



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



RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Women 50 - 54						
1	Beth Nelson	NC	109'6.17"	33.38m	2013	*
2	Angela Jackson	Barbados	108' 4.3"	33.03m	2015	
3	Ruth Welding	IL	108' 02"	32.97m	2007	*
4	Alissa Noguez	SC	104' 10.65"	31.97m	2017	
5	Angela Jackson	Barbados	101' 4.14	30.89m	2017	
6	Kimberly Lindner	NY	100' 11.81"	30.78m	2022	
7	Mary Hartzler	OH	100' 08"	30.68m	2001	*
8	Patricia Connell	DE	97' 00"	29.57m	1999	*
9	Wendy Barrow-Smith	FL	96' 07	29.43m	2011	
10	Mary Hartzler	OH	96' 04"	29.36m	2003	
Women 55 - 59						
1	Ingrid Miller	MA	114' 09"	34.98m	2001	*
2	Angela Jackson	Barbados	105' 02"	32.06m	2019	
3	Angela Jackson	Barbados	99' 6.09"	30.33m	2022	
4	Ann Haller	IL	97' 1.75"	29.61m	2023	
5	Alissa Noguez	SC	96' 08"	29.46m	2019	
6	Myrle Mensey-Symonds	MO	95' 03"	29.03m	2007	
7	Elizabeth Von Toll	NM	93" 06"	28.51m	2019	
8	Karen Reardon	ME	91'11.25"	28.02m	2013	
9	Wendy Barrow-Smith	Barbados	91' 5.6"	27.88m	2015	
10	Agnes Green	FL	91' 04"	27.84m	2009	
10	Mary Hartzler	OH	91' 04"	27.84m	2005	
10	Alissa Noguez	SC	91' 04"	27.84m	2022	
Women 60 - 64						
1	Ingrid Miller	MA	112' 04"	34.24m	2003	*
2	Ingrid Miller	MA	104' 11"	31.98m	2005	
3	Angela Jackson	Barbados	96' 10.25"	29.52m	2023	
4	Emilie Class	MD	95' 7.25"	29.14m	2023	
5	Emilie Class	MD	95' 3.25"	29.04m	2022	
6	Myrle Mensey	MO	93' 02"	28.40m	2009	
7	Alissa Noguez	SC	92' 1.5"	28.08m	2023	
8	Mary Hartzler	OH	89' 03"	27.20m	2009	
9	Amy Hicks	MA	88' 07"	27.00m	1993	*
10	Janita Austin	Barbados	88' 00"	26.82m	2017	

RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Men 50 - 54						
1	Ed Riewerts	TX	174' 04"	53.14m	2011	*
2	Dennis Diaz	NM	171' 11"	52.41m	2009	*
3	Steve Partidge	TX	170' 10"	52.07m	2007	*
4	Chuck Baer	GA	159' 07"	48.64m	2005	*
5	Martin Wright	TX	159' 04"	48.56m	2011	
6	Jim Wetenhall	OH	157' 01"	47.89m	2007	
7	John Nespoli	TN	156' 11"	47.83m	2005	
8	Martin Wright	TX	156' 08"	47.75m	2009	
9	Valentino Martinez	MO	156' 00"	47.55m	2003	*
10	Cary Cooper	TX	155' 4.57"	47.36m	2022	
Men 55 - 59						
1	Kelly Mattson	CA	166' 8.39"	50.81m	2022	*
2	Steve Partidge	TX	166' 04"	50.71m	2011	*
3	Larry Pratt	DE	166' 04"	50.70m	1997	*
4	Kelly Mattson	CA	160' 4.75"	48.89m	2023	
5	Valentino Martinez	MO	157' 04"	47.96m	2005	
6	Stacy Himes	IN	150' 11.41"	46.01m	2017	
7	Mark Lumpkin	LA	150' 04"	45.82m	2003	
8	Glen Johnson	TN	147' 10"	45.06m	1997	
9	Hilary Goerge	MI	146' 05"	44.63m	2005	
10	Valentino Martinez	MO	145' 04"	44.31m	2007	
Men 60 - 64						
1	Richard Cochran	MO	181' 09"	55.40m	2001	*
2	Glen Johnson	TN	177' 11"	54.23m	1999	*
3	Larry Pratt	DE	177' 10"	54.20m	2001	
4	Wendell Palmer	TX	176' 03"	53.72m	1995	*
5	Larry Pratt	DE	175' 02"	53.39m	2005	
6	Glen Johnson	TN	173' 07"	52.91m	2001	
7	Richard Cochran	MO	173' 00"	52.73m	2003	
8	Ron Anderson	KS	172' 11"	52.71m	1999	
9	Larry Pratt	DE	170' 00"	51.82m	2003	
10	Rudy Houg	OH	163' 04"	49.78m	1995	



