

2022 Nevada Senior Games -- Track & Field Records

These NSG Track & Field Records go back to 1994, with the lines for records set this year in **BOLD**. The Road Race records are now in a separate Results file. The order is:

- 50m to 400m Dash
- 800m and 1500m Run
- 1500m and 5Km Race Walk
- 1500m and 5Km Power Walk
- Hurdles
- High Jump
- Pole Vault
- Long Jump
- Standing Long Jump
- Triple Jump
- Shot Put
- Discus Throw
- Hammer Throw
- Javelin
- Weight Throw
- Weight Pentathlon
- Softball Throw

Note: (WP) Record set in the Weight Pentathlon.

PS: Kudos to William Platts of Boise, ID, who in 2019 at age 91 set the men's 90+ Throws Pentathlon record, which exceeds those of any in the younger age brackets, and may be a world record.

50m Dash

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Palmer, Lisbeth	54	7.32	Waltham, MA	2014
55-59	Upshaw, Joy	57	7.37	Lafayette, CA	2018
60-64	Jager, Kathy	61	7.56	Glendale, AZ	2004
65-69	Jordan, Barbara	69	7.69	So. Burlington, VA	2004
70-74	Lary, Audrey	70	8.01	Frederick, MD	2004
75-79	Lary, Audrey	75	8.79	Frederick, MD	2009
80-84	Bortignon, Christa	82	9.38	West Vancouver, BC, Canada	2019
85-89	Obera, Irene R.	85	10.30	Fremont, CA	2018
90+	Valien, Johnnye	91	18.90	Los Angeles, CA	2016

50m Dash

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Fitzgerald, Michael	50	6.64	Mason City, IA	2010
55-59	Gibbon, David	57	6.47	Cottonwood Heights, UT	2022
60-64	Tissenbaum, Allan	61	6.66	Pittsburg, PA	2021
65-69	Taste, Lee	66	6.76	Dayton, OH	2015
70-74	Johnson, Tom	73	6.96	Dayton, OH	2014
75-79	Bittner, William	75	7.68	Piperville, PA	2012
80-84	Champion, Marvin	80	8.15	Denver, CO	2018
	tie Champion, Marvin	84	8.15	Denver, CO	2022
85-89	Hewitt, Robert	85	9.10	Gresham, OR	2018

100m Dash

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Raschker, Phil	52	12.49	Marietta, GA	1998
55-59	Upshaw, Joy	57	13.70	Lafayette, CA	2018
60-64	Jager, Kathy	61	14.48	Glendale, AZ	2004
65-69	Jordan, Barbara	69	14.89	So. Burlington, VA	2004
70-74	Lary, Audrey	70	16.3	Frederick, MD	2004
75-79	Bergen, Kathy	75	15.25	La Canada, CA	2014
80-84	Bortignon, Christa	82	17.99	West Vancouver, BC, Canada	2019
85-89	Obera, Irene R.	85	19.45	Fremont, CA	2018
90+	Bauer, Lorma	90	26.21	Northfield, IL	2012

100m Dash

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Gibbon, David	54	11.84	Cottonwood Heights, UT	2019
55-59	Gibbon, David	57	11.75	Cottonwood Heights, UT	2022
60-64	Tissenbaum, Allan	61	12.03	Pittsburg, PA	2021
65-69	Bryant, N	65	12.76	West Bloomfield, MI	2014
70-74	Whitley, Stan	70	13.85	Alta Loma, CA	2015
75-79	Bowles, Steve	75	14.17	Henderson, NV	2014
80-84	Richards, Dick	80	15.37	Encintas, CA	2014
85-89	Hewitt, Robert	85	18.00	Gresham, OR	2018
90+	Conway, Lee	91	25.85	Alameda, CA	2018

200m Dash

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Raschker, Phil	52	27.8	Marrietta, GA	1999
55-59	Shook, Kathleen	56	30.18	Zionville, IN	2017

60-64	Jager, Kathy	61	30.7	Glendale, AZ	2004
65-69	Woodard, Loretta	65	33.78	Powder Springs, GA	2019
70-74	Lary, Audrey	70	34.27	Frederick, MD	2004
75-79	Bortignon, Christa	75	35.42	West Vancouver, BC, Canada	2012
80-84	Bortignon, Christa	80	37.79	West Vancouver, BC, Canada	2017
85-89	Styles, Frances	85	42.9		2012

