

## 2019 National Senior Games Records (American Records BOLD)

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<b>Archery</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Final Score</b>
50-54 Barebow Comp.	William	Hammac	51	M	Cape Canaveral	FL	1548
55-59 Comp. Fingers	Danielle	Stauffacher	55	F	Beloit	MI	1648
55-59 Recurve	Janis	Grellner	55	F	Linn	MO	1618
55-59 Barebow Recurve	Ruth	Delzell	57	F	Aurora	CO	1395
55-59 Barebow Comp.	Earle (Bubba)	Bateman	59	M	Fischer	TX	1618
55-59 Barebow Recurve	Jerzy	Tworek	59	M	Knoxville	TN	1430
60-64 Recurve	Janet	Thelen	60	F	Adkins	TX	1556
60-64 Barebow Comp.	Shirley	Vaughan	64	F	San Antonio	TX	1398
65-69 Comp. Release	Larry	Butterfield	66	M	Sun City	AZ	1770
65-69 Comp. Release	Elizabeth	Galusha	67	F	Clyde	NY	1721
65-69 Barebow Recurve	Barbara	Hughes	68	F	Huntingdon	PA	1358
65-69 Barebow Recurve	Richard	Stonebraker	69	M	Houston	TX	1581
70-74 Barebow Comp.	Claudia	St Clair	70	F	Rio Rico	AZ	1364
70-74 Barebow Recurve	Charlene	Shelfer	71	F	Vancouver	WA	1293
75-79 Comp. Release	Diane	Morris	76	F	Stanley	NC	1627
80-84 Comp. Fingers	James	Worrill	80	M	Harwood	MD	1523
80-84 Comp. Release	Dick	Cox	83	M	Nogal	NM	1711
80-84 Comp. Release	Edna	Siniff	83	F	Mahtomedi	MN	1457
85-89 Barebow Recurve	Anna	Hartman	85	F	The Villages	FL	1029
90-94 Comp. Release	Elisabeth	Johnson	90	F	Washington	UT	1231
90-94 Recurve	James	Ploen	92	M	Bloomington	MN	1284
<b>Bowling</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Final Score</b>
80-84	David	Troutman	80	M	Henderson	KY	645
<b>Cycling 5K</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
5K 55-59	Kathy	Petrillo	58	F	Jupiter	FL	6:39.0
5k 55-59	Catherine	Dickson	55	F	Glensdale	AZ	7:00.3 (2nd)
5K 55-59	Diane	Shanklin	56	F	Santa Clara	UT	7:06.5 (3rd)
5K 60-64	Susan	Rice	60	F	Albuquerque	NM	6:49.10
5K 60-64	Laura	Jackson	62	F	Roseburg	OR	7:10.5 (2nd)
5K 60-64	Benedicta	Helecky	61	F	Lexington	KY	7:10.6 (3rd)
5K 65-69	Kim	Soule	65	F	Sun Lakes	AZ	6:22.0
5K 65-69	Donna	Ingle	68	F	Las Vegas	NV	6:34.0 (2nd)
5K 65-69	Diane	McNally	66	F	Albuquerque	NM	7:07.5 (3rd)
5K 65-69	Barbara	Allen	66	F	Minneapolis	MN	7:10.9 (4th)
5K 65-69	Gracie	Stroup	69	F	Morristown	TN	7:11.4 (5th)
5K 65-69	Monica	Steidele	68	F	Santa Fe	NM	7:15.1 (6th)
5K 70-74	Cheryl	Cherry	70	F	Groveland	FL	7:07.2
5K 70-74	Deborah	Barton	71	F	College Station	TX	7:15.4 (2nd)
5K 70-74	Pamela	Latham	72	F	Los Angeles	CA	7:28.7 (3rd)

5K 70-74	Martha	Iverson	70	F	Durango	CO	7:29.2 (4th)
5K 70-74	Rebecca	Walley	70	F	Ridgeland	MS	7:47.6 (5th)
5K 70-74	Ruth	Hamilton	72	F	McLean	VA	7:51.2 (6th)
5K 80-84	Ann	Chadwich	81	F	Tempe	AZ	9:29.0
