

EVENT MARK MEN AGE HOMETOWN YEAR MARK WOMEN AGE HOMETOWN YEAR

PVTC MARK RICHARDS PENTATHLON RECORDS

LONG JUMP

AGE	MARK	NAME	AGE	HOMETOWN	YEAR
<=14	5.05m	Ricky Blake	14	Suffolk, VA	2006
15-19	3.58m	Adam Markley	15	Lovettsville, VA	2000
20-24	6.24m	Carl Mielcarz	23	Baltimore, MD	2004
20-29	6.39m	Adam Alderton	25	Springfield, VA	1999
30-34	6.37m	Les Young	33	Chesapeake, VA	2003
35-39	5.80m	Adam Alderton	35	Alexandria, VA	2009
40-44	5.48m	Robert Harding	40	Forest, VA	2002
45-49	5.03m	Bob Doran	48	Dewitt, NY	2002
50-54	4.79m	Dave Hughes	50	Hummelstown, PA	2010
55-59	4.58m	Keith Mathis	56	Reisterstown, MD	2008
60-64	4.16m	Joel Liles	64	Garner, NC	2009
65-69					
70-74	2.71m	Herman Blinchikoff	74	Pikesville, MD	2008
75-79	3.11m	Sam Madia	76	W. Brownsville, PA	2000
80-84	2.34m	Sam Madia	82	W. Brownsville, PA	2006

LONG JUMP

MARK	WOMEN	AGE	HOMETOWN	YEAR
5.12m	Meghan Jean-Baptiste	16	Fairfax, VA	2011
3.59m	Delores Grandison	57	Townsend, DE	2010
3.04m	Ashley Childs	60	Royal Oak, MD	2010

JAVELIN

AGE	MARK	NAME	AGE	HOMETOWN	YEAR
<=14	29.93m	Ricky Blake	14	Suffolk, VA	2006
15-19	32.15m	Adam Markley	15	Lovettsville, MD	2000
20-24	46.83m	Carl Mielcarz	23	Baltimore, MD	2004
25-29	50.30m	Adam Alderton	25	Springfield, VA	1999
30-34	61.07m	Kevin Kanyan	34	Centreville, VA	2004
35-39	51.02m	James Barr	37	Arlington, VA	2005
40-44	45.80m	Reggie Hill, Sr.	42	Montgomery, AL	2006
45-49	36.04m	Keith Mathis	49	Reisterstown, MD	2001
50-54	43.90m	Franklin Roberts	51	Raleigh, NC	2010
55-59	35.08m	Keith Mathis	56	Reisterstown, MD	2008
60-64	26.81m	Joel Liles	64	Garner, NC	2009
65-69					
70-74	23.73m	Herman Blinchikoff	73	Pikesville, MD	2007
75-79	25.93m	Herman Blinchikoff	76	Pikesville, MD	2010
80-84	14.62m	Sam Madia	82	W. Brownsville, PA	2006

HIGH JUMP

MARK	WOMEN	AGE	HOMETOWN	YEAR
1.52m	Meghan Jean-Baptiste	16	Fairfax, VA	2011
1.30m	Delores Grandison	57	Townsend, DE	2010
1.15m	Ashley Childs	60	Royal Oak, MD	2010

200 M

AGE	MARK	NAME	AGE	HOMETOWN	YEAR
<=14	24.8h	Ricky Blake	14	Suffolk, VA	2006
15-19	28.17	Adam Markley	15	Lovettsville, VA	2000
20-24	24.37	Carl Mielcarz	23	Baltimore, MD	2004
25-29	22.47	Bryan Drummond	26	Springfield, VA	2000
30-34	22.81	Adam Alderton	30	Springfield, VA	2004
35-39	23.63	Adam Alderton	35	Alexandria, VA	2009
40-44	24.21	Robert Harding	40	Forest, VA	2002
45-49	26.34	Anthony Markley	46	Lovettsville, VA	2000
50-54	25.7h	Anthony Markley	52	Lovettsville, VA	2006
55-59	29.05	Robert Norton	57	Gainesville, FL	2002
60-64	29.2h	Joel Liles	61	Garner, NC	2006
65-69					
70-74	38.53	Herman Blinchikoff	70	Pikesville, MD	2004
75-79	33.3h	Sam Madia	76	W. Brownsville, PA	2001
80-84	39.9h	Sam Madia	82	W. Brownsville, PA	2006