200m Dash

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Gibbon, David	54	24.84	Cottonwood Heights, UT	2019
55-59	Gibbon, David	57	24.30	Cottonwood Heights, UT	2022
60-64	Tolson, Harold		25.06	San Diego, CA	1998
65-69	Chinn, James	67	25.01	San Marcos, CA	2012
70-74	Whilden, Robert		28.84	Houston, TX	2005
75-79	Bowles, Steve	75	29.82	Henderson, NV	2014
80-84	Champion, Marvin	84	35.19	Denver, CO	2022
85-89	Iseri, Joe	85	42.73	Gardena, CA	2021
90+	Conway, Lee	91	62.40	Alameda, CA	2018

400m Dash

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
45-49	Nance, Danise	45	79.72	Las Vegas, NV	2021
50-54	Demetrios, Darla	51	67.56	Reno, NV	2014
55-59	McDonald, Sue	55	65.61	Santa Barbara, CA	2018
60-64	Hinz, Lesley	60	72.94	Atlanta, GA	2018
65-69	Schaefer, Betty	65	1:19.71	Buckeye, AZ	2014
70-74	Kelly, Pat	71	1:25.51	San Diego, CA	2021
75-79	Schley, Helen		1:59.91	Myersville, MD	2004
80-84	Schley, Helen		2:27.53	Myersville, MD	2007
85-89	Hurrel, Lynne	88	2:12.17	Grass Valley, CA	2022

400m Dash

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Moody, Cory	50	54.46	Las Vegas, NV	2011
55-59	Brooks, Mel	55	56	San Diego, CA	1996
60-64	Ross, John		59.5		1997
65-69	Barnel, Dave		60.81	Las Vegas, NV	1994
	tie Brooks, Mel		60.81	San Diego, CA	1998
70-74	Brown, Rodney		66.04	St. George, UT	1996

75-79	Strouse, Frank	75	75.58	San Jose, CA	2015
80-84	Bulkey, Daniel		1:21.26		2000
85-89	Thompkins, Frederick		1:46.0	Sedona, AZ	2005
90+	Van Tatenhove, James	90	4:04.77	Las Vegas, NV	2019

800m Run

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Fellebron, Catherine	51	2:44.21	Chino Valley, AZ	2011
55-59	McDonald, Sue	59	2:32.46	Santa Barbara, CA	2022
60-64	Hinz, Lesley	60	2:49.79	Atlanta, GA	2018
65-69	Tiernan, Carolyn	65	3:15.46	Bishop, CA	2016
70-74	Ackerman, Lola	72	3:43.42	Beaumont, CA	2016
75-79	Shanta, Janet	76	4:59.49	Henderson, NV	2018
80-84	Russell, Marybelle		5:44.59	Las Vegas, NV	2002
85-89	Hurrel, Lynne	88	5:17.43	Grass Valley, CA	2022

800m Run

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
45-49	Ress, Ryan	48	2:12.41	Reno, NV	2022
50-54	Plank, Gary		2:18.63	Flagstaff, AZ	2006
55-59	Jones, Robert	55	2:21.36	Pocatello, ID	2014
60-64	Southwick, Edward	60	2:22.68	Las Vegas, NV	2015
65-69	Gregson, John		2:22.18	CA	1996
70-74	Van Tatenhove, James	70	2:46.16	Las Vegas, NV	1999
75-79	Flanagan, Paul	79	3:29.00	Longview, WA	2010
80-84	Van Tatenhove, James	80	3:49.90	Las Vegas, NV	2010
85-89	Thompkins, Frederic	88	4:53.94	Sedona, AZ	2005

1500m Run

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Marr, Jackie	53	6:05.03	Albuquerque, NM	1996
55-59	McDonald, Sue	59	5:20.83	Santa Barbara, CA	2022
60-64	Hinz, Lesley	60	5:56.36	Atlanta, GA	2018
65-69	Tiernan, Carolyn	65	6:29.91	Bishop, CA	2016
70-74	Lima, Aida	73	7:47.74	Rio de Janeiro, Brazil	2008
75-79	Garcia-Moreno, Maria Celia	75	9:49.68	Mexico	2014
80-84	Russell, Marybelle	80	11:10.40	Las Vegas, NV	2002

