



NATIONAL SENIOR GAMES ASSOCIATION

National Games Top 10 Performances and Current Record

Track and Field

Discus



RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD		RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Women 50 - 54								Men 50 - 54						
1	Beth Nelson	NC	109'6.17"	33.38m	2013	*		1	Ed Riewerts	TX	174' 04"	53.14m	2011	*
2	Angela Jackson	Barbados	108' 4.3"	33.03m	2015			2	Dennis Diaz	NM	171' 11"	52.41m	2009	*
3	Ruth Welding	IL	108' 02"	32.97m	2007	*		3	Steve Partidge	TX	170' 10"	52.07m	2007	*
4	Alissa Noguez	SC	104' 10.65"	31.97m	2017			4	Chuck Baer	GA	159' 07"	48.64m	2005	*
5	Angela Jackson	Barbados	101' 4.14	30.89m	2017			5	Martin Wright	TX	159' 04"	48.56m	2011	
6	Mary Hartzler	OH	100' 08"	30.68m	2001	*		6	Jim Wetenhall	OH	157' 01"	47.89m	2007	
7	Patricia Connell	DE	97' 00"	29.57m	1999	*		7	John Nespoli	TN	156' 11"	47.83m	2005	
8	Wendy Barrow-Smith	FL	96' 07	29.43m	2011			8	Martin Wright	TX	156' 08"	47.75m	2009	
9	Mary Hartzler	OH	96' 04"	29.36m	2003			9	Valentino Martinez	MO	156' 00"	47.55m	2003	*
10	Patricia Connell	DE	96' 01"	29.29m	2001			10	Chuck Baer	GA	154' 05"	47.06m	2007	
10	Donna Dubbelde	IL	96' 01"	29.29m	2001									
Women 55 - 59								Men 55 - 59						
1	Ingrid Miller	MA	114' 09"	34.98m	2001	*		1	Steve Partidge	TX	166' 04"	50.71m	2011	*
2	Angela Jackson	Barbados	105' 02"	32.06m	2019			2	Larry Pratt	DE	166' 04"	50.70m	1997	*
3	Alissa Noguez	SC	96' 08"	29.46m	2019			3	Valentino Martinez	MO	157' 04"	47.96m	2005	
3	Myrle Mensey-Symonds	MO	95' 03"	29.03m	2007			4	Stacy Himes	IN	150' 11.41"	46.01m	2017	
5	Elizabeth Von Toll	NM	93" 06"	28.51m	2019			5	Mark Lumpkin	LA	150' 04"	45.82m	2003	
6	Karen Reardon	ME	91'11.15"	28.02m	2013			6	Glen Johnson	TN	147' 10"	45.06m	1997	
7	Wendy Barrow-Smith	Barbados	91' 5.6"	27.88m	2015			7	Hilary Goerge	MI	146' 05"	44.63m	2005	
8	Agnes Green	FL	91' 04"	27.84m	2009			8	Valentino Martinez	MO	145' 04"	44.31m	2007	
9	Mary Hartzler	OH	91' 04"	27.84m	2005			9	Jeff Brown	TN	142' 03"	43.37m	2011	
10	Karen Reardon	ME	91' 2.88"	27.81m	2017			10	Rick Anderson	KS	141' 6.4"	43.14m	2015	
Women 60 - 64								Men 60 - 64						
1	Ingrid Miller	MA	112' 04"	34.24m	2003	*		1	Richard Cochran	MO	181' 09"	55.40m	2001	*
2	Ingrid Miller	MA	104' 11"	31.98m	2005			2	Glen Johnson	TN	177' 11"	54.23m	1999	*
3	Myrle Mensey	MO	93' 02"	28.40m	2009			3	Larry Pratt	DE	177' 10"	54.20m	2001	
4	Mary Hartzler	OH	89' 03"	27.20m	2009			4	Wendell Palmer	TX	176' 03"	53.72m	1995	*
5	Amy Hicks	MA	88' 07"	27.00m	1993	*		5	Larry Pratt	DE	175' 02"	53.39m	2005	
6	Janita Austin	Barbados	87' 11.9"	26.82m	2017			6	Glen Johnson	TN	173' 07"	52.91m	2001	
7	Joyce Thomas	UT	87' 11"	26.80m	2007			7	Richard Cochran	MO	173' 00"	52.73m	2003	
8	Diana Gutierrez	TX	87' 06"	26.66m	2011			8	Ron Anderson	KS	172' 11"	52.71m	1999	
9	Mary Hartzler	OH	84' 09"	25.84m	2011			9	Larry Pratt	DE	170' 00"	51.82m	2003	
10	Ann Marie Flynn	CT	82' 10"	25.25m	1999			10	Rudy Houg	OH	163' 04"	49.78m	1995	