5K 80-84	Carol	Tesca	81	F	Newark	DE	11:33.3 (2nd)
<b>Cycling 10K</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
10K 55-59	Kathy	Petrillo	58	F	Jupiter	FL	14:26.7
10K 65-69	Donna	Ingle	68	F	Las Vegas	NV	15:08.6
10K 70-74	Deborah	Barton	71	F	College Station	TX	16:12.6
10K 75-79	Louise	McGonigal Watts	76	F	Elmvale	ONT	18:25.3
10K 75-79	David	Burnett	75	M	Norwich	CT	14:48.4
10K 75-79	Durward	Higgins	77	M	Chattanooga	TN	15:02.0
10K 75-79	Philip	Shew	76	M	Albuquerque	NM	15:16.4
10K 80-84	Sarah	Powers	80	F	Claremont	CA	19:37.1
10K 80-84	Ann	Chadwich	81	F	Tempe	AZ	19:46.7
10K 85-89	Jody	Olson	89	F	Pocatello	ID	26:14.3
10K 85-89	Sally	Pace	87	F	Winslow	AZ	27:35.8
10K 85-89	Katherine	Palombo	85	F	Albuquerque	NM	30:52.7
<b>Cycling 20K</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
20K 65-69	Donna	Ingle	68	F	Las Vegas	NV	34:03.8
20K 80-84	Ann	Chadwich	81	F	Tempe	AZ	43:56.2
20K 80-84	Sara	Powers		F	Claremont	CA	44:24.7 (2nd)
20K 80-84	Patricia	Beam		F	Caledonia	IL	44:49.1 (3rd)
<b>Cycling 40K</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
40K 60-64	Susan	Rice		F	Albuquerque	NM	1:07.52
40K 80-84	Kenneth	Roskopf	80	M	Decatur	IL	1:16:30
<b>Swimming Backstroke</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
65-69 50 Back	Philipp	Djang	65	M	Las Cruces	NM	28.29
85-89 50 Back	Clarke	Mitchell	87	M	Overton	NV	39.17
50-54 100 Back	Melanie	Coultas	54	F	Gurley	AL	1:09.61
65-69 100 Back	Penny	Noyes	65	F	Bowling Green	KY	1:10.07
65-69 100 Back	Philipp	Djang	65	M	Las Cruces	NM	1:02.78
70-74 100 Back	Bob	Heacock	70	M	Clermont	FL	1:12.35 (2nd)
70-74 100 Back	Steven	Heck	70	M	Prairieville	LA	1:07.24
75-79 100 Back	Bob	Welty	75	M	Dallas	TX	1:18.36
75-79 100 Back	David	Vail	76	M	Brunswick	ME	1:19.55 (2nd)
75-79 100 Back	Tony	Ralphs	76	M	Chula Vista	CA	1:20.74 (3rd)
85-89 100 Back	Clarke	Mitchell	77	M	Overton	NV	1:28.44
50-54 200 Back	Kurt	Dickson	52	M	Glendale	AZ	2:03.45
65-69 200 Back	Philipp	Djang	65	M	Las Cruces	NM	2:20.18

70-74 200 Back	Steven	Heck	70	M	Prairieville	LA	2:35.42
75-79 200 Back	Bob	Welty	75	M	Dallas	TX	2:53.48
80-84 200 Back	Marty	Mennen	83	M	Columbus	IN	3:11.27
85-89 200 Back	Ann	Aceves	85	F	Santa Fe	NM	4:39.51
95-97 200 Back	Charlotte	Sanddal	97	F	Helena	MT	6:53.78
<b>Swimming Breaststroke</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
70-74 50 Breast	Steven	Heck	70	M	Prairieville	LA	30.83
75-79 50 Breast	Bob	Welty	75	M	Dallas	TX	35.48
75-79 100 Breast	Dave	Noble	76	M	Raymore	MO	1:21.40
75-79 100 Breast	Daniela	Barnea	75	F	Palo Alto	CA	1:34.30
85-89 100 Breast	Joel	Lockwood	85	M	Lake City	MI	1:47.68
