

Bob D Ward (Dallas, TX)\

Field Male Born: 7/4/33 Age Group Records: M65, 70 Competed: 1973, 1998-2008

A thrower who now holds 4 World (2 over 100%) and 7 U.S. records of 21 he set.

USATF Champion: WtPent (8); WT (7); HT (8); SP (5); SuperWt (4); 35# (4); 16# (5); DT (3); 56# (1); 20# (1)

Event	AG	Age	Yr	Mark	Rec	%
WT Pent	M65	65	98	4896 pts	AR	n/a
WT – In	M65	66	00	15.46	AR	77.07
SP – In	M65	66	00	13.16	AR	86.52
Super Wt – In	M65	67	01	7.30	AR	n/a
WT – In 20#	M65	68	02	16.63	AR	86.70
HT	M65	69	02	48.37	AR	98.45
HT	M65	69	03	48.74	AR	99.21
Super Wt	M65	69	03	6.97	AR	n/a
WT	M65	69	03	17.6	AR	93.92
HT	M70	70	03	51.69	WR	96.01
WT Pent –New	M70	70	03	5291 pts	AR	n/a
Super Wt	M70	70	03	10.96	AR	n/a
WT	M70	70	03	18.83	AR	94.24
WT – In 16#	M70	70	04	19.09	AR	95.55
Super Wt – In	M70	70	04	10.30	AR	n/a
HT	M70	71	04	53.12	WR	101.53
WT Pent	M70	71	04	5364 pts	WR	n/a
Super Wt	M70	71	04	11.43	AR	n/a
WT – In 16#	M70	71	05	19.64	WR	100.77
WT	M70	71	05	19.12	WR	98.10
Super Wt –In	M70	72	06	10.61	AR	n/a

WMA World Championship Titles: **M65** 1st WtPent '99

WMA Regional Championship Titles: **M75** 1st WtPent '08

USA T&F Indoor Championship titles: **M65** 2nd SP, 3rd SuperWt '99; 1st SP, WT '00; 1st WT, SuperWt '01; 1st WT, SuperWt, 2nd SP '02; **M70** 1st SP, WT, SuperWt '04; 1st WT, SuperWt, 2nd SP '05; 1st WT, 3rd SP '06; 1st WT '07

USA T&F Championship Titles: **M65** 1st HT, 2nd DT '99; 2nd SP, HT, 3rd DT '00; 1st HT, 3rd DT '01; 1st HT, 2nd SP, 3rd DT '02; **M70** 1st SP, HT, 2nd JT, 3rd DT '03; 1st DT, SP, HT '04; 1st DT, HT, 2nd JT, 3rd SP '05; 1st HT, 2nd DT '06; **M75** 1st DT, SP, HT '08

USA National Weight Championship Titles: **M65** 1st 20#, 56# '02; **M70** 1st 16#, 35# '03, '04, '05, '06; 1st 16# '07

USA National Weight Pentathlon Championship Titles: **M65** 1st '98; 2nd '99; 1st '00, '01; 2nd '02; **M70** 1st '03, '04, '05, '06, '07

Nike World Masters Games: **M65** 1st DT, HT, WtPent '98

Outstanding Single Performance of the Year: 2003 (**M70** WtPent 5291)

Masters Field Age-Group Athlete of the Year: **M70** 2002, '03, '04, '05, '06

Other Accomplishments: He was 2nd in the AAU National Masters 1973 meet and after a 25-year hiatus resumed his career in 1998. He also competes in Olympic Weight Lifting and Power Lifting where he holds numerous WR's and AR's. He was elected to the USA Strength and Conditioning Coaches Hall of Fame in 2003 and won the 2008 Legend Award of the College Strength and Conditioning Coaches Association.