



# 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     | 25.30m 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+   | Geneva Colson       | 4.22m 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 | 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 | Phyllis Knoblock   | 8.49M 2010  |
| 75-79 | Carol Rhodes       | 9.97M 2024  |
| 80-84 |                    |             |
| 85-89 |                    |             |
| 90+   |                    |             |

#### 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 | Nancy Wallace   | 8.3M 2015  |
| 55-59 | Johnnie Reid    | 9.00M 2021 |
| 60-64 | Elaine Smith    | 8.20M 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 | Jewel Vickers   | 3.99M 2025 |
| 85-89 | Geneva Colson   | 3.8M 2024  |
| 90+   | Geneva Colson   | 3.17M 2025 |

#### 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 | 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  |