1500m Run

<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Sugathadasa, Gamini	51	4:43.36	Las Vegas, NV	2021
55-59 Giersberg, Robert		5:11.95	Phoenix, AZ	2001
60-64 Fussell, Michael	61	5:06.50	Scottsdale, AZ	2018
65-69 Bernal, Dave	67	5:37.92	Henderson, NV	2002
70-74 Qualls, Robert	70	5:31.81	Reno, NV	2022
75-79 Ogden, Ken	75	6:33.88	Salem, OR	2011
80-84 Culling, Robert	82	7:29.22	Hacienda Heights, CA	2014

1500m Race Walk

<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Sedlak, Visha	50	8:07.00	CO	1998
55-59 Tejeda, Jo	56	8:52.00	Las Vegas, NV	2012
60-64 Sinkovec, Rita	61	8:55.00	CO	1999
65-69 Sheffield, Emily	66	10:32.00	GA	1996
70-74 Frable, Kathleen	71	10:15.01	Ivins, UT	2016
75-79 Gammil, Grace	75	12:57.00	Las Vegas, NV	2003
80-84 Cheetham, Renate	82	12:06.55	Surrey, BC, Canada	2019

1500m Race Walk

<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Morrow, Art	50	9:00.73	Palm Desert, CA	2014
55-59 Ferrier, Robert	57	8:00.00	Albuquerque, NM	1996
60-64 DuBois, Alfred	63	7:56.00	WI	1996
65-69 Moore, Ted	65	7:51.00	Las Vegas, NV	2004
70-74 Lawson, Paul	70	9:13.66	Claremont, CA	2017
75-79 Parrin, Joseph	75	9:55.00	Las Vegas, NV	1996
80-84 Irish, George	83	11:46.16	Las Vegas, NV	2009
85-89 Irish, George	86	12:15.00	Las Vegas, NV	2012

5km Race Walk

<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Sedlak, Visha	50	30:19.00	CO	1998
55-59 Sinkovec, Rita	59	32:38.39	CO	1998
60-64 Sinkovec, Rita	60	31:14.00	CO	1999
65-69 Walker, Charlotte	66	36:16.00	CA	1996
70-74 Frable, Kathleen	71	36:24.75	Ivins, UT	2016

5km Race Walk

<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Crabb, David	50	28:07	Las Vegas, NV	1997
55-59 Lilleheug, Ray	59	26:13.8	Las Vegas, NV	2013
60-64 Weeks, Bob	63	24:35	CA	2004
65-69 Moore, Ted	66	28:56	Las Vegas, NV	2005
70-74 Frable, Norman	71	31:18.15	Ivins, UT	2016
75-79 Perrin, Joseph	75	35:25	Las Vegas, NV	1996
80-84				
85-89 Hanna, John	85	42:10	CA	1996

1500m Power Walk

<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Theofelis, Theresa	54	11:25.14	Federal Way, WA	2019
55-59				
60-64 Palmer, Lisbeth	61	9:59.79	Las Vegas, NV	2021
65-69 Stapleton, Sandra	67	10:02.75	Henderson, NV	2019
70-74 Stapleton, Sandra	70	11:15.37	Sioux Falls, SD	2022
75-79 Bosco, Janice	78	13:23.85	Henderson, NV	2022
80-84 Sayre, Bonnie	81	13:32.57	Boulder City, NV	2022

1500m Power Walk

<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Block, Paul	51	10:09.16	Henderson, NV	2022
55-59 Dahms, Steven	57	9:45.21	Idaho Falls, ID	2019
60-64 Dahms, Steven	60	10:44.18	Idaho Falls, ID	2022
65-69 Devaney, Michael	69	9:49.22	Globe, AZ	2019
70-74 Gast, Monte	72	10:14.03	Marina Del Rey, CA	2019
75-79 Gast, Monte	75	9:51.24	Marina Del Rey, CA	2022

5km Power Walk

<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54				
55-59 Mazzoli, Regina	58	43:25.61	Las Vegas, NV	2018
60-64				
65-69 Stapleton, Sandra	67	34:29.67	Henderson, NV	2019
70-74 Stapleton, Sandra	70	39:03.73	Sioux Falls, SD	2022
80-84				
85-89 Hulet, Edythe	81	51:09.11	Olympia, WA	2018

5km Power Walk

<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54				
55-59 Dahms, Steven	57	34:21.51	Idaho Falls, ID	2019
60-64 Dahms, Steven	60	36:20.87	Idaho Falls, ID	2022
65-69 Devaney, Michael	69	35:39.93	Globe, AZ	2018
70-74 Devaney, Michael	71	37:51.02	Globe, AZ	2021

