



CAPITAL CITY Senior Games RECORDS



TRACK - THROWING

WOMEN

Discus

AGE	NAME	RECORD
50-54		
55-59	Belinda Wharton	24.74m 2015
60-64	Christine Frier	17m 2015
65-69	Jocelyn Lowther	14.05m 2019
70-74	Agnes E. Csizinszky	14.81m 2013
75-79	Betty Frydrychowicz	14.15m 2015
80-84		
85-89		
90+		

Javelin

AGE	NAME	RECORD
50-54		
55-59	Belinda Wharton	25.46m 2015
60-64	Christine Frier	20.7m 2015
65-69	Jocelyn Lowther	14.47m 2019
70-74	Phyllis Knoblock	8.49m 2010
75-79		
80-84		
85-89		
90+		

Shot Put

AGE	NAME	RECORD
50-54	Nancy Wallace	8.3m 2015
55-59	Vivan Mitchell	8.09m 2012
60-64	Elaine Smith	8.2m 2019
65-69	Jocelyn Lowther	6.74m 2019
70-74		
75-79		
80-84	Charlotte Williams	3.89m 2010
85-89		
90+		

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	Mike DeBrabant	37.76m 2019
70-74	Fred Weber	34.36m 2010
75-79	Rodney Letchworth	30.74m 2010
80-84	Rodney Letchworth	25.07m 2017
85-89		
90+	Alan Ozell	9.03m 2012

Javelin

AGE	NAME	RECORD
50-54	John Allen	42.98m 2014
55-59	Charles Williams	31.92m 2017
60-64	Norman Hough	39.53m 2010
65-69	Norman Hough	35.76m 2014
70-74	Jerry Taunton	34.59 m 2018
75-79	James Culpepper	22.3m 2017
80-84	Palmer Walker	12.78m 2014
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	Jeff Stilwell	7.19m 2012
60-64	Rodney Atherton	11.95m 2018
65-69	Norman Hough	11.47m 2014
70-74	Jerry Taunton	11.9m 2018
75-79	Rodney Letchworth	9.77m 2011
80-84	Palmer Walker	8.45m 2015
85-89	Palmer Walker	5.67m 2017
90+	Alan Ozell	5.76m 2012