



**NATIONAL SENIOR GAMES ASSOCIATION**  
**National Games Top 10 Performances and Current Record**  
**Track and Field**  
**Long Jump**



RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD		RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
<b>Women 50 - 54</b>								<b>Men 50 - 54</b>						
1	Phil Raschker	GA	16' 8"	5.08m	1997	*		1	Brian Hankerson	FL	20' 1"	6.13m	2011	*
2	Neringa Jakstiene	TN	16' 2.5"	4.94m	2017			2	Robert Clark	WV	19' 9"	6.01m	2007	*
3	Rita Hanscom	CA	15' 2"	4.62m	2007			3	Edward Jones	TX	19' 7"	5.97m	1997	*
4	Jennifer Hedges	TX	15' 1.5"	4.61m	2019			3	Robert Bayless	TX	19' 7"	5.97m	2011	
5	Phil Raschker	GA	15' 00"	4.57m	2001			5	Larry Vollmer	TX	19' 6"	5.94m	2003	
6	Janet Blair	NM	14' 3"	4.34m	2001			6	David Quick	CA	19' 1"	5.81m	2007	
7	Phil Raschker	GA	14' 2"	4.32m	1999			7	Mike Henson	AR	18' 6.44"	5.65m	2017	
8	Jennifer Hedges	TX	14' 2"	4.32m	2017			8	Robert Clark	PA	18' 6"	5.64m	2005	
9	Linda Lowrey	GA	14' 1"	4.29m	2005			9	Ken Thomas	OH	18' 5.2"	5.62m	2015	
10	Joeann Jackson-Matthews	MN	14' 0.5"	4.28m	2015			10	Tim Walters	OH	18' 2"	5.54m	2005	
<b>Women 55 - 59</b>								<b>Men 55 - 59</b>						
1	Neringa Jakstiene	TN	16' 7.25"	5.06m	2019	*		1	Brian Hankerson	FL	19' 3.1"	5.87m	2017	*
2	Phil Raschker	GA	15' 2"	4.62m	2003	*		2	Dale Lance	OK	18' 10"	5.74m	1995	*
3	Joy Upshaw	CA	15' .75"	4.59m	2019			3	Emil Pawlik	MS	18' 9"	5.72m	1995	
4	Phil Raschker	GA	15' 00"	4.57m	2005			4	Peter Stopoulos	IL	18' 3"	5.56m	1991	*
5	Kay Glynn	IA	14' 8"	4.47m	2011			5	Jimmy Crittenden	WA	18' 2"	5.54m	2005	
6	Linda Lowrey	GA	14' 4"	4.38m	2007			6	Raymond Kozusko	TX	18' 00"	5.49m	2001	
7	Kay Glynn	IA	13' 9"	4.20m	2009			6	Phil Mulkey	GA	18' 00"	5.49m	1989	*
8	Janean Shannon	OH	13' 5"	4.23m	2017			6	Larry Vollmer	TX	18' 00"	5.49m	2011	
9	Hillen VonMaltzahn	NY	13' 8"	4.16m	2007			9	Ronald Helton	TX	17' 11"	5.46m	1999	
10	Linda Lowery	GA	13' 7.5"	4.15m	2009			10	Robert Clark	PA	17' 10"	5.43m	2011	
10	Julie Baker	NV	13' 7.5"	4.15m	2019			<b>Men 60 - 64</b>						
<b>Women 60 - 64</b>								1	Brian Hankerson	FL	18' 10.75"	5.76m	2019	*
1	Phil Raschker	GA	15' 6"	4.73m	2007	*		2	Roger Parnell	CA	17' 8"	5.39m	2009	*
2	Phil Raschker	AL	14' 5"	4.39m	2011			3	Phil Mulkey	GA	17' 7"	5.38m	1993	*
