

EVENT:

Field - Discus

Women Record Holders

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 2024

Sex	Age Group	Place	Age	Firstname	LastName	City	Results	Meters
F	50-54	Gold	51	Susan	Budd	Arlington	52'0"	15.85
F	55-59	Gold	59	Sheila	Beard	McLean	49'6.5"	15.00
F	60-64		61	Colleen	Cornwell	Manassas	DNP	
F			61	Karyn	Moreland	Aldie	DNP	
F	65-69		67	Keg	Good	Woodbridge	DNP	
F	75-79		78	Beth	Baynes	Alexandria	DNP	
F			79	Georgia	Fuller	Falls Church	DNP	
F	90-94		91	Alease	Brooks	Arlington	DNP	

Men Record Holders

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

List of Participants 2024

Sex	Age Group	Place	Age	Firstname	LastName	City	Results	Meters
M	50-54		54	Darren	Snow	Warrenton	DNP	
M	55-59	Gold	56	Geoff	Nagler	Fairfax	94'11"	28.93
M		Silver	57	Sam	Gray	Fairfax	89'0"	27.13
M			59	Joseph	Czopek	Annandale	DNP	
M	60-64	Gold	62	Lawrence	Lewis	Alexandria	90'2"	27.48
M		Silver	64	Jon	Berglund	Springfield	81'8"	24.89
M		Bronze	61	Glenn	Coughlin	Falls Church	67'6"	20.57
M		4	64	Michael	Megargee	Arlington	66'10"	
M			60	Brian	Franklin	Woodbridge	DNP	
M			60	Stephen	Neal	Chantilly	DNP	
M			63	Kenneth	Kops	Woodbridge	DNP	
M			63	Ken	Moreland	Aldie	DNP	
M	65-69	Gold	65	Craig	Day	Falls Church	87'2"	26.57
M		Silver	69	William	Wiggs	Chantilly	80'1"	24.41
M		Bronze	65	William	Sulik	Springfield	53'1"	16.18
M		4	66	James	Scarborough	Arlington	52'1"	
M			65	Matt	Mohler	Herndon	DNP	
M			66	Patrick	Manley	Alexandria	DNP	
M	70-74	Gold	73	Nathan	Granger	Sterling	76'11"	23.44
M		Silver	72	Rod	Hupp	Falls Church	74'2"	22.61
M		Bronze	71	Ken	Freund	Alexandria	57'5"	17.50
M		4	72	Ali	Abedi	Falls Church	55'1"	
M		5	72	Mohammad Nasir	Kianearsi	Dunn Loring	49'7.5"	
M		6	70	Joseph	Tappel	Springfield	42'7"	
M		7	70	Frank	Krempa	Annandale	38'0"	

M			71	Mohammad Javed	Karimullah	Manassas	DNP	
M			73	Michael	Schlabs	Oakton	DNP	
M			74	Magdi Michael	Kallini	Fairfax	DNP	
M			74	Michael	McCormick	Alexandria	DNP	
M	75-79	Gold	76	George	Marmorino	Alexandria	87'5"	26.64
M		Silver	76	Gharemon	Suleymon	McLean	77'0"	23.47
M		Bronze	75	James	Chalupsky	Burke	71'9"	21.87
M		4	76	Eiji	Yasuhara	Sterling	62'5"	
M			77	Don	Sodo	Dumfries	DNP	
M			79	Thomas	Sullivan	Oakton	DNP	
M	80-84	Gold	82	Parviz	Youssefi	Gainesville	58'3"	17.75
M		Silver	82	Dennis	Morin	Sterling	54'10.5"	16.73
M		Bronze	80	Don	Meli	Annandale	43'5"	13.23
M			81	Kenneth	Kimbrough	Arlington	DNP	
M			82	George	Levendis	Arlington	DNP	
M	85-89	Gold	85	Carlos	Rodriguez	Dumfries	46'10"	14.28
M		Silver	85	Amnon	Golan	Arlington	45'4"	13.82
M		Bronze	89	Jerry	Bradley	Oakton	44'11"	13.69
M			85	Bernhard	Stamm	Ashburn	DNP	
M			88	Eddie	Ladd	Potomac Falls	DNP	