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Women 65 - 69								Men 65 - 69						
1	Ingrid Miller	MA	91' 01"	27.75m	2007	*		1	Larry Pratt	DE	161' 05"	49.19m	2009	*
2	Madeline Cazel	FL	85' 00"	25.91m	2005	*		2	Ron Anderson	KS	160' 10"	49.02m	2001	*
3	Mary Hartzler	OH	83' 9.11"	25.53m	2017			3	Richard Cochran	MO	158' 11"	48.44m	2005	
4	Erika Messner	FL	82' 01"	25.02m	2001	*		4	Ron Anderson	KS	154' 04"	47.04m	2003	
5	Mary Hartzler	OH	81' 9.8"	24.94m	2015			5	Chuck Baer	GA	154" 00"	46.93m	2019	
6	Cindy Wyatt	OH	81'08"	24.89m	2013			6	Roger Busch	CT	153' 05"	46.75m	2007	
7	Joyce Thomas	Trinidad & Tobago	78'02"	23.83m	2013			7	Wendell Palmer	TX	153' 04"	46.74m	2001	
8	Marianne Neuber	NY	77' 02"	23.53m	2007			8	Roland Jones	FL	147' 10"	45.05m	2019	
9	Joyce Thomas	UT	76' 01"	23.19m	2011			9	Jerry Griffin	LA	149' 02"	45.47m	2001	
10	Charmaine Sobkowski	IL	75' 11"	23.14m	2001			10	Leonard Olson	FL	147' 10"	45.06m	1997	*
Women 70 - 74								Men 70 - 74						
1	Mary Hartzler	OH	79' 2"	24.13m	2019	*		1	Jeff Harrell	TX	149' 09"	45.65m	2011	*
2	Joyce Thomas	Trinidad & Tobago	77' 7.1"	23.65m	2015	*		2	Harry Hawke	CA	143' 10"	43.84m	1999	*
3	Cindy Wyatt	OH	77' 5.9"	23.62m	2015			3	Larry Pratt	DE	142' 07"	43.47m	2011	
4	Joyce Thomas	Trinidad & Tobago	72' 2.53"	22.01m	2017			4	Peter Labarge	TX	138' 02"	42.12m	2009	
5	Cindy Wyatt	OH	70' 1.73"	21.38m	2017			5	Larry Pratt	DE	137' 6.3"	41.92m	2015	
6	Elizabeth Sharp	LA	69' 9"	21.27m	2019			6	Lloyd Hudnall	NC	132' 06"	40.39m	1993	*
7	Madeline Cazel	FL	69' 09"	21.26m	2009	*		7	Michael Venekamp	SD	130' 09"	39.86m	2019	
8	Rita Matz	OH	67' 04"	20.53m	2009			8	Larry Pratt	DE	129' 6"	39.47m	2013	
9	Audrey Lary	MD	67' 01"	20.45m	2005	*		9	Andy Jones	OH	128' 10"	39.27m	1991	*
10	Elizabeth Sharp	LA	66' 11.15"	20.40m	2017			10	William Harvey	NV	128" 3.7"	39.11m	2015	
Women 75 - 79								Men 75 - 79						
1	Kathy Bergen	CA	73' 5.1"	22.38m	2015	*		1	Jeff Harrell	TX	131' 5.56"	40.07m	2017	*
2	Madeline Cazel	FL	72' 02"	22.01m	2013	*		2	Thomas Henley	NC	128' 4.94"	39.14m	2017	
3	Elsbeth Padia	CA	70' 1.3"	21.37m	2015			3	Arch Zabel	TX	122' 04"	37.28m	2011	
4	Joy Kaylor	CO	68' 6.83"	20.90m	2017			4	Bill Gramley	NC	122' 03"	37.26m	2011	
5	Joy Kaylor	CO	66' 10.7"	20.39m	2015			5	George Riser	OH	120' 00"	36.58m	1999	*
6	Joan Berman	MI	65' 06"	19.97m	2013			6	Thomas Henley	NC	117' 08"	35.86m	2019	
7	Elsbeth Padia	CA	64' 5.62"	19.65m	2017			7	Apost Xauthopoulos	MA	117' 01"	35.67m	2007	
8	Jein Buie	CO	63' 11"	19.48m	2009	*		8	George Riser	OH	115' 10"	35.31m	2003	
9	Joanne Marriottt	CO	63' 10.5"	19.47m	2015			9	David Merkowitz	MD	115' 05"	35.18m	2019	
10	Kathy Bergen	CA	63' 7.78"	19.40m	2017			10	Jim Gerhardt	TX	115' 01"	35.08m	2005	



