

**Discus Throw (1.0 kg)**

Name	Age	Residence	Mark	Year
<b>Men</b>				
M60	Lloyd Higgins	M63 Los Angeles	47.47m	155' 9" 2005
M65	Bob Humphreys	M67 Camarillo, CA	45.00m	147' 8" 2003
M70	Harry Hawke	M71 San Diego, CA	44.21m	145' 0" 2000
M75	Arnie Gaynor	M79	37.49m	123' 0" 2007
M80	Franklin 'Bud' Held	M80 Del Mar, CA	35.76m	117'-4" 2008
M85	Franklin 'Bud' Held	M86 Del Mar, CA	29.52m	96' 10" 2014
M90	Leland McPhie	M90 San Diego, CA	17.10m	56' 1" 2004
M95	Winfield McFadden	M96 San Diego, CA	11.76m	38' 7" 2001
<b>Women</b>				
W35	Daphine Wright	W39	14.43m	47' 4" 2010
W40	Allison Cowdell	W44 Tustin, CA	42.23m	138' 6" 2016
W45	Nicole Scheofield	W48	10.02m	32' 11" 2013
W50	Linn Dunton	W54 Pine Valley, CA	27.99m	91' 10" 2011
W55	Linda Cohn	W55 Northridge, CA	27.19m	89' 02" 2008
W60	Linda Cohn	W62 Northridge, CA	26.77m	87' 09" <b>2015</b>
W65	Nadine O'Conner	W69 Del Mar, CA	22.22m	72' 11" 2011
W70	Nadine O'Conner	W71 Del Mar, CA	19.70m	64' 8" 2014
W75	Lu Mahoney	W76 Yorba Linda, CA	14.07m	46' 2" 2000

**Discus Throw (1.5 kg)**

Name	Age	Residence	Mark	Year
M50	Valentino Martinez	M51 Ballwin, OH	51.29m	168' 3" 2000
M55	Jack Hale	M55 Seal Beach, CA	50.40m	165' 4" 2000

**Discus Throw (2.0 kg)**

Name	Age	Residence	Mark	Year
M30	Joshua Scott	M34	30.76m	100'-11" 2008
M35	Troy Nelson	M39	34.16m	112' 01" 2010
M40	Erik Johnson	M41 Capistrano Beach, CA	49.42m	162' 2" 2011
M45	Paul Stensrud	M48 Lake Arrowhead, CA	40.34m	132' 4" 2013