



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Records
Track and Field
400M



RANK	NAME	STATE	TIME	YEAR	RECORD		RANK	NAME	STATE	TIME	YEAR	RECORD
Women 50 - 54							Men 50 - 54					
1	Phil Raschker	GA	1:03.48	1997	*		1	Francois Boda	OK	52.44	2015	*
2	Sue McCarthy	ME	1:06.23	2015			2	Khalid Mulazim	OH	52.83	2019	
3	Margaret Curtis	VT	1:06.42	2003			3	Stan Whitley	CA	53.14	1997	*
4	Alicia Antionette	NJ	1:06.51	2015			4	Francois Boda	OK	53.33	2015	
5	Lynn Naftel	CA	1:06.68	1999			5	Khalid Mulazim	Oh	53.47	2019	
6	Lisa Valle	NM	1:07.21	2019			6	Ray Blackwell	DE	54.01	2011	
7	Phil Raschker	GA	1:07.44	2001			7	Terry Parks	CA	54.92	2015	
8	Sue McCarthy	ME	1:08:19	2015			8	Ray Blackwell	DE	55.07	2011	
9	Alicia Antionette	NJ	1:08:54	2015			9	Keith Peterman	PA	55.11	1999	
10	Jennifer Hodges	TX	1:08.59	2019			10	Henry James, II	WA	55.18	2009	
Women 55 - 59							Men 55 - 59					
1	Adriene Allen	IN	1:07.41	2019	*		1	Charles Allie	PA	54.27	2005	*
2	Alicia Antoinette	NJ	1:07.69	2019			2	David Pitts	MO	55.00	2019	
3	Adriene Allen	IN	1:07.94	2019			3	Charles Allie	PA	55.45	2005	
4	Phil Raschker	GA	1:08.60	2005	*		4	Carroll Blake	MA	55.73	2007	
5	Vicki Fox	NY	1:08.67	2015			5	Bill Collins	TX	55.77	2009	
6	Alicia Antoinette	NJ	1:08.89	2019			6	Roger Pierce	MA	55.79	1999	*
7	Kathleen Shook	IN	1:09.06	2017			7	David Pitts	MO	55.63	2019	
8	Susan Rollins	TN	1:09.17	2015			8	Lawrence Colbert	MD	56.05	1993	*
9	Hillin VonMaltzahn	NY	1:09.90	2007			9	Michael Bradecamp	VA	56.19	2019	
10	Vicki Fox	NY	1:09:93	2015			10	Stan Patterson	TN	56.58	2017	
Women 60 - 64							Men 60 - 64					
1	Phil Raschker	GA	1:06.60	2007	*		1	Charles Allie	PA	55.90	2009	*
2	Debra Hoffman	CA	1:09.31	2019			2	Charles Allie	PA	56.58	2011	
3	Jeanne Hoagland	CA	1:10.67	1997	*		3	David Ortman	WA	56.78	2013	
4	Elizabeth Deak	FL	1:11.13	2019			4	Ronald Humphrey	VA	57.03	2019	
5	Leandra Funk	IN	1:11.20	2017			5	Roger Pierce	MA	57.19	2005	*
6	Irene Obera	CA	1:11.33	1997			6	Charles Allie	PA	57.31	2011	
7	Irene Obera	CA	1:11.82	1995	*		6	Jim Schoffman	MN	57.35	2013	
8	Susan Rollins	TN	1:12.06	2019			8	Paul Johnson	TX	57.63	1997	*
9	Colleen Burns	NM	1:12.27	2011			9	Atherley Burrowes	Barbados	57.65	2019	
10	Debra Hoffman	CA	1:12.53	2019			10	Bob Lida	KS	57.81	1999	

* Indicates NSGA record when set



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Records
Track and Field
400M