75-79 200 Breast	Mike	Freshley	78	M	San Diego	CA	2:57.74
75-79 200 Breast	Dave	Noble	76	M	Raymore	MO	3:01.80 (2nd)
75-79 200 Breast	Daniela	Barnea	75	F	Palo Alto	CA	3:28.21
<b>Swimming Butterfly</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
50-54 50 Fly	Nicholas	Decker	52	M	Albuquerque	NM	23.73
60-64 100 Fly	Susan	Ingraham	50	F	San Antonio	TX	1:11.87
50-54 200 Fly	Kurt	Dickson	52	M	Glendale	AZ	2:09.03
50-54 200 Fly	Mary Jo	Agner	53	F	Salisbury	NC	3:02.57
60-64 200 Fly	Susan	Ingraham	60	F	San Antonio	TX	2:59.54
65-69 200 Fly	Joannie	Eastridge	65	F	South Lyon	AZ	3:37.68
65-69 200 Fly	Mark	Modjeska	66	M	Prescott	AZ	2:34.14
70-74 200 Fly	Hubie	Kerns	70	M	Pacific Palisades	CA	2:40.08
75-79 200 Fly	Dave	Noble	76	M	Raymore	MO	3:26.82
75-79 200 Fly	Daniela	Barnea	75	F	Palo Alto	CA	3:41.81
80-84 200 Fly	Mary Ann	Case	80	F	Sioux Falls	SD	4:12.64
<b>Swimming Freestyle</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
60-64 50 Free	Susan	Ingraham	60	F	San Antonio	TX	1:01.95
70-74 50 Free	Glenn	Gruber	70	M	Pasadena	CA	25.7
75-79 50 Free	Peter	Andersen	76	M	San Diego	CA	28.12
80-84 50 Free	Kenneth	McKinney	80	M	Sun Lakes	AZ	31.24
85-89 50 Free	Clarke	Mitchell	87	M	Overton	NV	34.6
65-69 100 Free	Penny	Noyes	65	F	Bowling Green	KY	1:00.37
65-69 100 Free	Lisa	Hypnar	65	F	Rochester Hills	MI	1:08.31 (2nd)
65-69 100 Free	Mary-Chris	Kay	66	F	Perrysburg	OH	1:10.37 (3rd)
70-74 100 Free	June	Carson	71	F	Sarasota	FL	1:11.33
55-59 200 Free	Kathleen	Steffe	57	F	Castle Pines	CO	2:11.84
55-59 200 Free	Kathy	Garnier	59	F	Littleton	CO	2:13.11 (2nd)
70-74 200 Free	Glenn	Gruber	70	M	Pasadena	CA	2:11.05
70-74 200 Free	Alan	Bernard	70	M	Saratoga	CA	2:13.52 (2nd)
85-89 200 Free	Joel	Lockwood	85	M	Lake City	MI	3:02.23

50-54 500 Free	Kurt	Dickson	52	M	Glendale	AZ	5:00.37
65-69 500 Free	Mark	Modjeska	66	M	Prescott	AZ	5:52.90
85-89 500 Free	Joel	Lockwood	85	M	Lake City	MI	8:12.63
85-89 500 Free	Joan	Campbell	89	F	Palm Harbor	FL	12:11.85
<b>Swimming Individual Medley</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
70-74 100 IM	Steven	Heck	70	M	Prairieville	LA	1:05.43
70-74 200 IM	Steven	Heck	70	M	Prairieville	LA	2:26.46
75-79 100 IM	Mike	Freshley	78	M	San Diego	CA	1:15.23
85-89 100 IM	William	Lauer	85	M	Knoxville	TN	1:30.96
65-69 200 IM	Penny	Noyes	65	F	Bowling Green	KY	2:36.91
75-79 200 IM	Mike	Freshley	78	M	San Diego	CA	2:52.58
75-79 200 IM	Daniela	Barnea	75	F	Palo Alto	CA	3:16.40
85-89 200 IM	William	Lauer	85	M	Knoxville	TN	3:29.33
50-54 400 IM	Kurt	Dickson	52	M	Glendale	AZ	4:42.13
50-54 400 IM	Mary Jo	Agner	53	F	Salisbury	NC	6:08.76
