

EVENT: Field - Shot Put

Women Record Holders

SHOT PUT – WOMEN						
50 - 54	Maureen Pam	Alexandria	30' 2.16"	9.2M		2014
55 - 59	Maria Miller	Arlington	29' 1"			1999
60 - 64	Kathleen Wilson	Springfield	25' 11"	7.90		2019
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 Participants 2024

Sex	Age Group	Place	Age	Firstname	LastName	City	Results	Meters
F	55-59	Gold	59	Sheila	Beard	McLean	18'3"	5.56
F	60-64		60	Amy	Levinrad	Ashburn	DNP	
F			61	Colleen	Cornwell	Manassas	DNP	
F			61	Karyn	Moreland	Aldie	DNP	
F			63	Joanne	Shabelski	Springfield	DNP	
F	65-69	Gold	66	Kathleen	Wilson	Springfield	19'9"	6.02
F			67	Keg	Good	Woodbridge	DNP	
F	70-74	Gold	72	Theresa	Buschmann	Arlington	15'9"	4.80
F	75-79		79	Georgia	Fuller	Falls Church	DNP	
F	90-94		91	Alease	Brooks	Arlington	DNP	

Men Record Holders

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

List of Participants 2024

Sex	Age Group	Place	Age	Firstname	LastName	City	Results	Meters
M	50-54		54	Darren	Snow	Warrenton	DNP	
M	60-64	Gold	62	Lawrence	Lewis	Alexandria	33'10"	10.31
M		Silver	64	Jon	Berglund	Springfield	27'3"	8.30
M		Bronze	61	Glenn	Coughlin	Falls Church	26'8"	8.13
M			60	Brian	Franklin	Woodbridge	DNP	
M			60	Stephen	Neal	Chantilly	DNP	
M			63	Ken	Moreland	Aldie	DNP	
M			64	Michael	Megargee	Arlington	DNP	
M	65-69	Gold	65	Craig	Day	Falls Church	28'9"	8.76
M		Silver	69	William	Wiggs	Chantilly	20'7"	6.27
M		Bronze	65	William	Sulik	Springfield	17'2"	5.23
M			66	Patrick	Manley	Alexandria	DNP	
M			69	Timothy	Murphy	Potomac Falls	DNP	
M	70-74	Gold	72	Rod	Hupp	Falls Church	24'4"	7.42
M		Silver	72	Ali	Abedi	Falls church	21'5"	6.53
M		Bronze	71	Ken	Freund	Alexandria	19'8"	5.99
M		4	72	Mohammad	Kianearsi	Dunn Loring	18'9"	
M		5	70	Frank	Krempa	Annandale	17'6"	
M			71	Mohammad	Karimullah	Manassas	DNP	
M			73	Michael	Schlabs	Oakton	DNP	
M			74	Magdi M.	Kallini	Fairfax	DNP	
M	75-79	Gold	76	George	Marmorino	Alexandria	27'6"	8.38
M		Silver	76	Gharemon	Suleymon	McLean	26'7"	8.10
M		Bronze	75	James	Chalupsky	Burke	26'7"	8.10
M			76	Jeff	Young	McLean	DNP	
M			77	Don	Sodo	Dumfries	DNP	
M			78	John	Rogers	Arlington	DNP	
M			79	Thomas	Sullivan	Oakton	DNP	

M	80-84	Gold	82	Dennis	Morin	Sterling	24'9"	7.54
M		Silver	81	Alphonse	Piekut	Vienna	21'2"	6.45
M		Bronze	80	Don	Meli	Annandale	18'10"	5.74
M			82	George	Levendis	Arlington	DNP	
M	85-89	Gold	85	Amnon	Golan	Arlington	26'1"	7.95
M		Silver	89	Jerry	Bradley	Oakton	19'2"	5.84
M		Bronze	85	Carlos	Rodriguez	Dumfries	19'2"	5.84
M			85	Bernhard	Stamm	Ashburn	DNP	
M			88	Eddie	Ladd	Potomac Falls	DNP	
M	90-94	Gold	91	Bill	Brennan	Annandale	15'5"	4.70