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Women 80 - 84								Men 80 - 84						
1	Madelaine Cazal	FL	69' 4"	21.14m	2019	*		1	Ross Carter	OR	110' 02"	33.58m	1995	*
2	Madelaine Cazal	FL	69' 0.34"	21.04m	2017	*		2	George Riser	OH	108' 10"	33.17m	2005	
3	Elsbeth Padia	CA	68' 11"	21.02m	2019			3	George Riser	OH	107' 08"	32.82m	2007	
4	Joy Kaylor	CO	63' 8"	19.42m	2019			4	William Gramley	NC	107' 6.1"	32.77m	2015	
5	Gloria Krug	PA	59' 07"	18.16m	2013	*		5	Donald Pellmann	AR	104' 04"	31.80m	1997	*
6	Flo Meiler	VT	55' 2.6"	16.83m	2017			6	Dick Mulkern	FL	103' 01"	31.42m	2005	
7	Beth Carrin	NC	54' 2.7"	16.53m	2015			7	William Gramley	NC	102' 3.95"	31.19m	2017	
8	Flo Meiler	VT	53' 10.4"	16.42m	2015			8	E. Todd	NE	102' 01"	31.12m	1995	
9	Gloria Krug	PA	53' 03"	16.23m	2011	*		9	Otto Welfring	IA	98' 05"	30.01m	2013	
10	Joyce Mason	OH	50' 11"	15.51m	2019			10	Peter Labarge	TX	98' 04"	29.97m	2019	
Women 85 - 89								Men 85 - 89						
1	Florence Meiler	VT	51' 03"	15.63m	2019	*		1	George Riser	OH	97' 06"	29.73m	2009	*
2	Beth Carrin	NC	45' 04"	13.81m	2019			2	Donald Pellmann	AR	90' 10"	27.69m	2001	*
3	Hazel Trexler-Campbell	NC	44' 10"	13.66m	2009	*		3	George Riser	OH	87' 02"	26.56m	2011	
4	Edna Hyer	NY	44' 04"	13.52m	2019			4	James Leggett	TX	81' 03"	24.77m	2019	
5	Hazel Trexler-Campbell	NC	42' 08"	13.01m	2011			5	Roy Hollingsworth	NM	79' 11"	24.36m	2001	
6	Jaunita Brookover	NC	42' 06"	12.95m	2003	*		6	Bruce McDonald	MO	78' 07"	23.96m	2003	
7	Wally Dashiell	VA	42' 05"	12.93m	2009			7	Jerry Lyons	LA	78' 06"	23.94m	2019	
8	Gloria Krug	PA	42' 03"	12.89m	2019			8	Clay Krames	TX	78' 01"	23.79m	2011	
9	Juanita Brookover	NC	41' 09"	12.73m	2001	*		9	Clay Krames	TX	76' 09"	23.39m	2013	
10	Amy Hicks	MA	41' 8.39"	12.71m	2017			10	Arthur Decker	TX	74' 05"	22.72m	2013	
Women 90 - 94								Men 90 - 94						
1	Juanita Brookover	NC	36' 04"	11.07m	2005	*		1	George Riser	OH	72' 08"	22.15m	2015	*
2	Hazel Trexler-Cambell	NC	35' 08"	10.89m	2013			2	Winfred Sharp	TN	70' 05"	21.46m	1991	*
3	Winnifred Averbuck	CA	34' 4.2"	10.47m	2015			3	David Chase	FL	65' 01"	19.85m	2011	
4	Margaret Hinton	TX	33' 10"	10.30m	2011			4	Jack Hudgins	TX	64' 07"	19.69m	2019	
5	Margaret Evans	LA	32' 07"	9.93m	2003	*		5	Earl Blassingame	TX	61' 10"	18.84m	2011	
6	Winnifred Averbuck	CA	30' 00"	9.15m	2013			6	Warren Barger	TN	61' 09"	18.83m	2011	
7	Lillian Webb	FI	29' 09"	9.07m	2007			7	Donald Pellmann	CA	59' 08"	18.20m	2009	
8	Wally Dashiell	VA	29' 06"	9.00m	2013			8	Robert Stewart	VA	58' 07"	17.86m	2003	
9	Geneva Gillis	NC	27' 10"	8.49m	2007			9	Walter Evick	NC	58' 07"	17.85m	2011	
10	Margaret Evans	LA	26' 09"	8.15m	2005			10	Champion Goldy	NJ	56' 11"	17.36m	2007	

