

**Hammer Throw (3 kg)**

Name	Age	Residence	Mark	Year
W40	Trinidad Nelson	W42 San Bernardino, CA	22.90m	75' 1" 2012
W50	Cathy Baar	W50 San Diego, CA	18.74m	61' 6" 2002
W55	Linn Dunton	W56 Pine Valley, CA	35.07m	115' -1" 2013
W60	Linda Cohn	W62 Northridge, CA	21.85m	71' -81/4" <b>2015</b>

**Hammer Throw (4 kg)**

Name	Age	Residence	Mark	Year
M70	Harry Hawke	M70 San Diego, CA	36.88m	121' 0" 1999
M75	Kio Shik Song	M77 Chula Vista, CA	32.63m	107' 1" 2003
M85	Bob Boucke	M87 Rocklin, CA	18.35m	60' 2" 2000
M85	Kio Song	M85 Chula Vista, CA	26.40m	86' 7" 2011
M90	Seymour Lampert	M90 Irvine, CA	15.67m	51' 5" 2011

**Hammer Throw (5 kg)**

Name	Age	Residence	Mark	Year
M60	George Mathews	M60 Oceanside, CA	53.35m	175' 0" 2004
M65	Bob Ward	M66 Dallas, TX	44.42m	145' 9" 1999

**Hammer Throw (6 kg)**

Name	Age	Residence	Mark	Year
M50	Kyong Song	M53 Chula Vista, CA	48.08m	157' -9" 2016
M55	George Mathews	M57 Seattle, WA	48.17m	158' 0" 2000

**Hammer Throw (16 lb)**

Name	Age	Residence	Mark	Year
M30	Ralph Lufkin	M32 San Diego, CA	41.94m	137' 7" <b>2015</b>
M35	Kyong Song	M39 Chula Vista, CA	48.28m	158' 5" 2002
M40	Kyong Song	M41 Chula Vista, CA	48.95m	160' 7" 2004
M45	Song, Kyong	49 Chula Vista, CA	44.67m	146' -7" 2012