



CAPITAL CITY Senior Games RECORDS



TRACK - THROWING

WOMEN

Discus

AGE	NAME	RECORD
50-54	Cassandra Ferguson	15.10M 2020
55-59	Belinda Wharton	24.74M 2015
60-64	Belinda Wharton	25.3M 2020
65-69	Patricia Clemmons	18.37M 2026
70-74	Barbara Reddick	17.04M 2026
75-79	Betty Frydrychowicz	14.15M 2015
80-84	Betty Frydrychowicz	12.20M 2020
85-89		
90+	Geneva Colson	4.22M 2025

Javelin

AGE	NAME	RECORD
50-54	Cassandra Ferguson	17.21M 2020
55-59	Belinda Wharton	25.46M 2015
60-64	Belinda Wharton	22.52M 2021
65-69	Jocelyn Lowther	17.77M 2021
70-74	Jocelyn Lowther	14.65M 2026
75-79	Carol Rhodes	9.97M 2024
80-84	Jewel Vickers	3.72M 2026
85-89		
90+		

Shot Put

AGE	NAME	RECORD
50-54	Nancy Wallace	8.3M 2015
55-59	Johnnie Reid	9.00M 2021
60-64	Elaine Smith	8.20M 2019
65-69	Patricia Clemmons	7.25M 2026
70-74	Barbara Reddick	8.01M 2026
75-79	Deloris Chavis	5.45M 2021
80-84	Deloris Chavis	4.56M 2026
85-89	Geneva Colson	3.8M 2024
90+	Geneva Colson	3.17M 2025

MEN

Discus

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

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

AGE	NAME	RECORD
50-54	Ivan Maldonado	11.99m 2014
55-59	Richard Laska	9.94m 2025
60-64	Rodney Atherton	12.2m 2016
65-69	Mike DeBrabant	11.9m 2021
70-74	Rodney Atherton	11.91m 2026
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