50-54 400 IM	Heather	Huettner	54	F	Overland Park	KS	6:19.13 (2nd)
50-54 400 IM	Dara	Goldsmith	53	F	Las Vegas	NV	6:36.14 (3rd)
55-59 400 IM	Kathleen	Steffe	57	F	Castle Pines	CO	5:35.96
75-79 400 IM	Mike	Freshley	78	M	San Diego	CA	6:31.99
<b>Track &amp; Field 50M</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
50-54	Norris	Hanes	52	M	Waldorf	MD	6.45
55-59	Joy	Upshaw	58	F	Lafayette	CA	7.34
60-64	Linda	Wilson	61	F	Pflugerville	TX	7.61
70-74	Brenda	Mathews	70	F	Anaheim	CA	8.18
75-79	Kenton	Brown	75	M	Austin	TX	7.34
80-84	Kathy	Bergen	80	F	La Canada	CA	8.37
85-89	Barney	Brathwaite	85	M	Barbados		8.62
95-99	Lorma	Bauer	97	F	Evanston	IL	16.3
<b>Track &amp; Field 100M</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
55-59	Joy	Upshaw	58	F	Lafayette	CA	13.37
<b>60-64</b>	<b>Linda</b>	<b>Wilson</b>	<b>61</b>	<b>F</b>	<b>Highland</b>	<b>TX</b>	<b>13.8</b>
<b>75-79</b>	<b>Kenton</b>	<b>Brown</b>	<b>75</b>	<b>M</b>	<b>Austin</b>	<b>TX</b>	<b>13.4</b>
80-84	Robert	Whilden	84	M	Houston	TX	14.63
<b>80-84</b>	<b>Kathy</b>	<b>Bergen</b>	<b>80</b>	<b>F</b>	<b>La Canada</b>	<b>CA</b>	<b>15.98</b>
100+	E Gerald	Meyer	100	M	Laramie	WY	36.93
<b>Track &amp; Field 200M</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
55-59	Joy	Upshaw	58	F	Lafayette	CA	27.88
<b>80-84</b>	<b>Kathy</b>	<b>Bergen</b>	<b>80</b>	<b>F</b>	<b>La Canada</b>	<b>CA</b>	<b>35.71</b>
95-99	Mary	Kemp	97	F	Fairhope	AL	2:09.73
<b>Track &amp; Field 400M</b>							

Event/ Age Group	First Name	Last Name	Age	Gender	City	State	Time
55-59	Adriene	Allen	58	F	Indianapolis	IN	1:07.41
55-59	Alicia	Antoinette	55	F	Rahway	NJ	1:07.69 (2nd)
<b>70-74</b>	<b>Colleen</b>	<b>Burns</b>	<b>70</b>	<b>F</b>	<b>McIntosh</b>	<b>NM</b>	<b>1:15.68</b>
80-84	Dean	Lundell	80	M	Hurricane	UT	1:12.54
<b>Track &amp; Field 800M</b>							
Event/ Age Group	First Name	Last Name	Age	Gender	City	State	Time
55-59	Alicia	Antoinette	55	F	Rahway	NJ	2:37.25
65-69	Priscilla	Flesch-Birtic	68	F	Belgrade	MT	3:01.28
<b>70-74</b>	<b>Jane</b>	<b>Treleven</b>	<b>71</b>	<b>F</b>	<b>Gig Harbor</b>	<b>WA</b>	<b>3:03.02</b>
<b>Track &amp; Field 1500M</b>							
Event/ Age Group	First Name	Last Name	Age	Gender	City	State	Time
<b>70-74</b>	<b>Colleen</b>	<b>Burns</b>	<b>70</b>	<b>F</b>	<b>McIntosh</b>	<b>NM</b>	<b>6:15.98</b>
75-79	Kent	Blair	76	M	Corrales	NM	5:59.60
85-89	Ino	Cantu	86	M	San Marcos	TX	7:30.46
<b>Track &amp; Field Discus</b>							
Event/ Age Group	First Name	Last Name	Age	Gender	City	State	Distance
70-74	Mary	Hartzler	70	F	Gahanna	OH	24.13m
<b>Track &amp; Field Hammer Throw</b>							
Event/ Age Group	First Name	Last Name	Age	Gender	City	State	Distance
