



**NATIONAL SENIOR GAMES ASSOCIATION**  
**National Games Top 10 Performances and Current Record**  
**Track and Field**  
**Hammer Throw**



RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
<b>Women 50 - 54</b>						
1	Edie Lindeburg	CO	127' 10"	38.97m	2019	*
2	Ruth Welding	IL	119' 05"	36.41m	2007	*
3	Edie Lindeburg	CO	116' 6.03"	35.51m	2017	
4	Cheryl Wolfinger	GA	114' 03"	34.82m	2019	
5	Kathy Wetenhall	OH	104' 01"	31.73m	2007	
6	Ollie Bogdon	MO	103' 06"	31.56m	2019	
7	Mary Wilkins	MI	96' 11"	29.54m	2013	
8	Julia Haynes	PA	95' .94"	28.98m	2017	
9	Kimberly Virden	WI	94' 09"	28.88m	2015	
10	Tamara Alegria	AZ	94' 00"	28.65m	2011	
<b>Women 55 - 59</b>						
1	Karen Myers	IN	133' 08"	40.75m	2019	*
2	Tamara Alegria-Dybvig	AZ	127' 5.92"	38.86m	2017	*
3	Alissa Noguez	SC	120' 03"	36.65m	2019	
4	Tamara Alegria	AZ	119' 6.2"	36.43m	2015	*
5	Linn Dunton	CA	116" 00"	35.36m	2013	*
6	Ingrid Miller	MA	114' 09"	34.98m	2001	*
7	Tamara Alegria	AZ	114' 03"	34.82m	2013	
8	Kelly Thalman	CA	105' 10"	32.26m	2019	
9	Linn Dunton	CA	101' 4.5"	30.90m	2015	
10	Denise Lund	MN	95' 10"	29.20m	2019	
<b>Women 60 - 64</b>						
1	Myrle Mensey	MO	131' 10"	40.19m	2009	*
2	Tamara Alegria-Dybvig	AZ	130' 04"	39.74m	2019	
3	Mary Hartzler	OH	115' 07"	35.23m	2009	
4	Mary Hartzler	OH	115' 00"	35.04m	2011	
5	Linn Dunton	CA	109' 1.84"	33.27m	2017	
6	Mary Hartzler	OH	107' 10"	32.88m	2013	
7	Linn Dunton	CA	106' 00"	32.31m	2019	
8	Clovis Clark	GA	105' 02"	32.06m	2019	
9	Clovis Clark	GA	101' 2.56"	30.85m	2017	
10	Sharon Raham	CO	88' 11"	27.10m	2009	

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<b>Men 50 - 54</b>						
1	Kenneth Jansson	KS	175' 03"	53.41m	2009	*
2	Jim Wetenhall	OH	171' 11"	52.40m	2007	*
3	Ed Riewerts	TX	152' 11"	46.62m	2011	
4	Michael Venning	CA	149' 02"	45.48m	2009	
5	Frank Broadus	KY	146' 03"	44.58m	2007	
6	Jeffrey Baty	LA	144' 09"	44.13m	2007	
7	Bob Jones	MN	144' 1.5"	43.93m	2015	
8	Randy Wilson	CA	137' 04"	41.87m	2009	
9	Tom Carlson	TX	136' 06"	41.61m	2011	
10	Martin Wright	TX	135' 11"	41.43m	2011	
<b>Men 55 - 59</b>						
1	Tim Shannon	WA	152' 02"	46.39m	2019	*
2	Terry Noyes	PA	150' 04"	45.82m	2019	
3	Thomas Meyer	CA	150' 00"	45.73m	2007	*
4	Stacy Himes	IN	144' 3.1"	43.97m	2017	
5	David Bolles	TX	139' 04"	42.48m	2013	
6	Tom Carlson	TX	139' 01"	42.40m	2013	
7	Jeff Brown	TN	137' 06"	41.90m	2011	
8	Steven Thomason	AL	137' 43"	41.89m	2007	
9	David Bolles	TX	134' 6.9"	41.02m	2015	
10	John Mackerisie	TN	132' 10"	40.50m	2011	
<b>Men 60 - 64</b>						
1	George Mathews	ID	167' 03"	50.99m	2007	*
2	David Bolles	TX	151' 11.62"	46.32m	2017	
3	Dennis Cameron	NV	150' 05"	45.86m	2009	
4	Mickey Bitsko	OH	148' 11"	45.39m	2007	
5	Tom Carlson	TX	147' 09"	45.04m	2019	
6	Gurbax Sidhu	CA	142' 9.78"	43.53m	2017	
7	John Mackerisie	TN	141' 7.21"	43.16m	2017	
8	Tim Edwards	CO	140' 03"	42.74m	2009	
9	Hank Konen	NV	138' 03"	42.13m	2009	
10	Gurbax Sidhu	CA	135' 07"	41.33m	2019	