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Women 65 - 69								Men 65 - 69						
1	Ingrid Miller	MA	91' 01"	27.75m	2007	*		1	Larry Pratt	DE	161' 05"	49.19m	2009	*
2	Madeline Cazel	FL	85' 00"	25.91m	2005	*		2	Ron Anderson	KS	160' 10"	49.02m	2001	*
3	Mary Hartzler	OH	83' 9.11"	25.53m	2017			3	Richard Cochran	MO	158' 11"	48.44m	2005	
4	Erika Messner	FL	82' 01"	25.02m	2001	*		4	Chuck Baer	GA	156' 11.46"	47.84m	2022	
5	Mary Hartzler	OH	81' 9.8"	24.94m	2015			5	Ken Ellis	OK	155' 2.2"	47.30m	2022	
6	Cindy Wyatt	OH	81'08"	24.89m	2013			6	Ron Anderson	KS	154' 04"	47.04m	2003	
7	Tamara Alegria Dybvig	AZ	79' 1.25"	24.11m	2023			7	Chuck Baer	GA	154" 00"	46.93m	2019	
8	Joyce Thomas	Trinidad & Tobago	78'02"	23.83m	2013			8	Roger Busch	CT	153' 05"	46.75m	2007	
9	Marianne Neuber	NY	77' 02"	23.53m	2007			9	Wendell Palmer	TX	153' 04"	46.74m	2001	
10	Linn Dunton	CA	76' 5.32"	23.30m	2022			10	Roland Jones	FL	150' 11.81"	46.02m	2022	
Women 70 - 74								Men 70 - 74						
1	Mary Hartzler	OH	79' 2"	24.13m	2019	*		1	Jeff Harrell	TX	149' 09"	45.65m	2011	*
2	Joyce Thomas	Trinidad & Tobago	77' 7.1"	23.65m	2015	*		2	Guy Dirkin	FL	148' 8.65"	45.33m	2022	
3	Cindy Wyatt	OH	77' 5.9"	23.62m	2015			3	Harry Hawke	CA	143' 10"	43.84m	1999	*
4	Linda Cohn	CA	77' 0.02"	23.47m	2022			4	Larry Pratt	DE	142' 07"	43.47m	2011	
5	Laura Hessel	Canada	76' 7.75"	23.36m	2023			5	Peter Labarge	TX	138' 02"	42.12m	2009	
6	Mary Hartzler	OH	75' 4.33"	22.97m	2022			6	Larry Pratt	DE	137' 6.3"	41.92m	2015	
7	Joyce Thomas	Trinidad & Tobago	72' 2.53"	22.01m	2017			7	Christopher Hamilton	VT	135' 10.25"	41.41m	2023	
8	Patsy Orosz	OH	71' 2"	21.69m	2023			8	Lloyd Hudnall	NC	132' 06"	40.39m	1993	*
9	Cindy Wyatt	OH	70' 1.73"	21.38m	2017			9	Michael Venekamp	SD	130' 09"	39.86m	2019	
10	Mary Hartzler	OH	70' 0.25"	21.34m	2023			10	Michael Gorham	FL	130' 1.02"	39.65m	2022	
Women 75 - 79								Men 75 - 79						
1	Kathy Bergen	CA	73' 5.1"	22.38m	2015	*		1	Jeff Harrell	TX	131' 5.56"	40.07m	2017	*
2	Madeline Cazel	FL	72' 02"	22.01m	2013	*		2	Thomas Henley	NC	128' 4.94"	39.14m	2017	
3	Elsbeth Padia	CA	70' 1.3"	21.37m	2015			3	Arch Zabel	TX	122' 04"	37.28m	2011	
4	Joy Kaylor	CO	68' 6.83"	20.90m	2017			4	Bill Gramley	NC	122' 03"	37.26m	2011	
5	Avis Vaught	FL	67' 2.3"	20.48m	2022			5	George Riser	OH	120' 00"	36.58m	1999	*
6	Joy Kaylor	CO	66' 10.7"	20.39m	2015			6	Thomas Henley	NC	117' 08"	35.86m	2019	
7	Joan Berman	MI	65' 06"	19.97m	2013			7	Apost Xauthopoulos	MA	117' 01"	35.67m	2007	
8	Liz Sharp	LA	65' 2.28"	19.87m	2022			8	Frederick Monesmith	NJ	116' 5.25"	35.49m	2023	
9	Elsbeth Padia	CA	64' 5.62"	19.65m	2017			9	George Riser	OH	115' 10"	35.31m	2003	
10	Jein Buie	CO	63' 11"	19.48m	2009	*		10	David Merkowitz	MD	115' 05"	35.18m	2019	