Hurdles

<u>Women – Short Hurdles</u>	<u>Age</u>	<u>Dist</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Palmer, Lisbeth	54	80m	13.25	Waltham, MA	2014
55-59 Hanson, Rita	59	"	13.98	San Diego, CA	2013
60-64 Peck, Peggy	60	"	20.55	The Villages, FL	2014
65-69 Jordan, Barbara	69	"	17.15	Burlington, VT	2004
70-74 Lowery, Linda	70	"	21.32	Smyrna, GA	2021
75-79 Bortignon, Christa	75	"	18.39	West Vancouver, BC, Canada	2012
80-84 Obera, Irene	83	"	20.94	Fremont, CA	2016
<u>Women – Long Hurdles</u>	<u>Age</u>	<u>Dist</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54		300m			
55-59 Upshaw, Joy	57	"	54.51	Lafayette, CA	2018
60-64 Hanscon, Rita	60	"	54.33	San Diego, CA	2014
65-69 Lowery, Linda	67	"	76.92	Smyrna, GA	2018

Hurdles

<u>Men – Short Hurdles</u>	<u>Age</u>	<u>Dist</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Walters, Tim		100m	13.49	Washington CH, OH	2004
55-59 Hilton, Ron	56	"	16.97	Vancouver, WA	2021
60-64 Grimes, Peter	62	"	16.04	Sacramento, CA	2021
65-69 Labelle, George	66	"	19.65	Zimmerman, MN	2005
70-74 Stookey, James		80m	13.86	Dickerson, MD	2004
75-79 Stookey, James		"	14.98	Dickerson, MD	2007
80-84 Rowan, Terry	82	"	18.55	Santa Rosa, CA	2022
<u>Men – Long Hurdles</u>	<u>Age</u>	<u>Dist</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54		400m			
55-59 Hilton, Ron	56	"	65.64	Vancouver, WA	2021
60-64 Sabree, Paul	60	300m	53.19	Pendleton, SC	2019
65-69 McNair, David	66	"	48.58	Springfield, NE	2022
70-74 Renwick, Doug	72	"	59.54	Clavet, SK, Canada	2014
75-79 Gast, Monte	75	"	74.18	Marina Del Rey, CA	2022

High Jump

<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54 Raschker, Phil	52	1.47	4' 10"	Marietta, GA	1999
55-59 Hanson, Rita	56	1.45	4' 9"	San Diego, CA	2010
60-64 Von Winkelmann, Debby	63	1.23	4' ½"	Woodland Hills, CA	2022
65-69 Wright, Evelyn		1.34	4' 4 ¾ "	Annapolis, MD	2003
70-74 Lowery, Linda	71	1.03	3' 4 ½"	Smyrna, GA	2022
75-79 Bergen, Kathy	75	1.25	4' 1"	La Canada, CA	2014
80-84 Hinton, Margaret		1.04	3' 5"	Comfort, TX	2001
85-89 Styles, Frances	85	0.86	2' 9 ¾"	Colorado Springs, CO	2012

High Jump

<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54 Stockwell, Robert	52	1.78	5' 10"	Las Vegas, NV	1999
55-59 Halvin, Peter	55	1.67	5' 5 ¾"	Aliso Viejo, CA	2013
60-64 Williamson, Mark	61	1.71	5' 7.25"	Las Vegas, NV	2018
65-69 Sauers, James	66	1.60	5' 3"	Dacula, GA	2014
70-74 Sauers, James	70	1.55	5' 1"	Dacula, GA	2018
75-79 Spainhower, Doug	75	1.32	4' 4"	Fruit Heights, UT	2009
80-84 Shellenberg, Harvey	80	1.18	3' 10 ½"	Reedley, CA	2012
tie Bergfeldt, Bob	80	1.18	3' 10 ½"	Chandler, AZ	2016
85-89 Hewitt, Robert	85	1.10	3' 7.75"	Gresham, OR	2018

Pole Vault

<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54 Raschker, Phil	52	3.2	10' 6"	Marietta, GA	1999
55-59 Hanscon, Rita	57	2.44	8' 0"	San Diego, CA	2011
60-64 Oconner, Nadine		2.89	9' 5 ¾"	San Diego, CA	2005
65-69 Hanscon, Rita	67	2.23	7' 3 ¾"	San Diego, CA	2021
70-74 Valien, Johnnye	73	1.25	4' 1.5"	Los Angeles, CA	1998
75-79					
80-84 Valien, Johnnye	81	0.86	2' 9 ¾"	Los Angeles, CA	2006

