

**Shot Put (3 kg)**

Name	Age	Residence	Mark	Year
W50 Linn Dunton	W50	Pine Valley, CA	10.20m 33' 5 $\frac{3}{4}$ "	2011
W55 Linn Dunton	W56	Pine Valley, CA	10.84m 35' 7"	2013
W60 Linda Cohn	W62	Northridge, CA	9.48m 31' 0 $\frac{1}{4}$ "	<b>2015</b>
W65 Nadine O'Conner	W66	Del Mar, CA	7.98m 26' 2 $\frac{1}{4}$ "	2008
W70 Johnnye Valien	W74	Los Angeles, CA	6.71m 22' 0 $\frac{1}{4}$ "	1999
W75 Johnnye Valien	W75	Los Angeles, CA	6.70m 21' 11 $\frac{3}{4}$ "	2000

**Shot Put (4 kg)**

Name	Age	Residence	Mark	Year
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**Men**

M70 Hal Smith	M71		12.88m 42' 3 $\frac{1}{4}$ "	2007
M75 Arnie Gaynor	M79		12.30m 40' 4 $\frac{1}{4}$ "	2007
M80 Marvin Ginsburg	M80	Simi Valley, CA	9.75m 32' 0"	<b>2016</b>
M85 Leland McPhie	M85	San Diego, CA	9.08m 29' 9 $\frac{1}{2}$ "	1999
M90 Leland McPhie	M90	San Diego, CA	5.86m 19' 2 $\frac{3}{4}$ "	2004

**Women**

W35 Daphine Wright	W39		7.42m 24' 4 $\frac{1}{4}$ "	2010
W40 Allison Cowdell	W44	Tustin, CA	9.50m 31' 2"	2016
W45 Veronica Amaraseka	W45		9.94m 32' 7"	2006

**Shot Put (5 kg)**

Name	Age	Residence	Mark	Year
M60 Quinton Torbert	M62	Redlands, CA	15.66m 43' 4 $\frac{1}{4}$ "	2014
M65 Hal Smith	M65	Tarzana, CA	14.33m 47' 0 $\frac{1}{4}$ "	2001

**Shot Put (6 kg)**

Name	Age	Residence	Mark	Year
M50 Brad Linkard	M50		15.87m 52' $\frac{3}{4}$ "	2007
M55 Greg Stines	M55	Escondido, CA	14.35m 47' 1"	2010

**Shot Put (16 lb)**

Name	Age	Residence	Mark	Year
M30 Mike Rainis	M32	Capistrano Beach, CA	15.71m 51' 6 $\frac{1}{2}$ "	2011
M35 Mike Rainis	M36	Capistrano Beach, CA	14.04m 46' 1"	<b>2015</b>
M40 Josh Grace	M40	Santa Rosa, CA	14.40m 47' 3"	2011

Meet Records

Chuck McMahon Masters Track and Field Meet

Shot Put

M45	Bill Gardner	M45	Rancho Santa Fe, CA	13.55m	44' 5½"	1999
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