

	Event:	Discus							
	Women Record Holders								
	DISCUS – WOMEN								
	50 - 54	Maureen Pan		Alexandria	86' ¾"	26.23 M	2017		
	55 - 59	Maureen Pan		Alexandria	87' ½"	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 2025								
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results		
F	55-59	Gold	55	Casey	Weiser	Arlington	40'4"	12.30M	
F	60-64	Gold	62	Maureen	Pan	Fairfax	76'8"	23.37M	
F		Silver	61	Meg	Miller	Arlington	32'11"	10.03	
F	65-69	Gold	67	Kathleen	Wilson	Springfield	47'1"	14.35M	
F			68	Keg	Good	Woodbridge	DNP		
F	70-74	Gold	74	Louise	DiCaprio	Fairfax	29'1"	8.86M	
F			70	Doris	Granger	Sterling	DNP		
F	75-79	Gold	77	Shirin	Namdar	Gainesville	43'3"	13.18M	
F		Silver	75	Patricia	Joyner	Alexandria	32'8"	9.96	
F		Bronze	79	Beth	Baynes	Alexandria	31'11"	9.73	
F	80-84		80	Georgia	Fuller	Falls Church	0		
F	90-94		92	Alease	Brooks	Arlington	0		
	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 2025								
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results		
M	50-54	Gold	53	Justin	Crandol	Springfield	58'2"	17.73M	
M		Silver	51	Michael	Wardian	Arlington	54'8"	16.66	
M			53	Thomas	Mayrhofer	Mclean	DNP		

M	60-64	Gold	63	Jeff	Farr	Vienna	78'5"	23.90M	
M		Silver	63	Kit	Sheffield	Vienna	68'6"	20.88	
M		Bronze	64	Dominic	Francis	Alexandria	56'5.5"	17.21	
M		4	62	Henry	Sobieski	Centreville	54'0"	16.46	
M			60	Joseph	Czopek	Annandale	DNP		
M			61	Brian	Franklin	Alexandria	DNP		
M			61	Stephen	Neal	Chantilly	DNP		
M			62	Glenn	Coughlin	Falls Church	DNP		
M			64	Kenneth	Kops	Woodbridge	DNP		
M	65-69	Gold	66	Craig	Day	Falls Church	95'5"	29.09M	
M		Silver	65	Jon	Berglund	Springfield	82'9"	25.23	
M		Bronze	66	David	Duda	Lorton	75'10"	23.12	
M		4	67	Jeff	James	Purcellville	59'3"	18.06	
M		5	67	James	Scarborough	Arlington	56'0"	17.70	
M		6	68	Robert	Roll	Arlington	28'3"	8.61	
M	70-74	Gold	74	Nathan	Granger	Sterling	76'1.5"	23.21M	
M		Silver	73	Ali	Abedi	Falls Church	52'0"	15.85	
M		Bronze	72	Ken	Freund	Alexandria	51'5.5"	15.69	
M		4	73	Mohammad Nasir	Kianearsi	Dunn Loring	50'11"	15.52	
M		5	71	Frank	Krempa	Annandale	37'9.5"	11.52	
M			74	Greg	Redding	Fairfax	DNP		
M			74	Michael	Schlabs	Oakton	DNP		
M	75-79	Gold	77	Eiji	Yasuhara	Sterling	74'6"	22.71M	
M		Silver	77	Gharemon	Suleymon	McLean	74'0"	22.56	
M		Bronze	76	James	Chalupsky	Burke	62'11"	19.18	
M		4	76	Alessandro	Sacilotto	Fairfax	51'5.5"	15.68	
M		5	75	Safdar	Enferadi	Arlington	49'2"	15.00	
M			77	George	Marmorino	Alexandria	DNP		
M			78	Don	Sodo	Dumfries	DNP		
M	80-84	Gold	80	Gary	Hopkins	Dumfries	62'0"	18.90M	
M		Silver	83	Parviz	Youssefi	Gainesville	59'7"	18.16	
M		Bronze	84	Lenwood	Lloyd	Alexandria	59'3"	18.06	
M		4	83	Dennis	Morin	Sterling	58'8.5"	17.89	
M		5	81	Don	Meli	Annandale	42'1"	12.82	
M			80	Thomas	Sullivan	Oakton	DNP		
M			80	Mark	Weshinsky	Purcellville	DNP		
M			83	Robert	Petersen	Vienna	DNP		
M	85-89	Gold	86	Bernhard	Stamm	Ashburn	59'4"	18.09M	
M		Silver	86	Amnon	Golan	Arlington	50'7"	15.42	
M		Bronze	86	Carlos	Rodriguez	Dumfries	45'0.5"	13.73	
M	90-94	Gold	90	Jerry	Bradley	Oakton	36'6.5"	11.14M	