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<b>Women 65 - 69</b>						
1	Mary Hartzler	OH	113' 3.8"	34.54m	2015	*
2	Mary Hartzler	OH	98' 7.86"	30.07m	2017	
3	Ingrid Miller	MA	92' 06"	28.20m	2007	*
4	Cathy Van der Schans	MN	90' 00"	27.43m	2019	
5	Barbara Lopiccio	NY	89' 00"	27.14m	2013	
6	Kay Glynn	IA	86' 05"	26.34m	2019	
7	Yvonne Kirkpatrick	ID	83' 01"	25.32m	2019	
8	Avis Vaught	FL	81' 11.8"	24.99m	2015	
9	Patti Baker	CA	81' 08"	24.89m	2019	
10	Fran Melzer	WA	77' 10"	23.72m	2009	
<b>Women 70 - 74</b>						
1	Mary Hartzler	OH	101' 10"	31.04m	2019	*
2	Cindy Wyatt	OH	81' 1.23"	24.72m	2017	*
3	Cindy Wyatt	OH	79' 3.1"	24.16m	2015	*
4	Jane Hemby	TX	77' 03"	23.55m	2019	
5	Joy Kaylor	CO	76' 10"	23.42m	2009	*
6	Avis Vaught	FL	76' 1.38"	23.20m	2017	
7	Mary Roman	CT	73' 00"	22.62m	2009	
8	Joy Kaylor	CO	72' 02"	21.99m	2011	
9	Amy Hicks	MA	68' 09"	20.95m	2007	*
10	Mary Roman	CT	65' 00"	19.84m	2007	
<b>Women 75 - 79</b>						
1	Joy Kaylor	CO	91' 05"	27.88m	2013	*
2	Joanne Marriott	CO	90' 9.3"	27.67m	2015	
3	Joy Kaylor	CO	86' 8.55"	26.43m	2017	
4	Joanne Marriott	CO	86' 4.22"	26.32m	2017	
5	Joy Kaylor	CO	85' 11.1"	26.19m	2015	
6	Elsbeth Padia	CA	77' 2.38"	23.53m	2017	
7	Mary Roman	CT	75' 07"	23.04m	2011	
8	Mary Kelly	TN	74' 5.3"	22.69m	2015	
9	Amy Hicks	MA	72' 08"	22.16m	2011	
10	Elsbeth Padia	CA	72' 4.8"	22.07m	2015	

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<b>Men 65 - 69</b>						
1	George Mathews	ID	148' 11"	45.39m	2011	*
2	Bob Cedrone	MA	148' 01"	45.14m	2019	
3	Bob Cahners	FI	143' 08"	43.80m	2007	*
4	Robert Osterhoudt	AZ	136' 06"	41.55m	2007	
5	Richard Watson	AZ	130' 04"	39.72m	2019	
6	Reed Masters	TX	129' 00"	39.33m	2011	
7	Ronald Thibodeaux	TX	126' 4.93"	38.53m	2017	
8	Vincent Breaux	LA	122' 05"	37.31m	2011	
9	Darrel Harriman	TX	121' 07"	37.05m	2011	
10	Larry Rheams	MO	121' 03"	36.95m	2009	
<b>Men 70 - 74</b>						
1	George Mathews	WA	161' 06"	49.23m	2013	*
2	George Mathews	WA	143' 11.1"	43.87m	2015	
3	Mickey Bitsko	OH	139' 10"	42.64m	2013	
4	John Bourn	IL	136' 08"	41.67m	2013	
5	Darrel Harriman	TX	136' 5.4"	41.59m	2017	
6	Felder Masters	TX	134' 1.05"	40.87m	2017	
7	Felder Masters	TX	133' 07"	40.72m	2019	
8	Michael Butsch	OH	125' 06"	38.26m	2019	
9	Peter LaBarge	TX	125' 00"	38.11m	2009	*
10	Peter LaBarge	TX	123' 03"	37.56m	2011	
<b>Men 75 - 79</b>						
1	Peter Labarge	TX	119' 1.9"	36.32m	2015	*
2	John Bourn	IL	112' 6.78"	34.31m	2017	
3	Bill Gramley	NC	109' 04"	33.33m	2011	*
4	William Gramley	NC	105' 03"	32.09m	2013	
5	Ronald Small	OH	103' 11"	31.69m	2013	
6	Ronald Small	OH	102' 0.8"	31.11m	2015	
7	Arch Zabel	TX	101' 08"	30.99m	2011	*
8	David Marovich	PA	97' 04"	29.67m	2019	
9	Ray Feick	PA	97' 01"	29.59m	2007	*
10	Frank DiBianca	TN	90' 05"	27.56m	2019	

