



# CAPITAL CITY Senior Games RECORDS



## TRACK - THROWING

### WOMEN

### MEN

#### Discus

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AGE	NAME	RECORD
50-54	Cassandra Ferguson	15.10m 2020
55-59	Belinda Wharton	24.74m 2015
60-64	Belinda Wharton	25.30m 2020
65-69	Jocelyn Lowther	14.50m 2021
70-74	Agnes E. Csizinszky	14.81m 2013
75-79	Betty Frydrychowicz	14.15m 2015
80-84	Betty Frydrychowicz	12.20m 2020
85-89		
90+		

AGE	NAME	RECORD
50-54	John Allen	36.5m 2017
55-59	John Allen	37.52m 2018
60-64	Rodney Atherton	41.76m 2018
65-69	Rodney Atherton	42.09m 2021
70-74	Robert Hume	43.36m 2020
75-79	Rodney Letchworth	30.74m 2010
80-84	Rodney Letchworth	25.07m 2017
85-89	Britt Paulson	9.80m 2020
90+	Alan Ozell	9.03m 2012

#### Javelin

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AGE	NAME	RECORD
50-54	Cassandra Ferguson	17.21 2020
55-59	Belinda Wharton	25.46m 2015
60-64	Belinda Wharton	22.52m 2021
65-69	Jocelyn Lowther	17.77m 2021
70-74	Phyllis Knoblock	8.49m 2010
75-79		
80-84		
85-89		
90+		

AGE	NAME	RECORD
50-54	John Allen	42.98m 2014
55-59	John Allen	38.94m 2020
60-64	Norman Hough	39.53m 2010
65-69	Michael Brown	43.88m 2020
70-74	Jerry Taunton	34.59 m 2018
75-79	Jerry Taunton	29.95m 2022
80-84	Charles Futch	22.14m 2022
85-89	Britt Poulson	13.42m 2019
90+	Alan Ozell	9.47m 2012

#### Shot Put

#### Shot Put

AGE	NAME	RECORD
50-54	Nancy Wallace	8.3m 2015
55-59	Johnnie Reid	9.00m 2021
60-64	Elaine Smith	8.2m 2019
65-69	Jocelyn Lowther	6.74m 2019
70-74	Jeanne O'Kon	4.73m 2023
75-79	Deloris Chavis	5.45m 2021
80-84	Charlotte Williams	3.89m 2010
85-89		
90+		

AGE	NAME	RECORD
50-54	Ivan Maldonado	11.99m 2014
55-59	Jeff Stilwell	7.19m 2012
60-64	Rodney Atherton	12.2m 2016
65-69	Mike DeBrabant	11.9m 2021
70-74	Jerry Taunton	11.9m 2018
75-79	Jerry Taunton	11.01m 2022
80-84	Palmer Walker	8.45m 2015
85-89	Britt Poulson	6.88m 2020
90+	Alan Ozell	5.76m 2012