



NATIONAL SENIOR GAMES ASSOCIATION

National Games Top 10 Performances and Records

Triathlon

400M Freestyle, 20K Cycling, 5K Road Race



RANK	NAME	STATE	TIME	YEAR	RECORD		RANK	NAME	STATE	TIME	YEAR	RECORD
Women 50 - 54							Men 50 - 54					
1	Kathryn Jensen	MN	1:04:53	2015	*		1	William Wallace	NY	57:09	1997	*
2	Karen Newman	VT	1:05:00	2015	*		2	Mac Martin	PA	59:39	2005	
3	Patricia Scott-Baier	CA	1:06:51	2005	*		3	Ron Magee	VA	59:59	1997	
4	Jackie Marr	NM	1:07:12	1997	*		4	Jon Boggs	WV	1:02:17	2011	
5	Debra Cully	PA	1:08:40	2005			5	David Voss	MN	1:02:45	2015	
6	Peggy Regentine	HI	1:09:34	2001			6	Mark Van Meter	AZ	1:03:32	2015	
7	Jody Mulvihill	PA	1:09:35	2005			7	James Stacks	TN	1:03:37	2017	
8	Theresa Wentzel	TX	1:10:37	2015			8	Tom Rodgers	TX	1:04:19	2011	
8	Sally Corrigan	KY	1:10:37	2017			9	Charles Francke	KY	1:04:22	2007	
9	Barbara Cosens	ID	1:10:40	2009			10	Francis Schauer	DC	1:03:46	1997	
10	Mary Turner	SD	1:11:05	2015								
Women 55 - 59							Men 55 - 59					
1	Susan Bradley-Cox	KY	1:06:01	1997	*		1	Jon Boggs	WV	0:58:01	2015	*
2	Susan Bradley-Cox	KY	1:09:03	1995	*		2	Timothy Brown	MN	0:59:40	2015	
3	Susan Skinner	IA	1:09:17	2015			3	Bill Gilmore	WI	1:00:22	2015	
4	Ruth Kohstall	OH	1:10:23	2009			4	David Withoff	AK	1:00:32	2015	
5	Katie Perry	NY	1:11:26	1991	*		5	David Peterson	MN	1:00:35	2015	
6	Michelle Stout	IA	1:11:53	2015			6	Darrell Simpkins	NC	1:01:36	2009	
7	Ann Erickson	TX	1:12:07	2001			7	Mike Veeder	NY	1:02:40	2015	
8	Kathy Foucar	NM	1:12:02	2009			8	Charles Gillum	KS	1:03:31	2009	
9	Ruth King	PA	1:12:48	2009			9	William Smith	TX	1:03:38	1993	*
10	Janet Freeman	OH	1:14:31	1991			9	James Burdiek	TX	1:03:38	2015	
Women 60 - 64							Men 60 - 64					
1	Ethel Autorino	NY	1:07:51	1991	*		1	Derrick R Fries	MI	1:00:30	2015	*
2	Madonna Buder	WA	1:10:50	1991			2	Frank Huyberts	MI	1:02:37	2015	
3	Paula Larsen	WI	1:12:40	2009			3	William Smith	TX	1:03:02	1995	*
4	Pat Fossum	AL	1:12:51	1997			4	Anthony Robertson	TX	1:03:30	1997	
5	Madonna Buder	WA	1:14:32	1993			5	P.C.T. Deboer	NY	1:03:42	1991	*
6	Susan Bradley-Cox	KY	1:16:04	1999			6	Bruce Murray	CO	1:04:55	1997	
7	Jeanne Minder	MN	1:16:12	2015			7	John Hollenhorst	WI	1:05:14	2015	
8	Madonna Buder	WA	1:16:21	1995			8	Michael Lyner	MN	1:05:18	2015	
9	Ruth King	PA	1:16:41	2011			9	John Williams	IL	1:05:23	2015	
10	Ruth Heidrich	HI	1:17:12	1997			10	David Withoff	AK	1:05:55	2017	