100 H

MARK	WOMEN	AGE	HOMETOWN	YEAR
16.09	Meghan Jean-Baptiste	16	Fairfax, VA	2011
18.31	Claudia Simpson	58	Baltimore, MD	2011
19.12	Ashley Childs	60	Royal Oak, MD	2010

EVENT	MARK	MEN	AGE	HOMETOWN	YEAR	MARK	WOMEN	AGE	HOMETOWN	YEAR
DISCUS										
<=14	23.81m	Ricky Blake	14	Suffolk, VA	2006					
15-19	20.97m	Adam Markley	15	Lovettsville, VA	2000					
20-24										
25-29	38.27m	Bob Koski	26	Chimayo, NM	2000					
30-34	40.77m	Les Young	32	Chesapeake, VA	2002					
35-39	36.91m	James Barr	37	Arlington, VA	2005					
40-44	35.28m	Les Young	41	Petersburg, VA	2011	17.30m	Anne Pastorkovich	42	Fairfax VA	2007
45-49	33.18m	Rob Doran	41	New York, NY	2000					
50-54	36.30m	Franklin Roberts	51	Raleigh, NC	2010					
55-59	28.16m	Frank Monroe	57	New Jersey	2004					
60-64	32.17m	Victor Litwinski	60	McLean, VA	2004					
65-69										
70-74	23.85m	John Gracey	70	Waterfall, PA	2002	21.59m	Evelyn Wright	70	Annapolis, MD	2007
75-79	21.75m	Sam Madia	76	W. Brownsville, PA	2001					
80-84	16.81m	Sam Madia	82	W. Brownsville, PA	2006					

SHOT PUT

SHOT PUT	MARK	WOMEN	AGE	HOMETOWN	YEAR
15-19	6.84m	Meghan Jean-Baptiste	16	Fairfax, VA	2011
55-59	8.90m	Ashley Childs	59	Royal Oak, MD	2009
60-64	6.49m	Ashley Childs	60	Royal Oak, MD	2010

1500 M

1500 M	MARK	MEN	AGE	HOMETOWN	YEAR	MARK	WOMEN	AGE	HOMETOWN	YEAR
<=14	5:22.50	Ricky Blake	14	Suffolk, VA	2006					
15-19	5:18.79	Adam Markley	15	Lovettsville, VA	2000	2:47.94	Meghan Jean-Baptiste	16	Fairfax, VA	2011
20-24										
25-29	4:55.13	Adam Alderton	26	Springfield, VA	2000					
30-34	4:50.00	John McKenzie	34	Silver Spring, MD	1999					
35-39	4:44.42	John McKenzie	35	Silver Spring, MD	2000					
40-44	4:50.36	Stephen Dye	43	Charlottesville, VA	2000					
45-49	5:16.74	Bob Doran	48	DeWitt, NY	2002					
50-54	5:08.00	Eric Gyaki	51	Crofton, MD	2000					
55-59	5:55.31	Bob Doran	56	North Syracuse, NY	2010	3:43.14	Delores Grandison	57	Townsend, DE	2010
60-64	5:50.57	Joel Liles	64	Garner, NC	2009	3:33.06	Ashley Childs	60	Royal Oak, MD	2010
65-69										
70-74	7:26.20	Herman Blinchikoff	70	Pikesville, MD	2004					
75-79	7:12.84	Sam Madia	76	W. Brownsville, PA	2001					
80-84	10:52.02	Sam Madia	82	W. Brownsville, PA	2006					

TOTAL POINTS

TOTAL POINTS	MARK	MEN	AGE	HOMETOWN	YEAR	MARK	WOMEN	AGE	HOMETOWN	YEAR
<=14	2094	Ricky Blake	14	Suffolk, VA	2006					
15-19	1582	Adam Markley	15	Lovettsville, VA	2000	2749	Meghan Jean-Baptiste	16	Fairfax, VA	2011
20-29	3069	Adam Alderton	26	Springfield, VA	2000					
30-34	3014	Adam Alderton	33	Springfield, VA	2007					
35-39	2972	Adam Alderton	35	Alexandria, VA	2009					
40-44	2762	Robert Harding	40	Forest, VA	2002					
45-49	2578	Bob Doran	48	DeWitt, NY	2002					
50-54	2686	Dave Hughes	50	Hummelstown, PA	2010					
55-59	2659	Keith Mathis	56	Reisterstown, MD	2008	2456	Ashley Childs	59	Royal Oak, MD	2009
60-64	2966	Joel Liles	64	Garner, NC	2009	1554	Ashley Childs	60	Royal Oak, MD	2010
65-69										
70-74	1923	Herman Blinchikoff	70	Pikesville, MD	2004					
75-79	2786	Sam Madia	76	W. Brownsville, PA	2001					
80-84	1818	Sam Madia	82	W. Brownsville, PA	2006					

