	16.17M
M		84	4	Carlos	Rodriguez	Dumfries	36' 5"	11.10M
M		81		Dennis	Morin	Sterling	DNP	
M		82		John	Foti	Potomac Falls		
M	85-89	88	Gold	Jerry	Bradley	Oakton	42' 0.5"	12.81M
M		87	Silver	Eddie	Ladd	Potomac Falls	41' 2"	12.55M
M		85		Phil	Walsh	Potomac Falls	DNP	
M		88		Jay	Edwards	McLean	DNP	
M	90-94	90		Nicholas	Fidandis	Alexandria	DNP	
M		92		John	Ewing	Falls Church	DNP	
M	95-99	95		Leonard	Kalkwarf	Springfield	DNP	