

# 2018 Nevada Senior Games -- Track & Field Records

NSG T&F Meet Records going back to 1994, with the lines for records set this year in **BOLD**:

## 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
<b>55-59</b>	<b>Upshaw, Joy</b>	<b>57</b>	<b>7.37</b>	<b>Lafayette, CA</b>	<b>2018</b>
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	McLeod-Smith, Doreen	80	10.60	Vancouver, BC, Canada	2005
<b>85-89</b>	<b>Obera, Irene R.</b>	<b>85</b>	<b>10.30</b>	<b>Fremont, CA</b>	<b>2018</b>
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	Leake, Damien	56	6.57	Van Nuys, CA	2010
60-64	Leake, Damien	60	6.74	Van Nuys, CA	2012
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
<b>80-84</b>	<b>Champion, Marvin</b>	<b>80</b>	<b>8.15</b>	<b>Denver, CO</b>	<b>2018</b>
<b>85-89</b>	<b>Hewitt, Robert</b>	<b>85</b>	<b>9.10</b>	<b>Gresham, OR</b>	<b>2018</b>

## 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	McLeod-Smith, Doreen	80	21.97	Vancouver, BC, Canada	2006
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 O'Neal, Edward	50	11.96		2012
55-59 Leake, Damien	58	12.16	Van Nuys, CA	2010
60-64 Tolson, Harold	62	12.34	San Diego, CA	1998
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
<b>85-89 Hewitt, Robert</b>	<b>85</b>	<b>18.00</b>	<b>Gresham, OR</b>	<b>2018</b>
<b>90+ Conway, Lee</b>	<b>91</b>	<b>25.85</b>	<b>Alameda, CA</b>	<b>2018</b>

### 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 Jordan, Barbara	69	33.94	So. Burlington, VA	2004
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 Hageman, Jeff	51	25.05	Omaha, NE	2015
55-59 Brooks, Mel	55	24.76	San Diego, CA	1996
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 Lesage, Norm	83	35.77	Burnaby, BC, Canada	2012
85-89 Thompson, William	86	42.83	Hamilton, ON	2015
<b>90+ Conway, Lee</b>	<b>91</b>	<b>62.40</b>	<b>Alameda, CA</b>	<b>2018</b>

### 400m Dash

<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Demetrios, Darla	51	67.56	Reno, NV	2014

<b>55-59</b>	<b>McDonald, Sue</b>	<b>55</b>	<b>65.61</b>	<b>Santa Barbara, CA</b>	<b>2018</b>
<b>60-64</b>	<b>Hinz, Lesley</b>	<b>60</b>	<b>72.94</b>	<b>Atlanta, GA</b>	<b>2018</b>
65-69	Schaefer, Betty	65	1:19.71	Buckeye, AZ	2014
70-74	Patterson, Patricia		1:39.38	NY	2000
75-79	Schley, Helen		1:59.91	Myersville, MD	2004
80-84	Schley, Helen		2:27.53	Myersville, MD	2007

#### **400m Dash**

	<b><u>Men</u></b>	<b><u>Age</u></b>	<b><u>Time</u></b>	<b><u>Home Town</u></b>	<b><u>Year</u></b>
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

#### **800m Run**

	<b><u>Women</u></b>	<b><u>Age</u></b>	<b><u>Time</u></b>	<b><u>Home Town</u></b>	<b><u>Year</u></b>
50-54	Fellebron, Catherine	51	2:44.21	Chino Valley, AZ	2011
<b>55-59</b>	<b>McDonald, Sue</b>	<b>55</b>	<b>2:44.67</b>	<b>Santa Barbara, CA</b>	<b>2018</b>
<b>60-64</b>	<b>Hinz, Lesley</b>	<b>60</b>	<b>2:49.79</b>	<b>Atlanta, GA</b>	<b>2018</b>
65-69	Tiernan, Carolyn	65	3:15.46	Bishop, CA	2016
70-74	Ackerman, Lola	72	3:43.42	Beaumont, CA	2016
<b>75-79</b>	<b>Shanta, Janet</b>	<b>76</b>	<b>4:59.49</b>	<b>Henderson, NV</b>	<b>2018</b>
80-84	Russell, Marybelle		5:44.59	Las Vegas, NV	2002