Pole Vault

<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54 Haynie, Ralph	53	3.81	12' 6"	Maricopa, AZ	2007
55-59 McFarling, Brad	56	3.85	12' 7 ½"	College Station, TX	2014
60-64 Killpelainen, Matti	60	3.83	12' 6 ¾"	Canton, MI	2005

65-69	Killpelainen, Matti	65	3.49	11' 5 ½"	Canton, MI	2011
70-74	Steinman, John	70	2.75	9' 0 ¼"	Carson City, NV	2006
75-79	Parry, Arthur	75	2.93	9' 7 ¼"	Prescott, AZ	2021
80-84	Pellman, Donald	83	1.83	6' 0"	Mt. Home, AZ	1998
85-89						
90+	Pellman, Donald	93	1.07	3' 6"	Mt. Home, AZ	2008

Long Jump

	<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Raschker, Phil	53	5.05	16' 7"	Marietta, GA	1999
55-59	Hanson, Rita	57	4.59	15' ¾"	San Diego, CA	2011
60-64	Cohn, Linda	62	3.87	12' 8 ¼"	Northridge, CA	2014
65-69	Jager, Kathy	67	3.74	12' 3 ¼"	Glendale, AZ	2010
70-74	Lary, Audrey	70	3.6	11' 10"	Frederick, MD	2004
75-79	Bortignon, Christa	77	3.53	11' 6 ¾"	West Vancouver, BC, Canada	2014
80-84	Bortignon, Christa	80	2.96	9' 8 ½"	West Vancouver, BC, Canada	2017
85-89	Kotelko, Olga	85	1.95	6' ½ "	West Vancouver, BC, Canada	2004
90+	Valien, Johnnye	91	1.30	4' 3 ¼"	Los Angeles, CA	2016

Long Jump

	<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Bayless, Robert	50	5.54	18' 2 ½"	TX	2010
55-59	Blakburn, Bob	56	5.8	19' ½"	Keizer, OR	2011
60-64	Parnell, Roger	61	5.53	18' 1 ¾"	Susanville, CA	2010
65-69	Smith, Joe	65	4.83	15' 10 ¼"	Lynnwood, WA	2021
70-74	Spainhower, Doug	71	4.74	15' 6 ¾"	Fruit Heights, UT	2004
75-79	Stookey, James	75	4.13	13' 6.¾"	Dickerson, MD	2007
80-84	Pellman, Don	83	3.4	11' 2"	Mt. Home, AZ	1998
85-89	Hewitt, Robert	85	3.29	10' 9.5"	Gresham, OR	2018

Standing Long Jump

	<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Baker, Julie	54	2.57	8' 5 ¾"	Las Vegas, NV	2017
55-59	Baker, Julie	55	2.19	7' 2.25"	Las Vegas, NV	2018
60-64	Cohn, Linda	61	2.13	7' 0"	Northridge, CA	2013
65-69	Cohn, Linda	69	2.04	6' 8 ½"	Northridge, CA	2021
70-74	Langer, Bridgette		2.13	7' 0"	Wayland, MA	2003
75-79	Bortignon, Christa	77	1.69	5' 6 ¾"	West Vancouver, BC, Canada	2014
80-84	Bortignon, Christa	80	1.69	5' 6 ¾"	West Vancouver, BC, Canada	2017

85-89	Styles, Frances	85	0.96	3' 1 3/4"	Colorado Springs, CO	2012
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Standing Long Jump

<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54 Watson, Donald	52	2.84	9' 3 3/4"	Walnut Creek, CA	2006
55-59 Watson, Donald	56	2.95	9' 8"	Walnut Creek, CA	2011
60-64 Wilson, Steve	60	2.71	8' 10 3/4"	Wichita, KS	2011
65-69 Wilson, Steve	65	2.56	8' 4 3/4"	Wichita, KS	2015
70-74 Spainhower, Doug	71	2.41	7' 11"	Dickerson, MD	2005
75-79 Rheams, Larry	75	2.27	7' 5 1/2"	Eureka, MO	2017
80-84 Bergfeldt, Bob	80	2.11	6' 11 1/2"	Chandler, AZ	2016
85-89 Gray, Ronald	85	1.49	4' 10 3/4"	Denver, CO	2017