* Indicates NSGA record when set



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Women 95-99								Men 95-99						
1	Hazel Trexler-Campbell	NC	32' 10.09"	10.01m	2017			1	Trent Lane	LA	52' 02"	15.90m	2005	*
2	Lillian Webb	FL	28' 07"	8.70m	2011	*		2	Robert Stewart	VA	47' 04"	14.44m	2007	
3	Wally Dashiell	MD	25' 02"	7.68m	2019			3	Warren Barger	TN	45' 3.31"	13.80m	2017	
4	Fay Bond	NC	22'	6.71m	2019			4	Edward Murphy	MD	44' 03"	13.48m	2019	
5	Lorma Bauer	IL	21' 10"	6.66m	2019			5	Champion Goldy	NJ	43' 03"	13.18m	2013	
6	Mary Kay	SD	21' 09"	6.63m	2015			6	John Pugh, Jr.	NC	40' 11"	12.47m	2009	
7	Lillian Webb	FL	20' 10"	6.35m	2013			7	Frederick Winter	MI	39' 08"	12.10m	2011	
8	Ann McGowan	RI	18' 11"	5.76m	2019			8	Winfred Sharp	TN	37' 08"	11.48m	1993	*
9	Verna Owen	VA	15' 01"	4.06m	2011			9	John Zilverberg	SD	35' 11"	10.96m	2011	
								10	Earl Blassingame	TX	33' 5.18"	10.19m	2017	
Women 100 & Above								Men 100 & Above						
No entries for this age division								1	Frederick Winter	MI	30' 10.8"	9.42m	2015	*
								2	John Pugh	NC	27' 08"	8.44m	2013	*
								3	John Zilverberg	SD	25' 10.6"	7.89m	2015	
								4	John Zilverberg	SD	25'10"	7.87m	2013	
								5	Trent Lane	LA	25' 04"	7.72m	2011	*
								6	D Paul Miller	IL	21' 5.48"	6.54m	2017	
								7	John Zilverberg	SD	21' 1.54"	6.44m	2017	

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