#### **800m Run**

	<b><u>Men</u></b>	<b><u>Age</u></b>	<b><u>Time</u></b>	<b><u>Home Town</u></b>	<b><u>Year</u></b>
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 La Vione, Yvette	56	5:58.03	Los Angeles, CA	1996
<b>60-64 Hinz, Lesley</b>	<b>60</b>	<b>5:56.36</b>	<b>Atlanta, GA</b>	<b>2018</b>
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 Swick, Dennis		4:49.05	Las Vegas, NV	1997
55-59 Giersberg, Robert		5:11.95	Phoenix, AZ	2001
<b>60-64 Fussell, Michael</b>	<b>61</b>	<b>5:06.50</b>	<b>Scottsdale, AZ</b>	<b>2018</b>
65-69 Bernal, Dave	67	5:37.92	Henderson, NV	2002
70-74 Gustafson, John	70	5:52.78	Cross Woods, UT	2009
75-79 Ogden, Ken	75	6:33.88	Salem, OR	2011
80-84 Culling, Robert	82	7:29.22	Hacienda Heights, CA	2014

### 5km Run / Road Race

<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Troffer, Christina	50	21:49.00	CA	2008
55-59 La Vione, Yvette	56	21:22.00	Los Angeles, CA	1996
60-64 Hoagland, Jeanne	60	23:49.00	Los Angeles, CA	1996
65-69 King, Nancy	67	25:29.00	Sparks, NV	2014
70-74 Demsky, Ellen	72	27:36.77	Tarzana, CA	2012
<b>75-79 Shanta, Janet</b>	<b>77</b>	<b>36:45.00</b>	<b>Henderson, NV</b>	<b>2018</b>
80-84 Lawson, Majorie	82	42:56.00	Vista, CA	2006

### 5km Run / Road Race

<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Mazone, Jake	52	17:48.00	Las Vegas, NV	2014
55-59 Poulsen, Thomas	58	19:17.00	NV	2008
60-64 Ogden, Ken	60	20:49.00	Salem, OR	1996
65-69 Madonna, Jim	68	22:21.01	Fairbanks, AK	2006
70-74 Flannagan, Paul	74	23:24.00	Longview, WA	2005
75-79 Ogden, Ken	78	24:44.00	Salem, OR	2014

80-84	Culling, Robert	82	24:03.00	Hacienda Heights, CA	2014
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### 10km Road Race

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Bonilla, Rosalva	52	44:28.00	Las Vegas, NV	2014
<b>55-59</b>	<b>Cordes, Suzanne</b>	<b>59</b>	<b>45:14.60</b>	<b>Alamo, CA</b>	<b>2018</b>
60-64	Keith, Karen		43:59.20	Las Vegas, NV	1998
<b>65-69</b>	<b>Winiacki, Patrici</b>	<b>67</b>	<b>1:06:47.60</b>	<b>Paramount, CA</b>	<b>2018</b>
70-74	Demsky, Ellen	72	1:03:43.00	Tarzana, CA	2012
75-79	Shanta, Janet	76	1:13:14.82	Henderson, NV	2017

### 10km Road Race

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
<b>50-54</b>	<b>Buckley, Kirk</b>	<b>50</b>	<b>42:25.10</b>	<b>N. Las Vegas, NV</b>	<b>2018</b>
55-59	Poulsen, Thomas	58	40:01.00	NV	2008
60-64	Hamman, Frank	62	43:05.46	Las Vegas, NV	2006
65-69	Du Preez, Ronald	65	45:22	Fort Mohave, AZ	2016
70-74	Flanagan, Paul	74	49:40.00	Longview, WA	2005
75-79	Flanagan, Paul	75	50:38.36	Longview, WA	2006

### 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

### 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

### 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	<b>80m</b>	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
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		<b>300m</b>			
<b>55-59 Upshaw, Joy</b>	<b>57</b>	"	<b>54.51</b>	<b>Lafayette, CA</b>	<b>2018</b>
60-64 Hanscon, Rita	60	"	54.33	San Diego, CA	2014
<b>65-69 Lowery, Linda</b>	<b>67</b>	"	<b>76.92</b>	<b>Smyrna, GA</b>	<b>2018</b>

### 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		<b>100m</b>	13.49	Washington CH, OH	2004
55-59 Snodgrass, Ernie	59	"	17.01	Torrance, CA	2012
60-64 Dolezel, Jim	61	"	18.18	Midwest City, OK	2011