Triple Jump

<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54 Raschker, Phil	53	10.09	33' 1 1/4"	Marietta, GA	1999
55-59 Cohn, Linda	59	8.76	28' 9"	Northridge CA	2011
60-64 Lowery, Linda	62	8.49	27' 10 3/4"	Decatur, GA	2013
65-69 Lary, Audrey	68	8.16	26' 9 1/2"	Frederick, MD	2001
70-74 Lary, Audrey	71	8.02	26' 3 3/4"	Frederick, MD	2004
75-79 Bortignon, Christa	75	7.71	25' 3 1/2"	West Vancouver, BC, Canada	2012
80-84 Bortignon, Christa	80	6.74	22' 1 1/2"	West Vancouver, BC, Canada	2017
85-89 Valien, Johnnye	87	5.58	18' 7 3/4"	Los Angeles, CA	2012

Triple Jump

<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54 Martin, Vincent	51	11.90	39' 0 1/4"	Knoxville, TN	2018
55-59 Bunker, Donald	56	10.77	35' 4"	Apple Creek, OH	2016
60-64 Smith, Joe	63	10.54	34' 7"	Lynnwood, WA	2019
65-69 Lariza, Mike	65	10.35	33' 11 1/2"	Green Valley, AZ	2021
70-74 Gast, Monte	74	9.73	31' 11 1/4"	Marina Del Rey, CA	2021
75-79 Stooky, James	75	9.3	30' 6 1/4"	Dickerson, MD	2005
80-84 Salazar, Gus	80	6	19' 8"	Eloy, AZ	2008
85-89 Hewitt, Robert	85	7.28	23' 10 3/4"	Gresham, OR	2018
90+ Pellman, Donald	93	5.81	19' 0 3/4"	Mt. Home, AZ	2008

Shot Put

<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54 Jackson, Angela	51	11	36' 3/4"	St. George, Barbados	2014

55-59	Mensey, Myrle	56	11.2	36' 9"	St Louis, MO	2005
60-64	Dunton, Linn	60	10.14	33' 3 ¼"	Pine Valley, CA	2016
65-69	Dunton, Linn	66	9.36	30' 8 ½"	Pine Valley, CA	2022
70-74	Hessel, Laura (WP)	70	8.88	29' 1 ¾"	Spruce Grove, AB, Canada	2022
75-79	Glass, LaTanya	75	9.44	30' 11 ¾"	Seal Beach, CA	2022
80-84	Kotelko, Olga	84	6	19' 8 ¼"	Canada	2003
85-89	Hines, Mary	87	5.93	19' 5 ½"	Tucson, AZ	2016
90+	Valien, Johnnye	91	4.90	16' 1"	Los Angeles, CA	2016

Shot Put

	<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Darby, Carl	51	15.66	51' 4 ½"	NV	2008
55-59	Mattson, Kelly	56	14.34	47' ¾"	Riverside, CA	2022
60-64	Torbert, Quenton	64	16.17	53' ¾"	Redlands, CA	2015
65-69	Hearn, Edward	65	13.42	44' ¼"	Wilmington, NC	2014
70-74	Harvey, William	71	14.38	47' 2"	Glenbrook, NV	2016
75-79	Gaynor, Arnie		12.62	41' 5"	Palm Desert, CA	2003
80-84	Hurlbert, Ken	80	12.41	40' 8 ¾"	Shafter, CA	2019
85-89	Durrenberger, Joe	88	8.91	29' 2 ¾"	Los Angeles, CA	2022
90+	Platt, William	91	8.69	27' 2 ½"	Boise, ID	2019

Discus Throw

	<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Jackson, Angela	53	32.10	105' 4"	St. George, Barbados	2016
55-59	Jackson, Angela	59	29.77	97' 8"	St. George, Barbados	2022
60-64	Barrow-Smith, Wendy	63	27.28	89' 6"	St. Michael, Barbados	2022
65-69	Dunton, Linn	66	23.38	76' 8"	Pine Valley, CA	2022
70-74	Hessel, Laura (WP)	70	22.97	75' 4"	Spruce Grove, AB, Canada	2022
75-79	Bergen, Kathy	75	22.17	72' 8 ½"	La Canada, CA	2014
80-84	Hinton, Margaret		20.29	66' 7"	Comfort, TX	2001

Discus Throw

	<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Burton, Ray	50	50.58	165’ 11”	Aloha, OR	2006
55-59	Mattson, Kelly	56	45.84	150’ 5”	Riverside, CA	2022
60-64	Fruguglietti, Ralph	61	54.73	179' 7"	Bakersfield, CA	2016
65-69	Pratt, Larry	66	47.44	155’ 8”	Newark, DE	2007
70-74	Pratt, Larry	70	44.33	145’ 5”	Newark, DE	2011
75-79	Geynor, Arnie		38	124’ 8”	Palm Desert, CA	2002

