

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 ¼"	2013
	95 - 99			J.R. Cassidy	Manassas	15' 10"	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	22' 5"
M		57		Jeff	Huse	Centreville	DNP
M	60-64	63	Gold	Jon	Berglund	Springfield	28' 6"
M		64	Gold	Craig	Day	Falls Church	28' 6"
M		61	Bronze	Kit	Sheffield	Vienna	23' 2.5"
M		62		Kenneth	Kops	Woodbridge	DNP
M	70-74	71	Gold	Rod	Hupp	Falls Church	28' 0"
M		74	Silver	James	Chalupsky	Burke	25' 8.5"
M		71	Bronze	Ali	Khaledi	Falls Church	22' 11"
M		70	4	Ken	Freund	Alexandria	20' 2.25
M		72		Michael	Schlabs	Oakton	DNP
M	75-79	75	Gold	Jeff	Young	McLean	31' 10.5"
M		75	Silver	George	Marmorino	Alexandria	29' 11"
M		75	Bronze	Gharemon	Suleymon	McLean	28' 6"
M		76	4	Don	Sodo	Dumfries	21' 4"
M		77	5	Matt	Kline	Alexandria	19' 7"
M		77	6	John	Rogers	Arlington	17' 11.5"
M		79	7	Don	Meli	Annandale	17' 3.75"
M		77		Thomas	Nabi	Fairfax	DNP
M		77		John	Cordyack	Reston	DNP
M		78		Thomas	Sullivan	Oakton	DNP

M	80-84	81	Gold	Dennis	Morin	Sterling	26' 0"
M		80	Silver	James	Holmes	Springfield	20' 7.5"
M		84	Bronze	Carlos	Rodriguez	Dumfries	18' 0.5"
M		81		George	Levendis	Arlington	DNP
M		82		John	Foti	Potomac Falls	DNP
M	85-89	88	Gold	Jerry	Bradley	Oakton	20' 0"
M		87	Silver	Eddie	Ladd	Potomac Falls	17' 1"
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