3	Phil Raschker	AL	14' 00"	4.27m	2009			4	David Ortman	WA	17' 5.5"	5.32m	2013	
4	Jennifer Swanston- Jones	Barbados	13' 7.5"	4.15m	2019			5	Damien Leake	CA	17' 5.25"	5.31m	2013	
5	Linda Lowery	GA	12' 10"	3.90m	2011			6	Ronald Humphrey	VA	17' 4.75"	5.30m	2019	
6	Barbara Cleveland	FL	12' 9"	3.89m	2001	*		6	Jerry Boswell	OH	17' 3"	5.25m	2007	
7	Kay Glynn	IA	12' 7.75"	3.85m	2013			8	Bruce Covey	MI	17' 2"	5.23m	2009	
8	Betty Vosburgh	GA	12' 7"	3.84m	1993			9	Phil Mulkey	GA	17' 2"	5.23m	1995	
8	Leonore McDaniels	VA	12' 7"	3.84m	1991	*		10	James Stookey	MD	17' 00"	5.18m	1991	*
10	Betty Vosburgh	GA	12' 6"	3.81m	1995									

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<b>Women 65 - 69</b>								<b>Men 65 - 69</b>						
1	Leonore McDaniels	VA	12' 10"	3.91m	1993	*		1	Boo Morcom	NH	17' 1"	5.21m	1987	*
2	Kay Glynn	IA	12' 8.75"	3.88m	2019			2	Bruce Covey	MI	17' 00"	5.19m	2011	
3	Linda Cohn	CA	12' 8.36"	3.87m	2017			3	Melvin Larsen	IL	16' 3"	4.95m	1993	
4	Audrey Lary	MD	12' 7"	3.84m	2003			4	James Stookey	MD	16' 2"	4.93m	1995	
5	Barbara Jordan	VT	12' 6"	3.81m	2005			4	Jonathan Tobey	VT	16' 2"	4.93m	1993	
5	Joyce Trader	WA	12' 6"	3.81m	2003			4	James Stookey	MD	16' 2"	4.93m	1997	
5	Audrey Lary	MD	12' 6"	3.81m	1999			7	Bruce Covey	MI	16' 0.5"	4.89m	2013	
8	Barbara Jordan	VT	12' 2"	3.71m	2003			8	Larry Vollmer	TX	16' 0.5"	4.89m	2017	
9	Leonore McDaniels	VA	11' 10"	3.61m	1995			9	Emil Pawlik	MS	16' 00"	4.88m	2005	
10	Phil Raschker	GA	11' 9.5"	3.59m	2013			9	Peter Kronberg	MO	16' 00"	4.88m	1995	
<b>Women 70 - 74</b>								<b>Men 70 - 74</b>						
1	Brenda Matthews	CA	11' 11.50"	3.64m	2019	*		1	Roger Parnell	CA	16' 5.25"	5.01m	2019	*
2	Audrey Lary	MD	11' 10"	3.61m	2005	*		2	Melvin Larsen	IL	16' 00"	4.88m	1995	*
3	Audrey Lary	MD	11' 5"	3.48m	2007			3	Jeffrey Duke	IL	14' 11.50"	4.56m	2019	
4	Barbara Jordan	VT	11' 4"	3.45m	2007			4	Peter Kronberg	MO	14' 10"	4.52m	1997	
4	Lavina Haeefe	KS	11' 4"	3.45m	1995	*		5	Bob Boddy	DE	14' 9.5"	4.51m	2017	
6	Margaret Hinton	TX	11' 1"	3.38m	1993	*		6	Charlie Richard	LA	14' 8"	4.47m	2005	
7	Monica Tang Wing	UT	11' 00"	3.36m	2007			7	Richard Harrison	WA	14' 6"	4.42m	2003	
8	Flo Meiler	VT	11' 00"	3.35m	2005			8	Emil Pawlik	MS	14' 3"	4.35m	2009	
8	Josephine Sullivan	SC	11' 00"	3.35m	1995			8	Charlie Richard	LA	14' 3"	4.35m	2007	