80-84	Bergfeldt, Bob	80	33.05	108' 5"	Chandler, AZ	2016
85-89	Nickelson, James	85	19.21	63'	Las Vegas, NV	2017
90+	Pellman, Donald	93	23.85	78' 3"	CA	2008

Hammer Throw

	<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Dutton, Linn	54	34.76	114'	Pine Valley, CA	2010
55-59	Stratton, Joan	55	37.58	123' 3"	Zephyr Cove, NV	2006
60-64	Alegria, Dybvig	61	38.88	127' 7"	Tucson, AZ	2019
65-69	Dutton, Linn	66	29.98	98' 4"	Pine Valley, CA	2022
70-74	Hessel, Laura	70	28.88	94' 9"	Spruce Grove, AB, Canada	2022
75-79	Raham, Sharon	76	25.56	83' 10"	Wellington, CO	2022
80-84	Acton, Myrtle	83	20.79m	68' 2"	Sooke, BC, Canada	2015

Hammer Throw

	<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Watson, Richard	54	54.83	179' 11"	Yuma, AZ	2006
55-59	Noyes, Edward	55	48.53	159' 3"	Los Altos, CA	2016
60-64	Gage, Tom	63	59.59	195' 6"	Billings, MT	2006
65-69	Burke, Edward	66	55.72	182' 10"	Los Gatos, CA	2006
70-74	Burke, Edward	72	56.29	184' 8"	Los Gatos, CA	2012
75-79	Rheams, Larry	75	38.98	127' 8"	Eureka, MO	2017
80-84	LaBarge, Pete	80	35.33	115' 11"	Runaway Bay, TX	2019
85-89	Bergen, William	85	19.26	63' 2"	Dade City, FL	2013
90+	Lewellen, Harvey	90	25.77	84' 6"	Springfield, OR	2019

Javelin

	<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Schimek, Durelle	54	42.63	139' 10"	Grass Valley, CA	2022
55-59	Cohn, Linda	59	39.07	128' 2"	Northridge, CA	2011
60-64	Cohn, Linda	60	37.24	122' 2"	Northridge, CA	2012
65-69	Cohn, Linda	66	33.57	120' 2"	Northridge, CA	2018
70-74	Cohn, Linda	70	29.55	96' 11"	Northridge, CA	2022
75-79	Raham, Sharon	76	19.48	63' 11"	Wellington, CO	2022
80-84	Kotelko, Olga	83	17.17	56' 4"	Canada	2002
85-89	Hurrel, Lynne	88	7.73	25' 4"	Grass Valley, CA	2022
90+	Valien, Johnnye	91	9.98	32' 9"	Los Angeles, CA	2016

Javelin

<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54 Janusey, Michael	50	55.16	180' 11 ½"	PA	2009
55-59 Hansen, John	57	45.95	150' 9"	Ogden, UT	2015
60-64 Hearn, Edward	64	48.57	159' 4"	Wilmington, NC	2013
65-69 Hearn, Edward	66	45.98	150' 10"	Wilmington, NC	2015
70-74 Stoddard, Sanford	72	43.28	142'	Chandler, NC	2019
75-79 Backstrand, Jim	76	40.5	132' 10"	Portland, OR	2014
80-84 Bergfeldt, Bob	80	32.46	106' 6"	Chandler, AZ	2016
85-89 Durrenberger, Joe (WP)	88	19.53	64' 1"	Los Angeles, CA	2022
90+ Hall, Roger	91	7.83	25' 8 ¼"	Henderson, NV	2011

Weight Throw

<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54 Lee, Suzette	54	10.42	34' 2 ¼"	Simi Valley, CA	2018
55-59 Mensey, Myrle	56	13.47	44' 2 ¼"	St Louis, MO	2005
60-64 Dutton, Linn	62	12.60	41' 4 ¼"	Pine Valley, CA	2018
65-69 Wright, Evelyn		11.52	37' 9 ½"	Annapolis, MD	2003
70-74 Hessel, Laura	70	11.56	37' 11 ¾"	Spruce Grove, AB, Canada	2022
75-79 Raham, Sharon	76	9.67	31' 8 ¾"	Wellington, CO	2022
80-84 Kotelko, Olga	84	7.37	24' 2 ¼"	West Vancouver, BC, Canada	2003

