

	Event:	Mini Javelin						
	Women Record Holders							
	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	Kathleen Wilson	Springfield	61' 2"	18.64		2024	
	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	Nancy Joyner	Annandale	32' 0"	9.76		2025*	
	85 - 89	Bernie Kleinschmidt	Annandale	24' 3"			2009	
	90 - 94	Alease Brooks	Arlington	17' 0.5"	4.89		2025*	
	List of Participants 2025							
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results	
F	55-59	Gold	58	Ky	De Ros	Arlington	43'5"	13.24M
F	60-64	Gold	62	Maureen	Pan	Fairfax	61'6"	18.75M
F		Silver	61	Meg	Miller	Arlington	47'3:	14.41
F		Bronze	63	Vanstacia	Jackson	Alexandria	38'6"	11.74
F		4	64	Joanne	Shabelski	Springfield	30'1"	9.17
F			62	Amy	Knieriem	Falls Church	DNP	
F	65-69	Gold	67	Kathleen	Wilson	Springfield	59'0"	17.99M
F			68	Keg	Good	Woodbridge	DNP	
F	70-74	Gold	74	Louise	DiCaprio	Fairfax	34'6"	10.52M
F			70	Doris	Granger	Sterling	DNP	
F	75-79	Gold	79	Beth	Baynes	Alexandria	28'6"	8.69M
F		Silver	77	Shirin	Namdar	Gainesville	23'8"	7.22
F		Bronze	75	Patricia	Joyner	Alexandria	22'6"	6.86
F	80-84	Gold	80	Nancy D	Joyner	Annandale	32'0"*	9.76M*
F			80	Georgia	Fuller	Falls Church	0	
F	90-94	Gold	92	Alease	Brooks	Arlington	17'5"*	5.31M*
	Men Record Holders							
	MINI JAVELIN THROW – MEN							
	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	Bernhard Stamm	Ashburn	75' 8"	23.07		2025*	
	90 - 94	Charles Pistorino	McLean	43' 7"			2013	
	95 - 99	J.R. Cassidy	Manassas	24' 10"			2010	
	List of Participants 2025							
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results	
M	50-54	Gold	53	Justin	Crandol	Springfield	74'7"	22.74M
M		Silver	51	Michael	Wardian	Arlington	66'8"	20.32
M			53	Thomas	Mayrhofer	McLean	DNP	

M	60-64	Gold	63	Jeff	Farr	Vienna	74'9"	22.79M
M		Silver	64	Dominic	Francis	Alexandria	48'9"	14.86
M		Bronze	62	Henry	Sobieski	Centreville	48'0"	14.63
M			60	Joseph	Czopek	Annandale	DNP	
M			61	Stephen	Neal	Chantilly	DNP	
M			62	Glenn	Coughlin	Falls Church	DNP	
M	65-69	Gold	65	Jon	Berglund	Springfield	64'1"	19.54M
M		Silver	69	Steven	Smith	McLean	60'0"	18.29
M		Bronze	66	David	Duda	Lorton	55'0"	16.77
M			4 68	Robert	Roll	Arlington	38'3"	
M	70-74	Gold	74	Nathan	Granger	Sterling	85'5"	26.04M
M		Silver	72	Michael	Emery	Burke	51'0"	15.55
M		Bronze	73	Ali	Abedi	Falls Church	47'9"	14.56
M			4 73	Mohammad Nasir	Kianearsi	Dunn Loring	47'8"	
M			5 71	Frank	Krempa	Annandale	24'10"	
M			70	Benjamin	Viellieu	Burke	DNP	
M			72	Ken	Freund	Alexandria	DNP	
M			74	Greg	Redding	Fairfax	DNP	
M	75-79	Gold	79	Paul	Decot	Fairfax	66'0"	20.12M
M		Silver	76	James	Chalupsky	Burke	64'2"	19.56
M		Bronze	77	Eiji	Yasuhara	Sterling	56'10"	17.33
M			4 77	Gharemon	Suleymon	McLean	51'7"	
M			5 75	Safdar	Enferadi	Arlington	50'0"	
M			6 78	Don	Sodo	Dumfries	39'10"	
M			7 77	Douglas	Huff	Fairfax	39'8"	
M			75	John	Ambrose	Arlington	DNP	
M			76	Alessandro	Sacilotto	Fairfax	DNP	
M			77	George	Marmorino	Alexandria	DNP	
M	80-84	Gold	83	Parviz	Youssefi	Gainesville	43'7"	13.29M
M		Silver	84	Lenwood	Lloyd	Alexandria	43'2"	13.16
M		Bronze	81	Don	Meli	Annandale,	42'1"	12.83
M			4 80	Gary	Hopkin	Dumfries	41'3"	
M			5 83	Dennis	Morin	Sterling	38'10"	
M			80	Thomas	Sullivan	Oakton	DNP	
M	85-89	Gold	86	Bernhard	Stamm	Ashburn	75'8"	23.07M*
M		Silver	86	Carlos	Rodriguez	Dumfries	47'0"	14.33
M		Bronze	86	Amnon	Golan	Arlington	29'0"	8.84
M	90-94	Gold	90	Jerry	Bradley	Oakton	32'8"	9.96M
M			92	Bill	Brennan	Annandale	DNP	