10	Johnnye Valien	CA	10' 11"	3.33m	1997			10	Melvin Larsen	IL	14' 2"	4.32m	1997	
<b>Women 75 - 79</b>								<b>Men 75 - 79</b>						
1	Audrey Lary	MD	11' 7"	3.55m	2009	*		1	James Stookey	MD	14' 1"	4.29m	2005	*
2	Lenore McDaniels	VA	11' 1"	3.38m	2003	*		2	Charles Obye	AZ	13' 11"	4.24m	1997	*
3	Molly Mackown	CO	10' 5"	3.18m	1993	*		3	John Alexander	TX	13' 9"	4.19m	1995	*
4	Flo Meiler	VT	10' 1"	3.09m	2009			4	Milton Silverstein	AZ	13' 8"	4.17m	1997	
5	Audrey Lary	MD	10' 00"	3.05m	2011			5	Milton Silverstein	AZ	13' 7"	4.14m	1995	
6	Madelaine Cazal	FL	9' 11.25"	3.03m	2013			5	Charles Modlin	TX	13' 7"	4.14m	2001	
7	Margaret Hinton	TX	9' 9"	2.97m	1997			7	Fredrick Everhart	MD	13' 5"	4.09m	2003	
7	Mary Bowermaster	OH	9' 9"	2.97m	1993			8	Monroe Ratchford	NM	13' 4"	4.06m	2005	
9	Helen Beauchamp	MS	9' 8"	2.95m	2003			9	Bruce Underhill	CA	13' 1.25"	3.99m	2019	
10	Flo Meiler	VT	9'7.75"	2.94m	2013			10	James Stookey	MD	13' 00"	3.96m	2007	

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<b>Women 80 - 84</b>								<b>Men 80 - 84</b>						
1	Madelaine Cazal	FL	9' 0.66"	2.76m	2017	*		1	Charles Wilson	PA	12' 5"	3.78m	2007	
2	Flo Meiler	VT	8' 7.9"	2.64m	2015	*		1	Charles Moldin	TX	12' 5"	3.78m	2005	*
3	Mary Bowermaster	OH	8' 4"	2.54m	1999	*		3	Charles Baker	TN	12' 2.46"	3.72m	2007	
4	Ruth Seeger	TX	7' 10"	2.39m	2005			3	Roger Vergin	WA	12' 2.46"	3.72m	2017	
4	Margaret Hinton	TX	7' 10"	2.39m	2003			5	Charles Modlin	IN	12' 0.5"	3.67m	2007	
6	Marie Uebel	MO	7' 9"	2.36m	1993	*		5	Robert Hewitt	OR	12' 0.5"	3.67m	2013	
7	Molly Mackown	CO	7' 8"	2.34m	1999			7	Donald Pellmann	AR	12' 00"	3.66m	1997	*
8	Christel Donley	CO	7' 7.3"	2.32m	2015			8	Raoul Rodriques	CT	11' 10"	3.61m	2005	
9	Flo Meiler	VT	7' 6.16"	2.29m	2017			9	Tom Walsh	MO	11' 9"	3.58m	1997	
10	Madelaine Cazal	FL	7' 5.5"	2.27m	2019			10	E. Lee Todd	NE	11' 5"	3.48m	1995	*
<b>Women 85-89</b>								<b>Men 85 - 89</b>						
1	Helen Beauchamp	TN	7' 7"	2.31m	2007	*		1	Tom Kennell	LA	10' 4"	3.14m	2007	*
2	Janice Birks	PA	7' 1"	2.16m	2019			2	Donald Pellman	AR	10' 1"	3.07m	2001	*
2	Florence Meiler	VT	7' 1"	2.16m	2019			3	Charles Wilson	PA	9' 9"	2.98m	2011	
4	Molly Mackown	CO	6' 10"	2.08m	2003	*		4	Doug Spainhower	UT	9' 9"	2.97m	2019	
5	Molly Mackown	CO	6' 9"	2.06m	2005			5	Charles Baker	TN	9' 8.5"	2.96m	2013	