55-59	Tim	Shannon	57	M	Seattle	WA	46.39m
55-59	Terry	Noyes	58	M	Elverson	PA	45.82m
<b>70-74</b>	<b>Mary</b>	<b>Hartzler</b>	<b>70</b>	<b>F</b>	<b>Gahanna</b>	<b>OH</b>	<b>31.04m</b>
<b>80-84</b>	<b>Elsbeth</b>	<b>Padia</b>	<b>81</b>	<b>F</b>	<b>Belmont</b>	<b>CA</b>	<b>26.71m</b>
80-84	Peter	Labarge	80	M	Runaway Bay	TX	41.39m
<b>85-89</b>	<b>Florence</b>	<b>Meiler</b>	<b>85</b>	<b>F</b>	<b>Shelburne</b>	<b>VT</b>	<b>18.10m</b>
<b>Track &amp; Field High Jump</b>							
Event/ Age Group	First Name	Last Name	Age	Gender	City	State	Distance
<b>60-64</b>	<b>Brian</b>	<b>Hankerson</b>	<b>60</b>	<b>M</b>	<b>Hollywood</b>	<b>FL</b>	<b>1.75m</b>
<b>80-84</b>	<b>Kathy</b>	<b>Bergen</b>	<b>80</b>	<b>F</b>	<b>La Canada</b>	<b>CA</b>	<b>1.17m</b>
<b>85-89</b>	<b>Florence</b>	<b>Meiler</b>	<b>85</b>	<b>F</b>	<b>Shelburne</b>	<b>VT</b>	<b>0.91m</b>
<b>Track &amp; Field Javelin Throw</b>							
Event/ Age Group	First Name	Last Name	Age	Gender	City	State	Distance
<b>80-84</b>	<b>Elsbeth</b>	<b>Padia</b>	<b>81</b>	<b>F</b>	<b>Belmont</b>	<b>CA</b>	<b>20.12m</b>
<b>80-84</b>	<b>Madelaine</b>	<b>Cazel</b>	<b>82</b>	<b>F</b>	<b>The Villages</b>	<b>FL</b>	<b>19.64m (2nd)</b>
<b>Track &amp; Field Long Jump</b>							
Event/ Age Group	First Name	Last Name	Age	Gender	City	State	Distance
<b>55-59</b>	<b>Neringa</b>	<b>Jakstiene</b>	<b>56</b>	<b>F</b>	<b>Memphis</b>	<b>TN</b>	<b>5.06m</b>
60-64	Brian	Hankerson	60	M	Hollywood	FL	5.76m
70-74	Roger	Parnell	70	M	Chico	CA	5.01m
70-74	Brenda	Matthews	70	F	Anaheim	CA	3.64m
<b>Track &amp; Field Pole Vault</b>							
Event/ Age Group	First Name	Last Name	Age	Gender	City	State	Distance
55-59	Chet	Clodfelter	56	M	Roachdale	IN	4.06m

65-69	James	Thompson	65	M	Seymour	TN	3.35m
80-84	Don	Isett	80	M	Anna	TX	2.50m
<b>Track &amp; Field Shot Put</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Distance</b>
80-84	Elsbeth	Padia	81	F	Belmont	CA	9.41m
<b>Track &amp; Field Triple Jump</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Distance</b>
70-74	Jeffrey	Duke	70	M	Carbondale	IL	9.45m
<b>Triathlon</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
50-54	Karen	Buchanan		F	McGregor	TX	1:01:04
<b>Race Walk</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
60-64	Shea	Darian	60	F	Sun City	AZ	8:31.15
85-89	Alan	Poisner	85	M	Overland Park	KS	10:15.75
<b>Road Race</b>							
<b>Event/ Age Group</b>	<b>First Name</b>	<b>Last Name</b>	<b>Age</b>	<b>Gender</b>	<b>City</b>	<b>State</b>	<b>Time</b>
70-74 5K	Jane	Treleven	71	F	Gig Harbor	WA	22:59
80-84 10K	Heide	Moebius	81	F	Lancaster	PA	1:02:33