



NATIONAL SENIOR GAMES ASSOCIATION

National Games Top 10 Performances and Current Record

Track and Field

Javelin



RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD		RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Women 50 - 54								Men 50 - 54						
1	Meg Foster	TN	136' 0.67"	41.47m	2017	*		1	Michael Brown	FL	226' 00"	68.88m	2005	*
2	Linda Cohn	CA	130' 3"	39.71m	2007	*		2	Paul Lykken	MN	184' 11.2"	56.37m	2015	
3	Linda Cohn	CA	118' 5"	36.09m	2005	*		3	Thomas Dalke	TX	181' 11"	55.45m	2019	
4	Luline Struppeck	LA	107' 6"	32.77m	1997	*		4	Greg Geraci	NJ	176' 00"	53.64m	2001	*
5	Jennifer Hedges	TX	103' 02"	31.44m	2019			5	Arthur Lawrence	TX	174' 11"	53.31m	1997	*
6	Beth Delaney	MI	102' 9"	31.33m	2013			6	Buzz Gagne	NH	169' 1"	53.54m	2001	
7	Phil Raschker	GA	99' 5"	30.30m	1997			7	David Ratliff	LA	167' 11"	53.18m	2003	
8	Tamara Alegria	AZ	97' 10"	29.83m	2011	*		8	Zane Rodriguez	VT	168' 8"	51.41m	2013	
9	Sue Sewing	TN	97' 8"	29.77m	2005			9	Dean Clemons	MI	167' 2"	50.96m	2013	
10	Beth Nelson	NC	97' 7"	29.75m	2013			10	Greg Baker	LA	166' 6"	50.75m	2005	
Women 55 - 59								Men 55 - 59						
1	Linda Cohn	CA	122' 11"	37.47m	2009	*		1	Stuart Spangenberg	FL	186' 6.1"	56.85m	2015	*
2	Linn Dunton	VA	110' 3.6"	33.62m	2015			2	Tom Sinclair	WA	176' 10"	53.91m	2013	
3	Tammy Bernardi	CO	109' 07"	33.41m	2019			3	Delmon McNabb	LA	176' 4"	53.75m	2001	*
4	Maria Miller	VA	105' 11"	32.28m	1999	*		4	Jim Fuqua	AL	176' 2"	53.69m	2009	
5	Linn Dunton	CA	105' 3.75"	32.10m	2013			5	Delmon McNabb	LA	174' 11"	53.31m	2003	
6	Janice Lathouwers	FL	105' 3"	32.08m	2003			6	James Clay Parker	TN	174' 09"	53.26m	2019	
7	Debra Gifford	MA	101' 8"	30.99m	2015			7	Buss Gagne	NH	174' 7"	53.22m	2007	
8	Carol Griffith	MI	99' 6"	30.33m	1999			8	James Parker	TN	170' 9.21"	52.05m	2017	
9	Tamara Alegria-Dybvig	AZ	99' 1.37"	30.21m	2017			9	Gery Reddaway	OR	168' 7"	51.38m	1997	*
10	Carmela Miller	VA	93' 8"	28.55m	2001			10	Philip Conley	CA	168' 5"	51.33m	1991	*
Women 60 - 64								Men 60 - 64						
1	Linda Cohn	CA	122' 4"	37.29m	2013	*		1	Bob Powers	CA	181' 9"	55.40m	2009	*
2	Linda Cohn	CA	111' 10.5"	34.10m	2015			2	Buzz Gagne	NH	178' 00"	54.26m	2009	
3	Becky Sisley	OR	106' 5"	32.44m	1999	*		3	Bob Powers	CA	174' 1"	53.05m	2011	
4	Linn Dunton	CA	105' 1.02"	32.03m	2017			4	Buzz Gagne	NH	169' 3"	51.58m	2011	
5	Marg Radcliffe	AZ	102' 8"	31.29m	2003			5	Zane Rodriguez	VT	167' 04"	51.01m	2019	
6	Barbara Dabrowski	Canada	101' 8.47"	31.00m	2017			6	Michael Janusey	PA	166' 0.12"	50.60m	2017	
7	Tamara Alegria-Dybvig	AZ	99' 09"	30.41m	2019			7	John Daniel	TX	158' 3"	48.25m	2013	
8	Peggy Peck	FL	93' 4.86"	28.47m	2017			8	Edward Hearn	NC	152' 2"	46.38m	2013	
9	Linn Dunton	CA	93' 00"	28.36m	2019			9	Philip Conley	CA	149' 4"	45.52m	1995	*
10	Mary Hartzler	OH	92' 4"	28.15m	2009			10	Alfredo (Fred) Rossi	VA	149' 2.55"	45.48m	2017	

* Indicates NSGA record when set



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Record
Track and Field
Javelin



RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD		RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Women 65 - 69								Men 65 - 69						
1	Linda Cohn	CA	112' 4.42"	34.25m	2017	*		1	Buzz Gagne	NH	166' 0.5"	50.61m	2015	*
2	Linda Cohn	CA	109' 03"	33.30m	2019			2	Buzz Gagne	NH	161' 8"	49.28m	2013	*
3	Madelaine Cazell	FL	93' 7"	28.52m	2005	*		3	John Allen	LA	154' 7.9"	47.14m	2015	
4	Marg Radcliffe	HI	93' 00"	28.36m	2007			4	John Allen	LA	150' 8.66"	45.94m	2017	
5	Avis Vaught	FL	91' 5"	27.86m	2013			5	Michael Brown	FL	150' 08"	45.92m	2019	
6	Madelaine Cazell	FL	90' 11"	27.71m	2003	*		6	Edward Hearn	NC	150' 7.0"	45.90m	2015	
7	Madelaine Cazell	FL	93' 00"	26.80m	2007			7	John Daniel	TX	149' 2.5"	45.48m	2015	
8	Erika Messner	FL	87' 11"	26.72m	2001	*		8	Ray Feick	PA	145' 8"	44.40m	1997	*
9	Avis Vaught	FL	84' 6.1"	25.76m	2015			9	Arthur Lawrence	TX	143' 3"	43.67m	2011	
10	Peggy Peck	FL	83' 08"	25.50m	2019			10	Delmon McNabb	LA	142' 7"	43.46m	2011	
Women 70 - 74								Men 70 - 74						
1	Madelaine Cazell	FL	92' 5"	28.18m	2011	*		1	Buzz Gagne	NH	156' 8.31"	47.76m	2017	*
2	Madelaine Cazell	FL	88' 6"	26.98m	2009	*		2	Sanford Stoddard	NC	150' 4.33"	45.83m	2017	
3	Ruth Seeger	TX	79' 11"	24.36m	1997	*		3	Peter LaBarge	TX	148' 00"	45.10m	2011	*
4	Elsbeth Padia	CA	76' 7"	23.33m	2011			4	Peter LaBarge	TX	146' 11"	44.78m	2009	*
5	Christel Miller	CO	74' 00"	22.57m	2007			5	Franklin Held	CA	145' 7"	44.37m	1999	*
6	Ruth Seeger	TX	74' 00"	22.56m	1995	*		6	Sanford Stoddard	NC	144' 01"	43.92m	2019	
7	Adele McCormick	AZ	72' 6"	22.10m	1993	*		7	Tom Fulton	FL	141' 7"	43.15m	2011	
8	Avis Vaught	FL	72' 4.5"	22.06m	2017			8	Buzz Gagne	NH	139' 06"	42.53m	2019	
9	Cherie Ann Martin	Canada	71' 2.3"	21.70m	2015			9	Stanley Koster	MI	137' 6"	41.91m	2005	
10	Elsbeth Padia	CA	70' 10"	21.58m	2009			10	Ross Aragon	NM	133' 6"	40.70m	2009	
Women 75 - 79								Men 75 - 79						
1	Madelaine Cazell	FL	84' 00"	25.61m	2013	*		1	Ross Aragon	NM	130' 7"	39.80m	2013	*
2	Ethel Lehmann	FL	75' 8"	23.06m	2005	*		2	Peter Labarge	TX	126' 11.6"	38.70m	2015	
3	Elsbeth Padia	CA	68' 3.2"	20.81m	2015			3	Stanley Koster	MI	124' 11"	38.08m	2011	*
4	Harriet Bloemker	NE	67' 5"	20.56m	2007			4	Apostolos Xanthopoulos	MA	116' 11"	35.64m	2007	*
5	Olga Kotelko	CN	65' 5"	19.94m	1997	*		5	Ross Aragon	NM	116' 2.8"	35.43m	2015	
5	Joanne Marriott	CO	65' 5"	19.94m	2015			6	Stanley Koster	MI	114' 6"	34.91m	2013	
7	Nora Young	CN	64' 5"	19.63m	1993	*		7	Charles Lanza	TN	113' 10"	34.70m	2011	
8	Kathy Bergen	CA	64' .5"	19.52m	2015			8	Del Alaways	CA	111' 2"	33.88m	2009	
9	Ruth Seeger	TX	63' 4"	19.30m	1999			9	Charles Richard	LA	110' 8"	33.74m	2011	
10	Gloria Krug	PA	62' 00"	19.15m	2007			10	E. Lee Todd	NE	109' 2"	33.27m	1993	*

* Indicates NSGA record when set



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Record
Track and Field
Javelin



RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD		RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Women 80 - 84								Men 80 - 84						
1	Madelaïne Cazal	FL	73' 3.13"	22.33m	2017	*		1	William Platts	UT	118' 12"	36.27m	2009	*
2	Elsbeth Padia	CA	66' 00"	20.12m	2019			2	Stanley Koster	MI	115' 10.5"	35.32m	2015	
3	Madelaïne Cazal	FL	64' 05"	19.64m	2019			3	Apostolos Xanthopoulos	MA	105' 00"	32.00m	2011	
4	Olga Kotelko	CN	56' 00"	17.07m	1999	*		4	Ross Aragon	NM	103' 04"	31.50m	2019	
5	Gloria Krug	PA	52' 9"	16.08m	2011			5	E. Lee Todd	NE	102' 00"	31.09m	1995	*
6	Ruth Seeger	TX	50' 8"	15.44m	2005			6	Donald Miller	FL	100' 9.45"	30.72m	2017	
7	Joyce Mason	OH	50' 7"	15.42m	2019			6	Peter Labarge	TX	100' 09"	30.72m	2019	
8	Gloria Krug	PA	49' 11"	15.23m	2013			8	Esse Sattari	FL	100' 01"	30.52m	2019	
9	Kathy Bergen	CA	49' 08"	15.15m	2019			9	Jon Bingesser	KS	99' 04"	30.29m	2019	
10	Marie Uebel	MO	46' 5"	14.15m	1993	*		10	Jim Gerhardt	TX	99' 8"	30.20m	2009	
Women 85 - 89								Men 85 - 89						
1	Johnnye Valien	CA	45' 3"	13.80m	2011	*		1	Bruce McDonald	MO	87' 9"	26.75m	2003	*
2	Helen Beauchamp	MS	40' 3"	12.27m	2005	*		2	James Leggitt	TX	86' 06"	26.36m	2019	
3	Winnefred Averbeck	NM	39' 12"	12.19m	2009			3	Bruce McDonald	MO	85' 10"	26.16m	2005	
4	Jaunita Brookover	NC	39' 00"	11.89m	2003	*		4	Jerry Lyons	LA	85' 05"	26.03m	2019	
5	Florence Meiler	VT	37' 00"	11.29m	2019			5	Donald Pellman	AR	83' 11"	25.58m	2001	*
6	Mary Bowermaster	OH	36' 6"	11.13m	2005			6	Adolph Hoffman	TX	76' 11"	23.45m	2009	
7	Helen Beauchamp	TN	35' 3"	10.74m	2007			7	Burton Beadle	LA	76' 6"	23.33m	2007	
8	Gloria Krug	PA	35' 00"	10.68m	2019			8	J Brockman	MO	75' 9.45"	23.10m	2017	
9	Edna Hyer	NY	34' 10"	10.62m	2019			9	JD Brockman	MO	73' 01"	22.29m	2019	
10	Ann McGowan	RI	34' 7"	10.55m	2009			10	Champion Goldy	NJ	70' 9"	21.56m	2003	
Women 90 - 94								Men 90 - 94						
1	Jaunita Brookover	NC	35' 8"	10.87m	2005	*		1	Trent Lane	LA	69' 4"	21.13m	2003	*
2	Winnefred Averbeck	CA	34' 8.5"	10.58m	2015			2	Donald Pellman	CA	69' 1"	21.05m	2009	
3	Winnefred Averbeck	CA	34' 3"	10.44m	2013			3	Curt Davison	MO	65' 7.01"	19.99m	2017	
4	Rosalia Gioia	NY	27' 10.64"	8.50m	2017			4	Robert Stewart	VA	63' 6"	19.35m	2003	
5	Amy Hicks	MA	26' 10.44"	8.19m	2017			5	Curt Davison	MO	61' 10.5"	18.86m	2015	
6	Margaret Evans	LA	24' 3"	7.39m	2005			6	Adolph Hoffman	TX	60' 1"	18.31m	2013	
7	Ann McGowan	RI	23' 6.68"	7.18m	2017			7	Earl Blassingame	TX	58' 11"	17.95m	2011	
8	Wally Dashiell	MD	23' 4"	7.13m	2013			8	John Boesenhofer	OH	58' 10"	17.93m	2005	
9	Wally Dashiell	MD	23' 2.74"	7.08m	2017			9	Arthur Decker	TX	56' 11"	17.35m	2019	
10	Margaret Evans	LA	23' 00"	7.01m	2003	*		10	Burton Beadle	LA	54' 6"	16.61m	2011	
								10	David Chase	FL	54' 6"	16.61m	2011	

* Indicates NSGA record when set



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Record
Track and Field
Javelin



RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD		RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Women 95 - 99								Men 95-99						
1	Ann McGowan	RI	21' 06"	6.56m	2019	*		1	Trent Lane	LA	68' 3"	20.80m	2005	*
2	Wally Dashiell	MD	18' 08"	5.68m	2019			2	Edward Murphy	MD	57' 04"	17.48m	2019	
								3	Champion Goldy	NJ	45' 7"	13.91m	2013	
								4	Robert Stewart	VA	38' 9"	11.82m	2007	
								5	Howard Hall	KY	34' 6.9"	10.54m	2015	
								6	Fredrick Winter	MI	32' 5"	9.88m	2011	
								7	Winfred Sharp	TN	32' 1"	9.78m	1993	*
								8	Howard Hall	KY	31' 11.86"	9.75m	2017	
								9	James Kales	FL	31' 4"	9.57m	2013	
								10	James Kales	FL	28' 9"	8.76m	2011	
Women 100+								Men 100+						
No entries in this age group								1	Trent Lane	LA	27' 9"	8.47m	2011	*
								2	Frederick Winter	MI	26' 7.2"	8.11m	2015	
								3	John Zilverberg	SD	19' 00"	5.79m	2013	
								4	John Zilverberg	SD	16' 5.24"	5.01m	2017	
								5	John Zilverberg	SD	15' 10.1"	4.83m	2015	

* Indicates NSGA record when set