RANK	NAME	STATE	TIME	YEAR	RECORD		RANK	NAME	STATE	TIME	YEAR	RECORD
Women 65 - 69							Men 65 - 69					
1	Colleen Burns	NM	1:14.20	2017	*		1	Charles Allie	PA	56.75	2013	*
2	Audrey Lary	MD	1:16.21	1999	*		2	Charles Allie	PA	58.36	2013	
3	Jeanne Daparano	GA	1:16.86	2003			2	Jim Law	NC	58.52	1991	*
4	Colleen Burns	NM	1:17.76	2017			4	Willie Blackmon	OH	58.93	1991	
5	Hannah Phillips	VA	1:18.30	2019			5	Howard Clark	TN	59.26	2017	
6	Patsy Orosz	OH	1:18.96	2019			6	Paul Johnson	TX	59.45	1999	
7	Betty Vosburgh	GA	1:19.61	1997	*		7	John Ross	PA	59.71	2003	
8	Irma Bond-Maxbauer	NC	1:20.11	2017			8	Chuck Sochor	MI	59.77	1993	
9	Jeanne Daparano	CA	1:20.42	2017			9	Jim Law	NC	1:00.00	1993	
10	Joan Doucet	NM	1:20.50	1997			10	Howard Clark	TN	1:00.63	2019	
Women 70 - 74							Men 70 - 74					
1	Colleen Burns	NM	1:15.68	2019	*		1	Charles Allie	PA	58.48	2017	*
2	Colleen Burns	NM	1:17.38	2019			2	Bob Lida	KS	1:01.60	2007	*
3	Jean Daprano	GA	1:22.63	2007	*		3	Charles Allie	PA	1:01.81	2017	
4	Alice Greene	TN	1:24.02	2017			4	Lawrence Colbert	MD	1:03.10	2007	
5	Monica Tang Wing	UT	1:24.51	2007	*		5	Dean Lundell	CO	1:04.88	2013	
6	Alice Greene	TN	1:24.54	2017			6	Rodney Brown	UT	1:05.00	1999	*
7	Susan Aderhold	GA	1:24.90	2019			7	Grady Cash	TN	1:05.37	2017	
8	Patricia Peterson	NY	1:24.96	1997	*		8	Lee Alexander	NE	1:05.40	2001	
9	Danuta Kubelik	FL	1:24.99	2019			9	Tom Johnson	OH	1:05.52	2013	
10	Nancy King	NV	1:25.78	2017			10	Ben Knaub	AZ	1:06.00	1997	*
Women 75 - 79							Men 75 - 79					
1	Audrey Lary	MD	1:25.50	2009	*		1	Bob Lida	KS	1:04.45	2013	
2	Jean Daprano	GA	1:29.95	2011			2	Bob Lida	KS	1:05.80	2011	*
3	Mary Smith	CO	1:31.00	2019			3	Bob Lida	KS	1:06.74	2013	
4	Ethel Lehmann	FL	1:32.04	2005	*		4	Don Cheek	CA	1:07.40	2005	*
5	Jeanne Daprano	GA	1:32.54	2013			5	Robert Stevenson	Trinidad & Tobago	1:07.75	2013	
6	Jean Daprano	GA	1:32.79	2011			6	Bob Lida	KS	1:07.81	2011	
7	Mary Smith	CO	1:34.28	2019			7	John Alexander	TX	1:08.20	1995	*
8	Audrey Lary	MD	1:36.70	2011			8	Dean Lundell	CO	1:08.25	2015	
9	Nessie Hollicky	AB	1:38.88	2007			9	Robert Stevenson	Trinidad & Tobago	1:08.34	2013	
10	Patricia Peterson	NY	1:38.99	2003	*		10	Harry Brown	IL	1:09.00	2005	

* Indicates NSGA record when set



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Records
Track and Field
400M



