



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



RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Women 50 - 54						
1	Karen Myers	IN	37' 11.5"	11.57m	2017	*
2	Leann McKee	OH	37' 9.50	11.52m	2013	*
3	Karen Myers	IN	37' 3.2"	11.36m	2015	
3	Polly Wiczorek	MN	37' 3.2"	11.36m	2015	
5	Meg Foster	TN	37' 2.5"	11.34m	2017	
6	Edie Lindeburg	CO	36' 11.75"	11.27m	2019	
7	Donna Dubbelde	IL	36' 8"	11.18m	1999	*
8	Edie Lindeburg	CO	36' 7"	11.15m	2017	
9	Connie Strobach	MO	36' 6"	11.13m	2001	
10	Connie Strobach	MO	36' 1"	11.00m	1999	
Women 55 - 59						
1	Ingrid Miller	MA	39' 00"	11.89m	2001	*
2	Myrle Mensey	MO	37' 9"	11.51m	2005	
3	Angela Jackson	Barbados	36' 10.5"	11.24m	2019	
4	Alissa Noguez	SC	36' 4.75"	11.09m	2019	
5	Myrle Mensey- Symonds	MO	36' 4"	11.08m	2007	
6	Vanessa Hillard	FL	36' 00"	10.97m	1999	*
7	Wendy Barrow-Smith	Barbados	35' 9.1"	10.90m	2015	
8	Mary Hartzler	OH	35' 5"	10.80m	2005	
8	Linn Dunton	CA	35' 5.25"	10.80m	2013	
10	Karen Myers	IN	35' 3.25"	10.75m	2019	
Women 60 - 64						
1	Ingrid Miller	MA	38' 9"	11.81m	2003	*
2	Jennifer Swanston-Jones	Barbados	34' 11"	10.64m	2019	
3	Joyce Thomas	UT	34' 7"	10.53m	2007	
4	Ingrid Miller	MA	33' 11"	10.34m	2005	
5	Myrle Mensey	MO	33' 3"	10.13m	2009	
6	Shirley Smith	FL	32' 8"	9.96m	1997	*
7	Deborah Burda	KY	32' 6.5"	9.92m	2019	
7	Diana Guitierrez	TX	32' 7"	9.92m	2011	
9	Mary Hartzler	OH	32' 6"	9.90m	2009	
10	Debra McNabney	IL	32' 4.5"	9.87m	2015	
Women 65 - 69						
1	Cherrie Sherrard	CA	31' 10"	9.70m	2005	*
2	Joyce Thomas	Trinidad & Tobago	31' 6"	9.60m	2013	
3	Cindy Wyatt	OH	31' 4"	9.55m	2013	
4	Helen Stephens	MO	30' 10"	9.40m	1987	*
5	Mary Hartzler	OH	30' 8.8"	9.37m	2015	
6	Latanya Glass	CA	30' 8.25"	9.35m	2013	
7	Tove Shere	NM	30' 3.50"	9.23m	2019	
8	Rachel Muir	NC	29' 11.5"	9.13m	2019	
9	Joyce Thomas	UT	29' 10"	9.10m	2011	
10	Ingrid Miller	MA	29' 9"	9.07m	2007	

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Men 50 - 54						
1	John Nespoli	TN	56' 00"	17.07m	2005	*
2	John Nespoli	TB	52' 2"	15.92m	2007	
3	Dennis Diaz	NM	51' 9"	15.77m	2009	
3	Michael Shiaras	AZ	51' 9"	15.77m	2005	
5	Steve Patridge	TX	49' 3"	15.01m	2007	
6	Randy Wilson	CA	48' 2"	14.67m	2009	
7	Douglas Arendell	CO	48' 00"	14.63m	2005	
8	Loarn Robertson	IL	47' 10"	14.58m	1999	*
9	Toby Egan	MD	47' 5.25"	14.46m	2019	
10	Jim Wetenhall	OH	46' 11"	14.32m	2007	
Men 55 - 59						
1	Charles Roll	NJ	48' 3"	14.71m	2005	*
2	Hilary Goerge	MI	47' 2"	14.38m	2005	
3	Joe Myers	NY	46' 7"	14.19m	2011	
4	Joe Meyers	NY	46' 2"	14.06m	2007	
5	Steve Patridge	TX	45' 8"	13.91m	2011	
6	Hilary Goerge	MI	45' 6"	13.87m	2003	*
7	Loarn Robertson	IL	45' 5"	13.84m	2003	
8	Christopher Penoyar	WA	44' 9"	13.65m	2009	
9	Bob Peters	MO	44' 6"	13.56m	2003	
10	Glen Johnson	TN	44' 5"	13.54m	1997	*
Men 60 - 64						
1	Phillip Brusca	MO	50' 3"	15.32m	1987	*
2	Joseph Myers	TN	49' 6.8"	15.11m	2015	
3	Joseph Myers	TN	49' 4.25"	15.04m	2013	
4	Charles Roll	NJ	48' 9"	14.87m	2007	
5	Glen Johnson	TN	48' 8"	14.83m	2001	
6	Glen Johnson	TN	48' 7"	14.81m	1999	
7	Steven Ross	NM	48' 2.75"	14.70m	2013	
8	Loarn Robertson	IL	48' 1"	14.66m	2005	
8	Douglas Arendell	CO	47' 10"	14.58m	2011	
10	Phil Mulkey	GA	47' 10"	14.58m	1995	
Men 65 - 69						
1	Gerald Vaughn	NC	46' 9"	14.25m	2001	*
2	Steven Ross	NM	46' 2.75"	14.09m	2019	
3	Hilary Goerge	MI	46' 2"	14.07m	2013	
4	Gerald Vaughn	NC	45' 2"	13.77m	2005	
5	Joseph Myers	TN	44' 8.22"	13.62m	2017	
6	Donald Cumley	AZ	44' 1"	13.44m	1987	*
7	Greg Vaughn	NC	43' 10"	13.36m	2003	
8	Bill Bangert	CA	43' 6"	13.26m	1989	
9	Charles Roll	NJ	43' 5"	13.23m	2013	
10	Joe Myers	TN	42' 9.5"	13.04m	2019	