6	Helen Beauchamp	MS	6' 8"	2.03m	2005			6	Charles Wilson	PA	9' 7"	2.93m	2009	
7	Mary Bowermaster	OH	6' 7"	2.01m	2005			7	William Iannicelli	PA	9' 6"	2.91m	2009	
8	Johnnye Valien	CA	6' 6.75"	2.00m	2013			8	John Anoka	FL	9' 5"	2.87m	2005	
9	Gloria Krug	PA	6' 6.5"	1.99m	2019			9	Curt Davison	MO	9' 4.75"	2.86m	2011	
10	Mary Bowermaster	OH	6' 5"	1.96m	2003			10	Carl Wafford	AR	9' 4"	2.84m	1997	*
10	Johnnye Valien	CA	6' 5"	1.96m	2011			10	Nile Ruseell	MI	9' 4"	2.84m	2007	
								10	Milton Silverstein	VA	9' 4"	2.84m	2005	
								10	James Leggitt	TX	9' 4"	2.84m	2019	
<b>Women 90-94</b>								<b>Men 90 - 94</b>						
1	Margaret Hinton	TX	6' 1"	1.85m	2011			1	John Boesenhofer	OH	9' 5"	2.87m	2007	*
2	Lilliam Webb	FL	5' 00"	1.52m	2007	*		2	David Chase	FL	9' 1"	2.78m	2011	
3	Molly Mackown	CO	4' 5"	1.35m	2009			3	Curt Davison	MO	8' 10.6"	2.71m	2015	
4	Fay Bond	NC	3' 0.61"	0.93m	2017			4	John Boesenhofer	OH	8' 5"	2.57m	2005	*
4	Ann Mcgowan	RI	3' 0.61"	0.93m	2017			5	Donald Pellmann	CA	8' 2"	2.49m	2009	
6	Winnifred Averbuck	CA	2' 6.3"	0.77m	2015			6	Curt Davison	MO	8' 1.64"	2.48m	2017	
7	Julia Mangio	NC	2' 2.75"	0.68m	2019			7	Charles Baker	TN	7' 10.88"	2.41m	2017	
8	Ann McGowan	RI	2' 2.3"	0.67m	2015			8	Raoul Rodriques	CT	7' 8.5"	2.35m	2015	
9	Wally Dashiell	MD	2' 1.75"	0.65m	2013			8	Curt Davison	MI	7' 8.5"	2.35m	2019	
9	Agnes Reinhard	WI	2' 1.5"	0.65m	2015			10	Robert Stewart	VA	7' 8"	2.34m	2003	*

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<b>Women 95 - 99</b>								<b>Men 95 - 99</b>						
1	Ann McGowan	RI	2' 8.25"	0.82m	2019	*		1	Robert Stewart	VA	6' 9"	2.07m	2007	*
2	Fay Bond	NC	2' 6"	0.76m	2019			2	Fred Dickerson	NC	6' 00"	1.83m	2007	
								3	D Paul Miller	IL	5' 3"	1.60m	2013	
								4	James Kales	FL	5' 2"	1.57m	2011	
								5	Warren Barger	TN	5' 1"	1.55m	2017	
								6	Howard Hall	KY	4' 5.94"	1.37m	2017	
								7	Max Springer	TN	4' 4"	1.31m	2009	
								8	Harold Hoffman	NC	4' 00"	1.22m	2003	*
								9	James Kales	FL	3' 11"	1.19M	2013	
								10	Guy Sibley	IL	2' 9"	0.84m	1993	*
<b>Women 100 &amp; Above</b>								<b>Men 100 &amp; Above</b>						
no entries for this age division								1	D Paul Miller	IL	2' 5.92"	0.76m	2017	*

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