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Women 65 - 69							Men 65 - 69					
1	Kathy Foucar	NM	1:11:55	2015	*		1	Lynn Vogt	IA	1:04:37	2015	*
2	Madonna Buder	WA	1:12:58	1997	*		2	Jack Alexander	AZ	1:06:14	1997	*
3	Judith Shepard	FL	1:16:06	2017			3	Bill Schweizer	NY	1:06:30	1991	*
4	Kathy Foucar	NM	1:17:44	2017			4	Darrell Simpkins	NC	1:06:42	2017	
5	Agnes Reinhard	WI	1:18:09	1991	*		5	Arturo Melendez	OK	1:06:55	1997	
6	Carol Ward	FL	1:18:15	2015			6	John Benzoni	NY	1:07:08	1991	
7	Carol Grisso	CA	1:18:32	2009			7	Frank Farrar	SD	1:07:10	1997	
8	Anna Conarty	NM	1:19:32	1997			8	Craig Cecil	AL	1:07:24	2017	
9	Carol Vosburgh	FL	1:20:39	2011			9	Miguel Sanchez	NM	1:07:29	2015	
10	Pat Fossum	AL	1:21:15	1995			10	John Elliot	MD	1:08:27	2005	
Women 70 - 74							Men 70 - 74					
1	Carol Grisso	WA	1:14:03	2015	*		1	Kent Blair	NM	1:07:01	2015	*
2	Paula Larsen	WI	1:16:30	2015			2	Larry Nelson	TN	1:11:59	2015	
3	Joanita Reed	TX	1:22:02	1997	*		3	Terry Habecker	NY	1:12:08	2017	
4	Agnes Reinhard	WI	1:22:43	1997			4	Ray Wageman	MO	1:12:35	1997	*
5	Ellie Antonio	CA	1:24:47	2009			5	Hugh Acton	MI	1:14:18	1997	
6	Sarah de Give	NM	1:25:35	2019			6	Thomas Bowser	TX	1:15:01	1997	
7	Holly Alexander	FL	1:25:50	2017			7	Kent Blair	NM	1:15:17	2017	
8	Jane Dougherty	PA	1:27:51	1991	*		8	Harlan VanBlaricum	MI	1:15:19	2011	
9	Lynn Pickard	NM	1:31:37	2019			9	Elliott Foucar	NM	1:15:52	2017	
10	Agnes Reinhard	WI	1:33:13	1999			10	James Noonan	WA	1:16:02	2017	
Women 75 - 79							Men 75 - 79					
1	Joyce Quadri	PA	1:33.43	2009	*		1	Austin Newman	NJ	1:15:10	1991	*
2	Barbara Robben	CA	1:35.06	2009			2	Hank Larsen	MN	1:15:27	2015	
3	Diane Mohwinkel	AK	1:40:11	2017			3	Larry Johnson	NM	1:18:12	1997	
4	Lucy Dffy	MA	1:40.51	2009			4	Fred Thompson	MA	1:18:58	2015	
5	Luise Easton	OH	1:43:55	2015	*		5	Jack Pardee	NM	1:20:32	1991	
6	Miriam Tuovila	VA	1:45:49	2001			6	John France	NM	1:20:43	2015	
7	Ellen Demsky	CA	1:46:37	2015			7	Austin Newman	NJ	1:21:40	1995	
8	Barbara Garner	MD	1:47:26	2015			8	Harlan Vanblaricum	MI	1:21:41	2015	
9	Marsha Smith	TX	1:50:08	2011	*		9	Austin Newman	NJ	1:23:14	1993	
10	Irene Camp	AZ	1:52:42	2005			10	Larry Johnson	NM	1:23:30	1995	



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RANK	NAME	STATE	TIME	YEAR	RECORD		RANK	NAME	STATE	TIME	YEAR	RECORD
Women 80 - 84							Men 80 - 84					
1	Phyllis Goodlad	FL	1:51:12	2011	*		1	Michael Fishman	MA	1:20:23	1997	*
2	Agnes Reinhard	WI	1:58:03	2007	*		2	Larry Johnson	NM	1:34:06	2001	
3	Dorothy Sinson	IL	2:02:05	2015			3	Jim Rosborough	TX	1:34:51	2015	
4	Dorothy Sinson	IL	2:03:54	2011			4	Jack Pardee	NM	1:39:57	1995	*
5	Miriam Tuovila	VA	2:04:54	2005	*		5	Grady Gaskill	NC	1:51:33	2009	
6	Dorothy Sinson	IL	2:05:19	2013			6	John Taylor	GA	1:51:53	2001	
7	Miriam Tuovila	VA	2:07:17	2007			7	John Taylor	GA	1:58:47	2005	
8	Joyce Schroeder	PA	2:19:29	2005			8	Frank Farrar	SD	1:58:40	2011	
9	Luise Easton	OH	2:30:40	2019			9	Fred Quinn	MI	1:55:29	2011	
							10	George Freeman	NY	1:39:46	2011	
Women 85 - 89							Men 85 - 89					
1	Phyllis Goodlad	FL	2:05:19	2013	*		1	Fred Quinn	MI	2:02:21	2015	*
2	Miriam Tuovila	VA	2:15:27	2011	*		2	Ralph Hoyle	NY	2:20:54	1997	*
3	Miriam Tuovila	VA	2:37:27	2013			3	Frank Farrar	SD	2:21:40	2015	
							4	John Taylor	GA	2:25:54	2009	
							5	David Ward	MA	2:33:06	2001	
							6	Ernest Schillinger	VA	2:41:57	2019	
							7	Oscar Baer	AZ	2:46:28	1997	
							8	Ralph Hoyle	NY	2:47:59	1995	*
							9	Frank Farrar	SD	2:57:11	2017	
Women 90 - 94							Men 90 - 94					
No entries for this age division							1	John Taylor	GA	2:58:30	2011	*