65-69	Labelle, George	66	"	19.65	Zimmerman, MN	2005
70-74	Stookey, James		<b>80m</b>	13.86	Dickerson, MD	2004
75-79	Stookey, James		"	14.98	Dickerson, MD	2007
80-84	Bergfeldt, Bob	80	"	19.09	Chandler, AZ	2016
	<b><u>Men – Long Hurdles</u></b>	<b><u>Age</u></b>	<b><u>Dist</u></b>	<b><u>Time</u></b>	<b><u>Home Town</u></b>	<b><u>Year</u></b>
50-54			<b>400m</b>			
55-59	Sabree, Paul	56	"	79.53	Pendleton, SC	2015
60-64	McLawhorn, David	60	<b>300m</b>	54.02	Temecula, CA	2014
65-69			"			
70-74	Renwick, Doug	72	"	59.54	Clavet, SK, Canada	2014
75-79	Myer, Alex	76	"	1:20.85	Scribner, NE	2017

### **High Jump**

	<b><u>Women</u></b>	<b><u>Age</u></b>	<b><u>Mark</u></b>		<b><u>Home Town</u></b>	<b><u>Year</u></b>
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	Radcliffe, Merge		1.2	3' 11 ¼"	Lake Cowihan, BC, Canada	2003
65-69	Wright, Evelyn		1.34	4' 4 ¾"	Annapolis, MD	2003
70-74	Donley, Christel	74	1.02	3' 4"	Colorado Springs, CO	2009
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**

	<b><u>Men</u></b>	<b><u>Age</u></b>	<b><u>Mark</u></b>		<b><u>Home Town</u></b>	<b><u>Year</u></b>
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
<b>60-64</b>	<b>Williamson, Mark</b>	<b>61</b>	<b>1.71</b>	<b>5' 7.25"</b>	<b>Las Vegas, NV</b>	<b>2018</b>
65-69	Sauers, James	66	1.60	5' 3"	Dacula, GA	2014
<b>70-74</b>	<b>Sauers, James</b>	<b>70</b>	<b>1.55</b>	<b>5' 1"</b>	<b>Dacula, GA</b>	<b>2018</b>
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
<b>85-89</b>	<b>Hewitt, Robert</b>	<b>85</b>	<b>1.10</b>	<b>3' 7.75"</b>	<b>Gresham, OR</b>	<b>2018</b>

### **Pole Vault**

	<b><u>Women</u></b>	<b><u>Age</u></b>	<b><u>Mark</u></b>		<b><u>Home Town</u></b>	<b><u>Year</u></b>
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	Jager, Kathy	67	2.15	7' ½"	Glendale, AZ	2010
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**

	<b><u>Men</u></b>	<b><u>Age</u></b>	<b><u>Mark</u></b>		<b><u>Home Town</u></b>	<b><u>Year</u></b>
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	Held, Bud	77	2.89	9' 5 ¾"	Caminito Del Mar, CA	2005
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**

	<b><u>Women</u></b>	<b><u>Age</u></b>	<b><u>Mark</u></b>		<b><u>Home Town</u></b>	<b><u>Year</u></b>
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"	W. Vancouver, BC, Canada	2014
80-84	Bortignon, Christa	80	2.96	9' 8 ½"	W. 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**

	<b><u>Men</u></b>	<b><u>Age</u></b>	<b><u>Mark</u></b>		<b><u>Home Town</u></b>	<b><u>Year</u></b>
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	Tilton, Frank	69	4.53	14' 10 ½"	Springfield, MO	2015
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



<b>85-89 Hewitt, Robert</b>	<b>85</b>	<b>3.29</b>	<b>10' 9.5"</b>	<b>Gresham, OR</b>	<b>2018</b>
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**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
<b>55-59 Baker, Julie</b>	<b>55</b>	<b>2.19</b>	<b>7' 2.25"</b>	<b>Las Vegas, NV</b>	<b>2018</b>
60-64 Cohn, Linda	61	2.13	7' 0"	Northridge, CA	2013
<b>65-69 Cohn, Linda</b>	<b>66</b>	<b>1.92</b>	<b>6' 3 ¾"</b>	<b>Northridge, CA</b>	<b>2018</b>
70-74 Langer, Bridgette		2.13	7' 0"	Wayland, MA	2003
75-79 Bortignon, Christa	77	1.69	5' 6 ¾"	W. Vancouver, BC, Canada	2014
80-84 Bortignon, Christa	80	1.69	5' 6 ¾"	W. Vancouver, BC, Canada	2017
85-89 Styles, Frances	85	1.96	3' 1 ¾"	Colorado Springs, CO	2012