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Women 70 - 74								Men 70 - 74						
1	Joyce Thomas	Trinidad & Tobago	29' 9.8"	9.09m	2015	*		1	Gerald Vaughn	NC	48' 4"	14.74m	2007	*
2	Cindy Wyatt	OH	29' 1.6"	8.88m	2015			2	William Harvey	NV	48' 1.1"	14.66m	2015	
3	Elizabeth Sharp	LA	27' 9.86"	8.48m	2017			3	William Harvey	NV	47' 3.72"	14.42m	2017	
4	Joyce Thomas	Trinidad & Tobago	27' 9.46"	8.47m	2017			4	Charles Roll	NJ	45' 9.61"	13.96m	2017	
4	Mary Hartzler	OH	27' 9.5"	8.47m	2019			5	Paul Lissy	NV	45' 9"	13.84m	2009	
6	Cindy Wyatt	OH	27' 7.89"	8.43m	2017			6	James Koch	NM	44' 9"	13.64m	2005	*
7	Elizabeth Sharp	LA	27' 6.5"	8.39m	2019			7	Larry Horine	NC	44' 7"	13.59m	2001	*
8	Cherrie Sherrard	CA	26' 11"	8.22m	2009	*		8	William Harvey	NV	44' 5.5"	13.55m	2019	
9	Jean Brubaker	PA	26' 1"	7.95m	1999			9	Tom Fulton	FL	44' 2"	13.46m	2011	
9	Helen Stephens	MO	26' 1"	7.95m	1989	*		10	Gerald Vaughn	NC	43' 8"	13.30m	2009	
Women 75 - 79								Men 75 - 79						
1	Elsbeth Padia	CA	28' 7.3"	8.72m	2015			1	Gary Winters	FL	43' 11.9"	13.41m	2015	*
2	Elsbeth Padia	CA	27' 7.89"	8.43m	2017			2	Gerald Vaughn	NC	41' 02"	12.56m	2011	*
3	Joanne Marriott	CO	27' 3.1"	8.31m	2015			3	Scott Herrman	KS	40' 1"	12.22m	1995	*
4	Rita Matz	OH	27' 2"	8.28m	2013			4	Larry Horine	NC	38' 9"	11.81m	2007	
5	Jean Brubaker	PA	27' 00"	8.23m	2003	*		4	Pete Augsburg	OH	37' 6"	11.43m	2005	
6	Mary Roman	CT	26' 10"	8.18m	2011			6	John Mays	KS	37' 6"	11.43m	1987	*
7	Madelaine Cazel	OH	26' 9.75"	8.17m	2013			7	Jim Gerhardt	TX	37' 5"	11.40m	2005	
8	Joanne Marriott	CO	26' 6.5"	8.09m	2017			8	Ross Carter	OR	37' 4"	11.38m	1991	
9	Joy Kaylor	FL	26' 3.5"	8.01m	2013			9	Apost Xauthopoulos	MA	37' 2"	11.33m	2007	
10	Christel Donley	CO	26' 2.25"	7.98m	2013			10	Donald Cumley	NV	36' 11"	11.25m	1997	
Women 80 - 84								Men 80 - 84						
1	Elsbeth Padia	CA	30' 10.5"	9.41m	2019	*		1	John Manning	NM	42' 5.4"	12.94m	2015	
2	Gloria Krug	PA	25' 2.75"	7.69m	2013	*		2	Ken Hurlbert	CA	39' 8.75"	12.11m	2019	
3	Mary Roman	CT	24' 11.21"	7.60m	2017			3	John Manning	NM	38' 7.78"	11.78m	2017	
4	Patricia Lemanski	MI	24' 6.5"	7.48m	2013			4	George Riser	OH	38' 00"	11.60m	2007	*
5	Madelaine Cazel	FL	24' 2.94"	7.39m	2017			5	Gerald Vaughn	NC	37' 10.3"	11.54m	2015	
6	Beverly Wood	NM	24' 2.25"	7.37m	2019			6	Edward Fritz	MI	37' 9.54"	11.52m	2017	
7	Christel Donley	CO	24' 1.7"	7.36m	2015			7	Ross Carter	OR	36' 8"	11.18m	1995	*
8	Gloria Krug	PA	23' 11"	7.29m	2015			8	Apost Xauthopoulos	MA	36' 7"	11.17m	2011	
9	Joy Kaylor	CO	23' 10"	7.26m	2019			8	Lovell Wheeler	SD	36' 7"	11.17m	2015	
10	Dorothy Gackstetter	OH	23' 8.25"	7.22m	2013			10	John Manning	NM	36' 5.75"	11.12m	2019	
Women 85-89								Men 85 - 89						
1	Helen Beauchamp	MS	21' 4"	6.50m	2005	*		1	Thom Phillips	OH	33' 1.64"	10.10m	2017	*
2	Beth Carrin	NC	20' 10.75"	6.37m	2019			2	Donald Pellman	AR	32' 8"	9.96m	2001	*
3	Edna Hyer	NY	20' 3.5"	6.18m	2019			3	George Riser	OH	32' 4"	9.86m	2009	
4	Gloria Krug	PA	20' 0.50"	6.11m	2019			4	JD Brockman	MO	30' 11.25"	9.43m	2019	
5	Johnnye Valien	CA	19' 8"	6.00m	2011			5	George Riser	OH	30' 10"	9.39m	2011	
6	Florence Meiler	VT	19' 2"	5.84m	2019			6	J Brockman	MO	30' 3.78"	9.24m	2017	
7	Gertrude Disbrow	PA	19' 1.25"	5.82m	2013			7	John Poche	LA	29' 10.2"	9.10m	2015	
8	Hazel Trexler-Campbell	NC	18' 12"	5.78m	2011			8	Sidney Davis	GA	29' 8.75"	9.06m	2019	
9	Johnnye Valien	CA	18' 9.75"	5.73m	2013			9	Karlis Ezerins	MI	29' 3.25"	8.92m	2013	
10	Helen Beauchamp	MS	18' 7.25"	5.67m	2007			10	Joe Durrenberger	CA	28' 8.25"	8.74m	2019	