EVENT

MARK MEN

AGE HOMETOWN

YEAR

MARK

WOMEN

AGE HOMETOWN

YEAR

EVENT MARK MEN AGE HOMETOWN YEAR MARK WOMEN AGE HOMETOWN YEAR
PVTC THROWS PENTATHLON NEW RECORDS - AS A ONE-DAY EVENT STARTING IN 2009

HAMMER THROW

AGE	MARK	MEN	AGE	HOMETOWN	YEAR	MARK	WOMEN	AGE	HOMETOWN	YEAR
<=14										
15-19	29.81m	Mike Koshuta	17	Great Falls, VA	2011	23.14m	Brianna Jones	16	Forest, VA	2011
20-24										
25-29										
30-34										
35-39	43.86m	Kunle Lawson	37	Athens, OH	2009					
40-44	41.46m	Anthony Dziepak	44	Oakton, VA	2009	24.84m	Linda Butts	42	Lancaster, PA	2011
45-49										
50-54	32.31m	Ray Jones	50	Forest, VA	2011					
55-59	34.91m	Gary Sutton	56	Richmond, VA	2010					
60-64	32.36m	John Priestly	60	Mt. Rainer, MD	2011	28.06m	Cindy Lea Arbelbide	60	Front Royal, VA	2009
65-69	34.11m	James Pearce	66	Columbia, MD	2011					
70-74	28.71m	Jack Kuhns	70	Edgewater, MD	2009	18.87m	Evelyn Wright	72	Safety Harbor, FL	2009
75-79	27.34m	Ezzat Pashai	75	Fairfax, VA	2010					
80-84	22.65m	Darrell Dempster	81	Annapolis, MD	2010					

SHOT PUT

AGE	MARK	MEN	AGE	HOMETOWN	YEAR	MARK	WOMEN	AGE	HOMETOWN	YEAR
<=14										
15-19	11.13m	Mike Koshuta	17	Great Falls, VA	2011	7.85m	Brianna Jones	16	Forest, VA	2011
20-24										
25-29										
30-34										
35-39	12.97m	Kunle Lawson	37	Athens, OH	2009					
40-44	11.20m	James Barr	42	Arlington, VA	2010	9.09m	Linda Butts	42	Lancaster, PA	2011
45-49										
50-54	9.54m	Ray Jones	50	Forest, VA	2011					
55-59	11.54m	Hartley Palleschi	56	West Chester, PA	2011					
60-64	11.37m	William Gainey	62	Clements, MD	2009	8.43m	Cindy Lea Arbelbide	60	Front Royal, VA	2009
65-69	10.20m	Michael Valle	68	Hillsborough, NC	2009					
70-74	10.58m	Jack Kuhns	70	Edgewater, MD	2009	6.31m	Evelyn Wright	72	Safety Harbor, FL	2009
75-79	9.72m	Ezzat Pashai	75	Fairfax, VA	2010					
80-84	7.11m	William Bergen	81	Dade City, FL	2009					
	7.11m	Darrell Dempster	81	Annapolis, MD	2009					

DISCUS THROW

AGE	MARK	MEN	AGE	HOMETOWN	YEAR	MARK	WOMEN	AGE	HOMETOWN	YEAR
<=14										
15-19	38.54m	Mike Koshuta	17	Great Falls, VA	2011	27.52m	Brianna Jones	16	Forest, VA	2011
20-24										
25-29										
30-34										
35-39	45.30m	Kunle Lawson	38	Richmond, VA	2010					
40-44	33.61m	James Barr	42	Arlington, VA	2010	21.84m	Linda Butts	41	Lancaster, PA	2010
45-49										
50-54	18.97m	Ray Jones	50	Forest, VA	2011					
55-59	31.63m	Hartley Palleschi	56	West Chester, PA	2011					
60-64	40.16m	William Gainey	62	Clements, MD	2009	22.79m	Cindy Lea Arbelbide	61	Front Royal, VA	2010
65-69	39.57m	Michael Valle	68	Hillsborough, NC	2009					
70-74	31.38m	Jack Kuhns	70	Edgewater, MD	2009	18.43m	Evelyn Wright	72	Safety Harbor, FL	2009
75-79	27.94m	Ezzat Pashai	75	Fairfax, VA	2010					
80-84	21.34m	Darrell Dempster	80	Annapolis, MD	2009					

