

Ron Melkonian

Class of 1975 - Indoor & Outdoor Track



Ron Melkonian is the greatest shot putter ever to throw for Stoneham High School track. During his senior season in 1975, Melkonian had what can only be described as a terrific season.

Despite being tall and lanky, at least compared to many throwers at the time, he was dominant in competition. He held the All State record for the shot put for almost 20 seasons, with a throw of over 60 feet 4 inches, until it was finally broken in 2001.

By comparison, in the 2003 All State meet, the longest throw was only 55 feet. He still holds the Class C meet record with a throw of 59 feet, 00.75 inches, and the Middlesex League record with a throw of 61'1. He also holds the State Coaches Meet record with a throw of 60'4, along with the Stoneham High School indoor and outdoor shot put records. During the All State meet in his senior season, Melkonian was able to beat out former All-Pro defensive tackle and former New England Patriot Fred Smerlas, who at the time threw for Waltham High School. At the national meet his senior season, he finished in the top five in the country. There are still marks where Melkonian used to practice at the then High School, which is now the Middle School. At the time, the gym wasn't big enough to hold his throws; as a result, the walls are marked up, and he shattered a climbing ladder that was once attached to the wall.

After high school he continued his career at Northeastern University, where he excelled at throwing the discus. After sustaining an injury to his shoulder, he was forced to end his throwing career, "He really took to throwing, but he wasn't a big kid," said then track coach Alain Rocher. "He always worked very hard at it. We had to kick him out of the gym some days; he was very dedicated."

Ron volunteers his time as a track coach at Stoneham High School. He currently resides in Stoneham with his wife, Carleen, and children, Clarissa and Eric.