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Women 90-94								Men 90 - 94						
1	Haxel Trexler-Campbell	NC	18' 4.25"	5.59m	2013			1	Donald Pellman	CA	33' 5"	10.18m	2009	*
2	Winnifred Averbuck	CA	16' 9.5"	5.12m	2015			2	Curt Davison	MO	32' 1.4"	9.79m	2015	
3	Winnifred Averbuck	CA	16' 4.25"	4.98m	2013			3	Curt Davison	MO	27' 7.5"	8.42m	2017	
4	Margaret Hinton	TX	15' 6"	4.73m	2011	*		4	George Riser	OH	27' 0.8"	8.25m	2015	
5	Irene Bible	LA	14' 9"	4.50m	2011			5	Curt Davison	MO	26' 5.75"	8.07m	2019	
6	Agnes Reinhard	WI	12' 4.4"	3.77m	2015			6	David Chase	FL	25' 11"	7.90m	2011	
7	Elsie Rossi	Canada	12' 3.75"	3.75m	2013			7	Jack Hudgins	TX	25' 10.25"	7.88m	2019	
8	Wally Dashiell	MD	11' 10.5"	3.62m	2013			8	John Boesenhofer	OH	24' 10"	7.57m	2005	*
8	Fay Bond	NC	11' 10.5"	3.62m	2017			9	Earl Blassingame	TX	24' 3"	7.39m	2011	
10	Lisbeth Naber	WA	11' 3"	3.43m	2019			10	Ken Kessinger	SD	23' 9.8"	7.26m	2015	
Women 95 - 99								Men 95-99						
1	Lillian Webb	FL	14' 2.5"	4.33m	2013	*		1	Robert Stewart	VA	22' 3"	6.78m	2007	*
2	Lorma Bauer	IL	13' 2.75"	4.03m	2019			2	Trent Lane	LA	20' 4"	6.20m	2005	*
3	Fay Bond	NC	12' 6"	3.81m	2019			3	Champion Goldy	NJ	19' 8.25"	6.00m	2013	
4	Ann McGowan	RI	11' 3"	3.43m	2019			4	Howard Hall	KY	18' 9.2"	5.72m	2017	
5	Wally Dashiell	MD	10' 3.75"	3.14m	2019			5	Warren Barger	TN	18' 0.53"	5.50m	2017	
Women 100 & Above								Men 100 & Above						
No entries in this age division								1 Frederick Winter MI 13' 10.5" 4.23m 2015 *						
								2 John Pugh NC 12' 1" 3.68m 2013 *						
								3 Trent Lane LA 11' 11" 3.64m 2011 *						
								4 John Zilverberg SD 11' 1.5" 3.39m 2013						
								5 John Zilverberg SD 9' 3.4" 2.83m 2015						
								6 John Zilverberg SD 8' 9.91" 2.69m 2017						

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