**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 ¾"	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 ¾"	Wichita, KS	2011
65-69 Wilson, Steve	65	2.56m	8' 4 ¾"	Wichita, KS	2015
70-74 Spainhower, Doug	71	2.41	7' 11"	Dickerson, MD	2005
75-79 Rheams, Larry	75	2.27	7' 5 ½"	Eureka, MO	2017
80-84 Bergfeldt, Bob	80	2.11	6' 11 ½"	Chandler, AZ	2016
85-89 Gray, Ronald	85	1.49	4' 10 ¾"	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 ¼"	Marietta, GA	1999
55-59 Cohn, Linda	59	8.76	28' 9"	Northridge CA	2011
60-64 Lowery, Linda	62	8.49	27' 10 ¾"	Decatur, GA	2013
65-69 Lary, Audrey	68	8.16	26' 9 ½"	Frederick, MD	2001
70-74 Lary, Audrey	71	8.02	26' 3 ¾"	Frederick, MD	2004
75-79 Bortignon, Christa	75	7.71	25' 3 ½"	W. Vancouver, BC, Canada	2012
80-84 Bortignon, Christa	80	6.74	22' 1 ½"	W. Vancouver, BC, Canada	2017
85-89 Valien, Johnnye	87	5.58	18' 7 ¾"	Los Angeles, CA	2012

**Triple Jump**

<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
<b>50-54 Martin, Vincent</b>	<b>51</b>	<b>11.90</b>	<b>39' 0.25"</b>	<b>Knoxville, TN</b>	<b>2018</b>
55-59 Bunker, Donald	56	10.77	35' 4"	Apple Creek, OH	2016

60-64	Lariza, Mike	60	10.24	33' 7 ¾"	Troutdale, OR	2016
65-69	Mimm, Greg	65	9.59	31' 5 ¾"	Mission Viejo, CA	2013
70-74	Stooky, James	73	9.37	30' 9"	Dickerson, MD	2003
75-79	Stooky, James	75	9.3	30' 6 ¼"	Dickerson, MD	2005
80-84	Salazar, Gus	80	6	19' 8"	Eloy, AZ	2008
<b>85-89</b>	<b>Hewitt, Robert</b>	<b>85</b>	<b>7.28</b>	<b>23' 10 ¾"</b>	<b>Gresham, OR</b>	<b>2018</b>
90+	Pellman, Donald	93	5.81	19' 0 ¾"	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' ¾"	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	Sherrard, Cherrie	68	8.77	29' 9 ¼"	Vallejo, CA	2006
70-74	Donley, Christel	74	7.33	24' ¾"	Colorado Springs, CO	2009
75-79	Donley, Christel	77	7.92	26'	Colorado Springs, CO	2012
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	Holden, Gregory	59	14.07	46' 2"	Sun City, CA	2017
60-64	Torbert, Quenton	64	16.17	53' 0 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	Bergfeldt, Bob	80	11.11	36' 5.50"	Chandler, AZ	2016
<b>85-89</b>	<b>Hewitt, Robert</b>	<b>85</b>	<b>8.76</b>	<b>28' 9"</b>	<b>Gresham, OR</b>	<b>2018</b>
90+	Hall, Roger	93	4.25	13' 11 ½"	Henderson, NV	2013

### Discus

	<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	Stratton, Joan	56	27.85	91' 5"	Zephyer Cove, NV	2007
<b>60-64</b>	<b>Cohn, Linda</b>	<b>66</b>	<b>23.25</b>	<b>76' 3"</b>	<b>Northridge, CA</b>	<b>2018</b>
65-69	Wright, Evelyn		22.43	73' 7"	Annapolis, MD	2003
70-74	Lary, Audrey	71	19.75	64' 9"	Frederick MD	2005