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<b>Women 80 - 84</b>						
1	Elsbeth Padia	CA	87' 07"	26.71m	2019	*
2	Joy Kaylor	CO	79' 02"	24.14m	2019	
3	Frances Melzer	WA	78' 11"	24.05m	2019	
4	Mary Roman	CT	71' 10.99"	21.92m	2017	*
5	Gloria Krug	PA	68' 11"	21.02m	2013	*
6	Gloria Krug	PA	67' 2.2"	20.48m	2015	
7	Flo Meiler	VT	65' 8.58"	20.03m	2017	
8	Flo Meiler	VT	63" 0.2"	19.21m	2015	
9	Amy Hicks	MA	61' 10.9"	18.87m	2015	
10	Audrey Kempf	SD	61' 02"	18.64m	2019	
<b>Women 85-89</b>						
1	Florence Meiler	VT	59' 04"	18.10m	2019	*
2	Gloria Krug	PA	54' 9.87"	16.71m	2017	*
3	Gloria Krug	PA	52' 00"	15.86m	2019	
4	Amy Hicks	MA	50' 11.42"	15.53m	2017	
5	Helen Beauchamp	TN	49' 04"	15.03m	2007	*
6	Amy Hicks	MA	47' 06"	14.49m	2019	
7	Francesca Moravcsik	VT	47' 05"	14.46m	2019	
8	Wally Dashiell	VA	45' 08"	13.91m	2009	
9	Jane Soeten	AK	44' 06"	13.58m	2013	
10	Edna Hyer	NY	43' 09"	13.34m	2019	
<b>Women 90-94</b>						
1	Wally Dashiell	MD	38' 6.99"	11.76m	2017	*
2	Wally Dashiell	MD	37' 08"	11.49M	2013	*
3	Ann McGowan	RI	21' 4.6"	6.52m	2015	
4	Betty Sanford	TX	16' 09"	5.11m	2011	*

RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
<b>Men 80 - 84</b>						
1	Peter Labarge	TX	135' 06"	41.30m	2019	*
2	William Gramley	NC	116' 2.09"	35.41m	2017	*
3	William Gramley	NC	111' 1.8"	33.88m	2015	*
4	Richard Harrison	WA	109' 10"	33.49m	2013	*
5	Phillip Brusca	MO	102' 01"	31.12m	2007	*
6	Ray Feick	PA	100' 04"	30.60m	2013	
7	Joe Carlozzi	ME	97' 10.41"	29.83m	2017	
8	Samuel Messiter	VT	97' 04"	29.66m	2011	
9	William Gramley	NC	97' 00"	29.57m	2019	
10	Donald Miller	FL	91' 8.79	27.96m	2017	
<b>Men 85 - 89</b>						
1	John Poche	LA	96' 11"	29.55m	2013	*
2	Karlis Ezerins	MI	90' 11"	27.73m	2013	
3	George Riser	OH	83' 01"	25.33m	2013	
4	Adolph Hoffman	TX	81' 05"	24.83m	2009	*
5	Lloyd Kempf	SD	80' 07"	24.57m	2019	
6	J Brockman	MO	80' 6.14"	24.54m	2017	
7	Anderson Burch	GA	80' 01"	24.40m	2019	
8	Sidney Davis	GA	79' 03"	24.15m	2019	
9	JD Brockman	MO	78' 05"	23.91m	2019	
10	John Poche	LA	78' 0.6"	23.79m	2015	
<b>Men 90 - 94</b>						
1	Curt Davison	MO	82' 11.27"	25.28m	2017	*
2	Curt Davison	MO	81' 7.9"	24.89m	2015	*
3	Curt Davison	MO	75' 00"	22.86m	2019	
4	George Riser	OH	70' 08"	21.54m	2015	
5	Adolph Hoffman	TX	68' 07"	20.92m	2013	*
6	David Chase	FL	67' 03"	20.50m	2011	*
7	Earl Blassingame	TX	61' 05"	18.71m	2011	*
8	Ken Kessinger	SD	59' 0.2"	17.99m	2015	
9	James Kiseda	NY	56' 9.8"	17.32m	2015	
10	Earl Blassingame	TX	53' 02"	16.22m	2013	

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**Women 95 - 99**

1	Wally Dashiell	MD	28' 05"	8.66m	2019	*
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**Women 100 & Above**

No entries for this age division

**RANK      NAME      STATE   FT-IN   METERS   YEAR   RECORD**

**Men 95-99**

1	John Zilverberg	SD	32' 02"	9.80m	2011	*
2	Howard Hall	KY	30' 4.5"	9.26m	2015	
3	Howard Hall	KY	29' 1.21"	8.87m	2017	
4	Earl Blassingame	TX	27' 3.56"	8.32m	2017	
5	Earl Blassingame	TX	19' 06"	5.94m	2019	

**Men 100 & Above**

1	Trent Lane	LA	37' 02"	11.32m	2011	*
2	John Zilverberg	SD	22' 02"	6.73m	2013	
3	John Zilverberg	SD	23' 6.6"	7.18m	2015	
4	John Zilverberg	SD	12' 9.54"	3.90m	2017	

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