RANK	NAME	STATE	TIME	YEAR	RECORD		RANK	NAME	STATE	TIME	YEAR	RECORD
Women 80 - 84							Men 80 - 84					
1	Polly Clarke	CO	1:36.00	1991	*		1	Dean Lundell	UT	1:12.54	2019	*
2	Jeanne Daprano	GA	1:37.84	2017			2	Dean Lundell	UT	1:14.32	2019	
3	Janet Hughes	VA	1:49.99	2019			3	Charles Modlin	TX	1:17.60	2005	*
4	Heide Moebius	PA	1:50.21	2019			4	Sherwood Sagedahl	MN	1:17.76	2019	
5	Heide Moebius	PA	1:53.31	2020			5	Harry Brown	IL	1:18.40	2011	
6	Nessie Hollicky	AB	1:54.12	2011			6	Charles Baker	TN	1:19.40	2007	
7	Edith Weber	SD	1:54.16	2011			7	Wayne Wakefield	IN	1:19.90	1995	*
8	Thelma Wilson	NY	1:55.12	2013			8	Harry Brown	IL	1:21.46	2011	
9	Mavis Borthick	TN	1:56.25	1995			9	Roger Vergin	WA	1:21.67	2017	
10	Jeanne Daprano	GA	1:56.95	2017			10	Don Cheek	CA	1:21.70	2011	
Women 85 - 89							Men 85 - 89					
1	Josephine Gregg	OH	2:11.31	1997	*		1	Casimir Bechner	NM	1:26.40	1995	*
2	Patricia Peterson	NY	2:26.49	2011			2	Delwin Cobb	TX	1:28.82	2013	
3	Dottie Gray	MO	2:26.79	2011			3	Darrell Mitchell	IA	1:31.16	2013	
4	Mavis Borthick	TN	2:28.09	2001			4	John Means	OH	1:32.40	2005	
5	Millie Bolton	OH	2:28.36	2007			5	Darrell Mitchell	IA	1:32.54	2013	
6	Vlelma Jacobs	WY	2:28.64	2003			6	Charles Baker	TN	1:34.60	2011	
7	Dorothy Sowerby	NC	2:29.64	2019			7	Barney Brathwaite	Barbados	1:35.91	2019	
8	Millie Bolton	OH	2:31.48	2009			8	Alan Phillips	MN	1:36.15	2019	
9	Carol Peebles	WI	2:31.49	2007			9	Delwin Cobb	TX	1:37.87	2013	
10	Allie Walker	TN	2:34.09	1995	*		10	Charles Baker	TN	1:39.45	2013	
Women 90 - 94							Men 90 - 94					
1	Josephine Gregg	OH	3:07.99	2003	*		1	James Hammond	MN	1:42.80	2005	*
2	Dottie Gray	MO	3:19.44	2015			2	Richard Rucoba	IL	1:43.95	2015	
3	Anna Ward	MO	3:27.58	1997	*		3	James Hammond	MN	1:50.60	2007	
4	Dottie Gray	MO	3:37.58	2017			4	Richard Rucoba	IL	1:54.56	2017	
5	Estelle Frenberg	AZ	4:04.70	2007			5	Daniel Bulkley	OR	1:55.30	2007	
6	Eleanore Pease	TN	4:17.29	2003			6	Stanko Bubanja	CA	1:55.37	2017	
7	Agnes Reinhard	WI	4:36.41	2015			7	Murphy Domingues	LA	1:56.30	2005	
8	Mary Kirsling	NM	5:43.64	2015			8	Rev. Darrell Mitchell	IA	1:57.68	2019	
							9	Murphy Domingues	LA	1:59.10	2003	*
							10	Frederic Tompkins	CO	2:02.20	2007	

* Indicates NSGA record when set



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Records
Track and Field
400M



RANK	NAME	STATE	TIME	YEAR	RECORD		RANK	NAME	STATE	TIME	YEAR	RECORD
Women 95 - 99							Men 95 - 99					
1	Hollyce Kirkland	TN	4:29.64	2017			1	Harold Bach	ND	2:33.60	2015	*
2	Hollyce Kirkland	TN	5:04.16	2015			2	Roy Englert	VA	2:42.54	2017	
							3	Harold Hoffmann	NC	03:41.3	2003	*
							4	Frederick Winter	MI	03:47.7	2011	
Women 100+							Men 100+					
No entries for this age division							1	E Gerald Meyer	WY	4:10.74	2019	*

* Indicates NSGA record when set