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Women 80 - 84								Men 80 - 84						
1	Madelaine Cazel	FL	69' 4"	21.14m	2019	*		1	Roger Busch	CT	114' 11.5"	35.04m	2023	*
2	Madelaine Cazel	FL	69' 0.34"	21.04m	2017	*		2	Ross Carter	OR	110' 02"	33.58m	1995	*
3	Elsbeth Padia	CA	68' 11"	21.02m	2019			3	Thomas Henley	NC	109' 0.27"	33.23m	2022	
4	Joy Kaylor	CO	63' 8"	19.42m	2019			4	George Riser	OH	108' 10"	33.17m	2005	
5	Gloria Krug	PA	59' 07"	18.16m	2013	*		5	George Riser	OH	107' 08"	32.82m	2007	
6	Flo Meiler	VT	55' 2.6"	16.83m	2017			6	William Gramley	NC	107' 6.1"	32.77m	2015	
7	Beth Carrin	NC	54' 2.7"	16.53m	2015			7	Thomas Henley	NC	106' 6.75"	32.48m	2023	
8	Elsbeth Padia	CA	53' 11.24"	16.44m	2022			8	Donald Pellmann	AR	104' 04"	31.80m	1997	*
9	Flo Meiler	VT	53' 10.4"	16.42m	2015			9	Dick Mulkern	FL	103' 01"	31.42m	2005	
10	Gloria Krug	PA	53' 03"	16.23m	2011	*		10	William Gramley	NC	102' 3.95"	31.19m	2017	
Women 85 - 89								Men 85 - 89						
1	Madelaine Cazel	FL	58' 1.25"	17.71m	2022	*		1	George Riser	OH	97' 06"	29.73m	2009	*
2	Madelaine Cazel	FL	56' 11.75"	17.37m	2023			2	Donald Pellmann	AR	90' 10"	27.69m	2001	*
3	Elsbeth Padia	CA	53' 8"	16.36m	2023			3	George Riser	OH	87' 02"	26.56m	2011	
4	Florence Meiler	VT	51' 03"	15.63m	2019	*		4	Ronald Small	OH	82' 6.5"	25.16m	2023	
5	Florence Meiler	VT	47' 05"	14.34m	2022			5	James Leggitt	TX	81' 03"	24.77m	2019	
6	Beth Carrin	NC	45' 04"	13.81m	2019			6	Roy Hollingsworth	NM	79' 11"	24.36m	2001	
7	Hazel Trexler-Campbell	NC	44' 10"	13.66m	2009	*		7	John Stuchell	PA	79' 3.25"	24.16m	2023	
8	Edna Hyer	NY	44' 4.25"	13.52m	2019			8	Bruce McDonald	MO	78' 07"	23.96m	2003	
8	Joyce Mason	OH	44' 4.25"	13.52m	2023			9	Jerry Lyons	LA	78' 06"	23.94m	2019	
10	Hazel Trexler-Campbell	NC	42' 08"	13.01m	2011			10	Clay Krames	TX	78' 01"	23.79m	2011	
Women 90 - 94								Men 90 - 94						
1	Juanita Brookover	NC	36' 04"	11.07m	2005	*		1	George Riser	OH	72' 08"	22.15m	2015	*
2	Hazel Trexler-Cambell	NC	35' 08"	10.89m	2013			2	Winfred Sharp	TN	70' 05"	21.46m	1991	*
3	Winnifred Averbuck	CA	34' 4.2"	10.47m	2015			3	David Chase	FL	65' 01"	19.85m	2011	
4	Margaret Hinton	TX	33' 10"	10.30m	2011			4	Jack Hudgins	TX	64' 07"	19.69m	2019	
5	Margaret Evans	LA	32' 07"	9.93m	2003	*		5	Kent Edward	ID	62' 2.75"	18.97m	2023	
6	Winnifred Averbuck	CA	30' 00"	9.15m	2013			6	JD Brockman	MO	61' 10.52"	18.86m	2022	
7	Lillian Webb	FI	29' 09"	9.07m	2007			7	Earl Blassingame	TX	61' 10"	18.84m	2011	
8	Wally Dashiell	VA	29' 06"	9.00m	2013			8	Warren Barger	TN	61' 09"	18.83m	2011	
9	Geneva Gillis	NC	27' 10"	8.49m	2007			9	Donald Phillips	SD	60' 10.31"	18.55m	2022	
10	Margaret Evans	LA	26' 09"	8.15m	2005			10	Donald Pellmann	CA	59' 08"	18.20m	2009	

