

EVENT: Mini Javelin

**MINI JAVELIN THROW – WOMEN**

50 – 54	Maureen Pan	Alexandria	69' 6"		2016
55 – 59	Lisa Ninomiya	Vienna	75' 3"	22.94 M	2017
60 - 64	Lisa Ninomiya	Vienna	68' 7 ½"	20.91	2021
65 – 69	Jane Hoge	Falls Church	56' 8"	17.27	2019
70 – 74	Jane Hoge	Falls Church	52' 9"	15.94	2023*
75 - 79	Georgia Fuller	Falls Church	37' 7 ½"	11.47	2021
80 - 84	Angela Fernandes	Burke	30' 4"		2016
85 - 89	Bernie Kleinschmidt	Annandale	24' 3"		2009
90 - 94	Alease Brooks	Arlington	16' 0.5"	4.89	2023*

List of Participants 2023

Sex	AgeGroup	Place	Age	Firstname	LastName	City	Results
F	55-59		59	Sabrina	Tormoen	Bealeton	DNP
F	60-64	Gold	60	Maureen	Pan	Fairfax	63' 5" 19.33M
F		Silver	60	Karen	Jarzynka-Hernandez	Arlington	27' 3" 8.31
F	65-69	Gold	66	Katherine	Good	Woodbridge	34" 3.5" 10.45
F			65	Kathleen	Wilson	Springfield	DNP
F	70-74	Gold	71	Jane	Hoge	Falls Church	52' 9" * 15.94 *
F	75-79	Gold	78	Nancy	Joyner	Annandale	32' 0.25" 9.76
F		Silver	77	Beth	Baynes	Alexandria	23' 4" 7.11
F			78	Georgia	Fuller	Falls Church	DNP
F	80-84	Gold	82	SC	Whitehouse	Potomac Falls	23' 0.5" 7.02
F	90-94	Gold	90	Alease	Brooks	Arlington	16' 0.5" * 4.89 *

Sex	Age Group	Place	Age	Firstname	LastName	City	Results		
<b>MINI JAVELIN THROW – MEN</b>									
	50 – 54			Mark Abbott	Delaplane		88' 8 ½"	27.04 M	2015
	55 – 59			John Casale	Ashburn		107' 2"	32.66M	2014
	60 - 64			Paul Decot	Fairfax		106' 2"		2009
	65 – 69			Thomas Sullivan	Oakton		100' 6 ½"	30.65M	2014
	70 – 74			Bernhard Stamm	Ashburn		103' 10"		2013
	75 - 79			Bernhard Stamm	Ashburn		100' 6 ¼"	30.64M	2014
	80 - 84			Bernhard Stamm	Ashburn		85' 6"	26.06	2019
	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
M	50-54	Gold	51	Juan	Hernandez	Arlington	51' 6.5"	15.71M	
M			53	Darren	Snow	Warrenton	DNP		
M	55-59	Gold	56	Juan	Serrano, Jr.	Gainesville	56' 1.25"	17.1	
M			57	Jeff	Huse	Centreville	DNP		
M			59	Stephen	Neal	Chantilly	DNP		
M	60-64	Gold	63	Jon	Berglund	Springfield	72' 0.5"	21.96	
M	65-69		68	Benjamin	Viellieu	Burke	DNP		
M			68	Gregg	Pane	Mclean	DNP		
M	70-74	Gold	72	Greg	Redding	Fairfax	88' 2"	26.87	
M		Silver	71	Rod	Hupp	Falls Church	75' 3.5"	22.34	
M		Bronze	71	Mohammad Nasir	Kianearsi	Dunn Loring	53' 0.25"	16.16	
M		4	71	Ali	Khaledi	Falls Church	49' 2"	14.9	
M		5	73	Safdar	Enferadi	Arlington	43' 10.75"	13.38	
M		6	70	Ken	Freund	Alexandria	42' 5.5"	12.94	
M			74	Doug	Hastings	Gainesville	DNP		

M	75-79	Gold	75	George	Marmorino	Alexandria	73' 4"	22.35	
M		Silver	75	Gharemon	Suleymon	McLean	44' 8.5"	13.63	
M		Bronze	75	Eiji	Yasuhara	Sterling	42' 3"	12.88	
M		4	79	Don	Meli	Annandale	40' 10.5"	12.46	
M		5	76	Don	Sodo	Dumfries	39' 10"	12.14	
M			77	Thomas	Nabi	Fairfax	DNP		
M			77	John	Cordyack	Reston	DNP		
M			78	Thomas	Sullivan	Oakton	DNP		
M			79	Naresh	Bhagat	Ashburn	DNP		
M	80-84	Gold	81	Parviz	Youssefi	Gainesville	61' 5"	18.72	
M		Bronze	81	Dennis	Morin	Sterling	41' 5"	12.62	
M		Silver	84	Carlos	Rodriguez	Dumfries	44' 2.5"	12.73	
M		4	84	Herb	Levitan	Arlington	33' 8"	10.26	
M			82	John	Foti	Potomac Falls			
M	85-89	Gold	88	Jerry	Bradley	Oakton	36' 6.25"	11.13	
M		Silver	87	Eddie	Ladd	Potomac Falls	29' 8.75"	9.06	
M			85	Phil	Walsh	Potomac Falls	DNP		
M			88	Jay	Edwards	McLean	DNP		
M	90-94		90	Nicholas	Fidandis	Alexandria	DNP		
M			90	Bill	Brennan	Annandale	DNP		
M			92	John	Ewing	Falls Church	DNP		
M	95-99		95	Leonard	Kalkwarf	Springfield	DNP		