

A portrait of Tim Shannon, a man with long, wavy grey hair and a grey mustache, looking slightly to the right. He is wearing a dark blue t-shirt. The background is a blurred outdoor scene with green foliage and a blue sky. A thick, curved gold border runs diagonally across the top and right sides of the image.

TIM SHANNON

SEATTLE FIRE DEPT.
TRACK & FIELD

Current Record holder in Men's Hammer 45-49, 50-54, 55-59 and 60-64. Tim has Medaled in every games he has competed in racking up dozens of Gold, Silver and Bronze. Tim is a firm believer in the mission of the USPFC and WPFG encouraging others to join the games.