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

	<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	Burton, Ray	55	45.11	148'	Aloha, OR	2010
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"	Zephyer Cove, NV	2006
60-64	Dutton, Linn	60	35.02	114' 11"	Pine Valley, CA	2016
65-69	Wright, Evelyn		26.46	86' 10"	Annapolis, MD	2003
70-74	Lary, Audrey	71	22.05	72' 4"	Frederick MD	2005
75-79	Hunter, Patricia	75	22.04	72' 4"	Irvine, CA	2017
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	Sabin, Wayne	80	29.25	95' 11"	Portland, OR	2013
85-89	Bergen, William	85	19.26	63' 2"	Dade City, FL	2013

### Javelin

	<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Raschker, Phil	52	32.2	105' 8"	Marietta, GA	1999

55-59	Cohn, Linda	59	39.07	128' 2"	Northridge, CA	2011
60-64	Cohn, Linda	60	37.24	122' 2"	Northridge, CA	2012
<b>65-69</b>	<b>Cohn, Linda</b>	<b>66</b>	<b>33.57</b>	<b>120' 2"</b>	<b>Northridge, CA</b>	<b>2018</b>
70-74	Brandt, Barbara	70	24.32	79' 9 ½"	Mesa, AZ	1999
75-79	Valien, Johnnye	79	19.15	62' 10"	Los Angeles, CA	2003
80-84	Kotelko, Olga	83	17.17	56' 4"	Canada	2002
85-89						
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	45.95m	150' 9"	Ogden, UT	2015
60-64	Hearn, Edward	64	48.57	159' 4"	Wilmington, NC	2013
65-69	Hearn, Edward	66	45.98m	150' 10"	Wilmington, NC	2015
70-74	LaBarge, Peter	71	43.2	141' 9"	Dallas, TX	2009
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	Hochstter, Fredreico	89	15.49	50' 10"	Rio de Janeiro, Brazil	2008
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>
<b>50-54</b>	<b>Lee, Suzette</b>	<b>54</b>	<b>10.42</b>	<b>34' 2 ¼"</b>	<b>Simi Valley, CA</b>	<b>2018</b>
55-59	Mensey, Myrle	56	13.47	44' 2 ¼"	St Louis, MO	2005
<b>60-64</b>	<b>Dutton, Linn</b>	<b>62</b>	<b>12.60</b>	<b>41' 4 ¼"</b>	<b>Pine Valley, CA</b>	<b>2018</b>
65-69	Wright, Evelyn		11.52	37' 9 ½"	Annapolis, MD	2003
<b>70-74</b>	<b>Hafner, Mary</b>	<b>70</b>	<b>7.91</b>	<b>25' 11 ½"</b>	<b>Henderson, NV</b>	<b>2018</b>
<b>75-79</b>	<b>Hunter, Patricia</b>	<b>76</b>	<b>8.83</b>	<b>28' 11 ¾"</b>	<b>Irvine, CA</b>	<b>2018</b>
80-84	Kotelko, Olga	84	7.37	24' 2 ¼"	W. 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	Mulkern, Dick	80	13.56	44' 6"	Hampton. IA	2005
85-89	Bergen, William	85	8.38	27' 5 3/4"	Dade City, FL	2014

### 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	Cohn, Linda	64	3538		Northridge, CA	2016
<b>65-69</b>	<b>Cohn, Linda</b>	<b>66</b>	<b>3499</b>		<b>Northridge, CA</b>	<b>2018</b>
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	Hackett, Hugh		2839		Albuquerque, NM	2005

### 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 1/2"	Tucson, AZ	2010
55-59	Dabrowski, Barbara	59	49.50	162' 5"	Waterloo, ON	2016
<b>60-64</b>	<b>Dabrowski, Barbara</b>	<b>61</b>	<b>43.00</b>	<b>141' 1 1/4"</b>	<b>Waterloo, ON</b>	<b>2018</b>
65-69	Montgomery, Winnie	69	23.03	75' 7"	Houston, TX	2012
70-74	Janne, Dee Anne	73	18.81	61' 8 1/4"	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 1/4"	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	Hearn, Edward	66	58.42m	191' 8"	Wilmington, NC	2015
70-74	Brown, James	72	59.46m	195' 1"	Reno, NV	2015
75-79	Bittner, William	78	46.96	154' ¼"	PA	2012
80-84	Shellenberg, Harvey	80	40.33	132' ¼"	CA	2012
85-89	Thompson, William	86	28.65m	94'	Hamilton, ON	2015