

[illegible]

	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 2025							
Sex	Age Group	Place	Age	Firstname	Lastname	City	Results	
M	50-54	Gold	51	Michael	Wardian	Arlington	20'10.5"	6.36M
M			53	Thomas	Mayrhofer	Mclean	DNP	
M			53	Justin	Crandol	Springfield	DNP	
M	60-64	Gold	63	Jeff	Farr	Vienna	28'4.5"	8.65M
M		Silver	63	Kit	Sheffield	Vienna	21'11.5"	6.69
M		Bronze	64	Dominic	Francis	Alexandria	21'5.5"	6.54
M		4	62	Henry	Sobieski	Centreville	21'3.75"	6.49
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	27'2.75"	8.30M
M		Silver	65	Jon	Berglund	Springfield	26'1.25"	7.95
M		Bronze	66	David	Duda	Lorton	21'6.5"	6.57
M		4	69	Steven	Smith	McLean	19'11.5"	6.08
M		5	68	Robert	Roll	Arlington	13'1"	3.99
M	70-74	Gold	70	Robert	Ivers	Haymarket	30'6"	9.30M
M		Silver	74	Nathan	Granger	Sterling	26'7.25"	8.11
M		Bronze	73	Ali	Abedi	Falls Church	22'3"	6.78
M		4	73	Mohammad Nasir	Kianearsi	Dunn Loring	17'4.5"	5.30
M		5	71	Frank	Krempa	Annandale	14'9.25"	4.50
M			72	Ken	Freund	Alexandria	DNP	
M			74	Michael	Schlabs	Oakton	DNP	
M	75-79	Gold	77	Jeff	Young	McLean	29'0"	8.84M
M		Silver	77	Gharemon	Suleymon	McLean	25'8.5"	7.84
M		Bronze	76	James	Chalupsky	Burke	22'9.75"	6.95
M		4	75	Safdar	Enferadi	Arlington	22'7.25"	6.89
M		5	76	Alessandro	Sacilotto	Fairfax	21'5"	6.53
M			77	George	Marmorino	Alexandria	DNP	
M			79	John	Rogers	Arlington	DNP	

M	80-84	Gold	80	Gary	Hopkins	Dumfries	24'9"	7.54M
M		Silver	83	Dennis	Morin	Sterling	23'9.75"	7.26
M		Bronze	82	Alphonse	Piekut	Vienna	22'.25"	6.71
M		4	84	Lenwood	Lloyd	Alexandria	20'11.25"	6.38
M		5	81	Don	Meli	Annandale	18'6.5"	5.65
M			80	Thomas	Sullivan	Oakton	DNP	
M			80	Mark	Weshinskey	Purcellville	DNP	
M			81	Naresh	Bhagat	Ashburn	DNP	
M			83	Robert	Petersen	Vienna	DNP	
M	85-89	Gold	86	Bernhard	Stamm	Ashburn	25'8.5"	7.84M
M		Silver	86	Amnon	Golan	Arlington	21'10"	6.65
M		Bronze	86	Carlos	Rodriguez	Dumfries	19'11.5"	6.08
M	90-94	Gold	90	Jerry	Bradley	Oakton	16'5.75"	5.02M
M			92	Bill	Brennan	Annandale	DNP	