EVENT	MARK	MEN	AGE	HOMETOWN	YEAR	MARK	WOMEN	AGE	HOMETOWN	YEAR
JAVELIN THROW										
<=14										
15-19	37.90m	Mike Koshuta	17	Great Falls, VA	2011	21.32m	Brianna Jones	16	Forest, VA	2011
20-24										
25-29										
30-34										
35-39	36.47m	Kunle Lawson	39	Richmond, VA	2011					
40-44	42.73m	James Barr	42	Arlington, VA	2010	17.57m	Linda Butts	41	Lancaster, PA	2010
45-49										
50-54	24.18m	Ray Jones	50	Forest, VA	2011					
55-59	38.80m	Hartley Palleschi	56	West Chester, PA	2011					
60-64	30.43m	Frederick Monesmith	62	Andover, NJ	2010	19.35m	Cindy Lea Arbelbide	60	Front Royal, VA	2009
65-69	27.09m	Michael Valle	68	Hillsborough, NC	2009					
70-74	27.02m	Jack Kuhns	70	Edgewater, MD	2009	14.57m	Evelyn Wright	72	Safety Harbor, FL	2009
75-79	30.29m	Ezzat Pashai	75	Fairfax, VA	2010					
80-84	14.99m	Darrell Dempster	81	Annapolis, MD	2010					

WEIGHT THROW

<=14										
15-19	11.07m	Mike Koshuta	17	Great Falls, VA	2011	8.04m	Brianna Jones	16	Forest, VA	2011
20-24										
25-29										
30-34										
35-39	14.13m	Kunle Lawson	39	Richmond, VA	2011					
40-44	12.30m	Anthony Dziepak	44	Oakton, VA	2009	7.96m	Linda Butts	41	Lancaster, PA	2010
45-49										
50-54	11.23m	Ray Jones	50	Forest, VA	2011					
55-59	13.35m	Hartley Palleschi	56	West Chester, PA	2011					
60-64	12.51m	Frederick Monesmith	62	Andover, NJ	2010	11.42m	Cindy Lea Arbelbide	61	Front Royal, VA	2010
65-69	12.74m	Michael Valle	68	Hillsborough, NC	2009					
70-74	10.99m	Jack Kuhns	70	Edgewater, MD	2009	8.90m	Evelyn Wright	72	Safety Harbor, FL	2009
75-79	9.92m	Ezzat Pashai	75	Fairfax, VA	2010					
80-84	10.06m	Darrell Dempster	81	Annapolis, MD	2010					

TOTAL POINTS -- NOTE THAT POINT COUNTS FROM 2009 AND 2010 MAY BE INCORRECT

<=14										
15-19	2507	Mike Koshuta	16	Great Falls, VA	2010	1839	Brianna Jones	16	Forest, VA	2011
20-29										
30-34										
35-39	3074	Kunle Lawson	39	Richmond, VA	2011					
40-44	2657	James Barr	42	Arlington, VA	2010	2020	Linda Butts	42	Lancaster, PA	2011
45-49										
50-54	2148	Ray Jones	50	Forest, VA	2011					
55-59	2836	Gary Sutton	55	Richmond, VA	2009					
60-64	3235	William Gainey	62	Clements, MD	2009	3397	Cindy Lea Arbelbide	60	Front Royal, VA	2009
65-69	3672	Michael Valle	68	Hillsborough, NC	2009					
70-74	3313	Jack Kuhns	70	Edgewater, MD	2009	3296	Evelyn Wright	72	Safety Harbor, FL	2009
75-79	3700	Ezzat Pashai	75	Fairfax, VA	2010					
80-84	2718	Darrell Dempster	81	Annapolis, MD	2010					