Weight Throw

<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54 Burton, Ray	50	18.56	60' 10 ¾"	Aloha, OR	2005
55-59 Konen, Hank	59	17.87	58' 7 ½"	Reno, NV	2006
60-64 Matthews, George	61	19.44	65' 5"	Oceanside, CA	2003
65-69 Burke, Edward	66	20.18	66' 2 ½"	Los Gatos, CA	2006
70-74 Burke, Edward	73	21.58	70' 9"	Los Gatos, CA	2013
75-79 Rheams, Larry	75	15.05	49' 4 ½"	Eureka, MO	2017
80-84 LaBarge, Peter	80	13.77	45' 2 ¼"	Runaway Bay, TX	2019
85-89 Durrenberger, Joe	85	9.17	30' 1"	Los Angeles, CA	2019
90+ Lewellen, Harvey	90	8.46	27' 9 ¼"	Springfield, OR	2019

Weight Pentathlon

<u>Women</u>	<u>Age</u>	<u>Total</u>		<u>Home Town</u>	<u>Year</u>
50-54 Dutton, Linn	54	3467		Pine Valley, CA	2010
55-59 Mensey, Myrtle	57	4031		St Louis, MO	2006
60-64 Alegria, Dybvig	61	4243		Tucson, AZ	2019
65-69 Dutton, Linn	65	3922		Pine Valley, CA	2021

70-74 Hessel, Laura	70	4374	Spruce Grove, AB, Canada	2022
75-79 Raham, Sharon	76	3502	Wellington, CO	2022
70-74 Lary, Audrey	72	3654	Fredrick, MD	2006
75-79 Hunter, Patricia	75	2905	Irvine, CA	2017
80-84 McCloud Smith, Doreen	80	2987	N. Vancouver, BC, Canada	2006

Weight Pentathlon

<u>Men</u>	<u>Age</u>	<u>Total</u>	<u>Home Town</u>	<u>Year</u>
45-49 Jansson, Kenneth		4144	Wichita, KS	2006
50-54 Burton, Ray	50	4438	Aloha, OR	2005
55-59 Burton, Ray	55	4217	Aloha, OR	2010
60-64 Gage, Tom	63	4731	Billings, MT	2006
65-69 Burke, Edward	66	4835	Los Gatos, CA	2006
70-74 Burke, Edward	73	4639	Los Gatos, CA	2013
75-79 Allison, Tom		3988	Eugene, OR	2005
80-84 Bergfeldt, Bob	80	4363	Chandler, AZ	2016
85-89 Durrenberger, Joe	85	2904	Los Angeles, CA	2019
90+ Platts, William	91	4927	Boise, ID	2019

		****	Apparent new world record!	

Softball Throw

<u>Women</u>	<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54 Alegria, Tamara	52	38.48	126' 2 ½"	Tucson, AZ	2010
55-59 Dabrowski, Barbara	59	49.50	162' 5"	Waterloo, ON	2016
60-64 Dabrowski, Barbara	61	43.00	141' 1 ¼"	Waterloo, ON	2018
65-69 Montgomery, Winnie	69	23.03	75' 7"	Houston, TX	2012
70-74 Janne, Dee Anne	73	18.81	61' 8 ¼"	Las Vegas, NV	2010
75-79 Rimrodt, Sophia	76	21.36	70' 1"	San Diego, CA	2012
80-84 Janne, Dee Anne	80	11.90	39' 0.5"	Las Vegas, NV	2017
85-89 Hines, Mary	87	14.00	45' 11.5"	Tucson, AZ	2016

Softball Throw

<u>Men</u>	<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54 Jones, Mark	54	70.00	229' 8 ¼"	Albuquerque, NM	2016
55-59 Erickson, Dean	55	89.24	292' 8 ½"		2010
60-64 Rivero, Mark	61	62.50	205' 1"	Las Vegas, NV	2016
65-69 Pickett, Calvin	69	61.29	201' 1 ¼"	Goodyear, AZ	2021
70-74 Brown, James	72	59.46	195' 1"	Reno, NV	2015
75-79 Brown, James	79	47.25	155' ¼"	Reno, NV	2022

80-84	Shellenberg, Harvey	80	40.33	132' ¼"	Reedley, CA	2012
85-89	Thompson, William	86	28.65	94'	Hamilton, ON, Canada	2015