* Indicates NSGA record when set



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Women 95-99								Men 95-99						
1	Hazel Trexler-Campbell	NC	32' 10.09"	10.01m	2017	*		1	Trent Lane	LA	52' 02"	15.90m	2005	*
2	Lillian Webb	FL	28' 07"	8.70m	2011	*		2	Robert Stewart	VA	47' 04"	14.44m	2007	
3	Wally Dashiell	MD	25' 02"	7.68m	2019			3	Warren Barger	TN	45' 3.31"	13.80m	2017	
4	Fay Bond	NC	22'	6.71m	2019			4	Edward Murphy	MD	44' 03"	13.48m	2019	
5	Lorma Bauer	IL	21' 10"	6.66m	2019			5	Champion Goldy	NJ	43' 03"	13.18m	2013	
6	Mary Kay	SD	21' 09"	6.63m	2015			6	John Pugh, Jr.	NC	40' 11"	12.47m	2009	
7	Lillian Webb	FL	20' 10"	6.35m	2013			7	Frederick Winter	MI	39' 08"	12.10m	2011	
8	Ann McGowan	RI	18' 11"	5.76m	2019			8	Edward Murphy	MD	39' 2.75"	11.96m	2023	
9	Fay Bond	NC	18' 8.41"	5.70m	2022			9	Winfred Sharp	TN	37' 08"	11.48m	1993	*
10	Wally Dashiell	MD	17' 1.91"	5.23m	2022			10	John Zilverberg	SD	35' 11"	10.96m	2011	
Women 100 & Above								Men 100 & Above						
1	Wally Dashiell	MD	12' 10"	3.91m	2023	*		1	Frederick Winter	MI	30' 10.8"	9.42m	2015	*
								2	John Pugh	NC	27' 08"	8.44m	2013	*
								3	John Zilverberg	SD	25' 10.6"	7.89m	2015	
								4	John Zilverberg	SD	25'10"	7.87m	2013	
								5	Trent Lane	LA	25' 04"	7.72m	2011	*
								6	D Paul Miller	IL	21' 5.48"	6.54m	2017	
								7	John Zilverberg	SD	21' 1.54"	6.44m	2017	