

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

RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
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Women 50 - 54

1	Crystal Muse	NY	155' 01"	47.27m	2023	*
2	Edie Lindeburg	CO	127' 10"	38.97m	2019	*
3	Ruth Welding	IL	119' 05"	36.41m	2007	*
4	Edie Lindeburg	CO	116' 6.03"	35.51m	2017	
5	Cheryl Wolfinger	GA	114' 03"	34.82m	2019	
6	Kimberly Lindner	NY	108' 04"	33.02m	2022	
7	Kathleen Tarr	CA	104' 09"	31.93m	2023	
8	Kathy Wetenhall	OH	104' 01"	31.73m	2007	
9	Ollie Bogdon	MO	103' 06"	31.56m	2019	
10	Mary Wilkins	MI	96' 11"	29.54m	2013	

Women 55 - 59

1	Karen Myers	IN	133' 08"	40.75m	2019	*
2	Tamara Alegria-Dybvig	AZ	127' 5.92"	38.86m	2017	*
3	Alissa Noguez	SC	120' 03"	36.65m	2019	
4	Tamara Alegria	AZ	119' 6.2"	36.43m	2015	*
5	Karen Myers	MI	118' 4.08"	36.07m	2022	
6	Karen Myers	MI	118' 1.25"	36.00m	2023	
7	Alissa Noguez	SC	116' 11.94"	35.66m	2022	
8	Linn Dunton	CA	116" 00"	35.36m	2013	*
9	Ingrid Miller	MA	114' 09"	34.98m	2001	*
10	Tamara Alegria	AZ	114' 03"	34.82m	2013	

Women 60 - 64

1	Myrle Mensey	MO	131' 10"	40.19m	2009	*
2	Tamara Alegria-Dybvig	AZ	130' 04"	39.74m	2019	
3	Alissa Noguez	SC	117' 00"	35.66m	2023	
4	Mary Hartzler	OH	115' 07"	35.23m	2009	
5	Mary Hartzler	OH	115' 00"	35.04m	2011	
6	Linn Dunton	CA	109' 1.84"	33.27m	2017	
7	Tamara Alegria-Dybvig	AZ	108' 5.97"	33.07m	2022	
8	Mary Hartzler	OH	107' 10"	32.88m	2013	
9	Linn Dunton	CA	106' 00"	32.31m	2019	
10	Clovis Clark	GA	105' 02"	32.06m	2019	

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Men 50 - 54

1	Kenneth Jansson	KS	175' 03"	53.41m	2009	*
2	Jim Wetenhall	OH	171' 11"	52.40m	2007	*
3	Ed Riewerts	TX	152' 11"	46.62m	2011	
4	Michael Venning	CA	149' 02"	45.48m	2009	
5	Frank Broadus	KY	146' 03"	44.58m	2007	
6	Jeffrey Baty	LA	144' 09"	44.13m	2007	
7	Bob Jones	MN	144' 1.5"	43.93m	2015	
8	Randy Wilson	CA	137' 04"	41.87m	2009	
9	Tom Carlson	TX	136' 06"	41.61m	2011	
10	Martin Wright	TX	135' 11"	41.43m	2011	

Men 55 - 59

1	Tim Shannon	WA	152' 02"	46.39m	2019	*
2	Terry Noyes	PA	150' 04"	45.82m	2019	
3	Thomas Meyer	CA	150' 00"	45.73m	2007	*
4	Stacy Himes	IN	144' 3.1"	43.97m	2017	
5	David Bolles	TX	139' 04"	42.48m	2013	
6	Tom Carlson	TX	139' 01"	42.40m	2013	
7	Jeff Brown	TN	137' 06"	41.90m	2011	
8	Steven Thomason	AL	137' 43"	41.89m	2007	
9	David Bolles	TX	134' 6.9"	41.02m	2015	
10	John Mackersie	TN	132' 10"	40.50m	2011	

Men 60 - 64

1	George Mathews	ID	167' 03"	50.99m	2007	*
2	Terry Noyes	PA	159' 4.25"	48.57m	2023	
3	David Bolles	TX	151' 11.62"	46.32m	2017	
4	Dennis Cameron	NV	150' 05"	45.86m	2009	
5	Mickey Bitsko	OH	148' 11"	45.39m	2007	
6	Tom Carlson	TX	147' 09"	45.04m	2019	
7	Gurbax Sidhu	CA	142' 9.78"	43.53m	2017	
8	John Mackersie	TN	141' 7.21"	43.16m	2017	
9	Tim Edwards	CO	140' 03"	42.74m	2009	
10	Hank Konen	NV	138' 03"	42.13m	2009	

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Women 65 - 69								Men 65 - 69						
1	Mary Hartzler	OH	113' 3.8"	34.54m	2015	*		1	George Mathews	ID	148' 11"	45.39m	2011	*
2	Linn Dunton	CA	105' 2.2"	32.06m	2022			2	Bob Cedrone	MA	148' 01"	45.14m	2019	
3	Tamara Alegria Dybvig	AZ	102' 04"	31.19m	2023			3	Bob Cahners	FL	143' 08"	43.80m	2007	*
4	Linn Dunton	CA	100' 1.25"	30.51m	2023			4	David Bolles	TX	140' 8.98"	42.90m	2022	
5	Mary Hartzler	OH	98' 7.86"	30.07m	2017			5	Bob Cedrone	MA	138' 5.81"	42.21m	2022	
6	Ingrid Miller	MA	92' 06"	28.20m	2007	*		6	Robert Osterhoudt	AZ	136' 06"	41.55m	2007	
7	Cathy Van der Schans	MN	90' 00"	27.43m	2019			7	Ken Ellis	OK	134' 2.24"	40.90m	2022	
8	Barbara Lopiccolo	NY	89' 00"	27.14m	2013			8	Ken Ellis	OK	130' 4.5"	39.74m	2023	
9	Clovis Clark	GA	88' 2.27"	26.88m	2022			9	Richard Watson	AZ	130' 04"	39.72m	2019	
10	Kay Glynn	IA	86' 05"	26.34m	2019			10	Gurbax Sidhu	CA	129' 3.18"	39.40m	2022	
Women 70 - 74								Men 70 - 74						
1	Mary Hartzler	OH	101' 10"	31.04m	2019	*		1	George Mathews	WA	161' 06"	49.23m	2013	*
2	Mary Hartzler	OH	97' 2.14"	29.62m	2022			2	George Mathews	WA	143' 11.1"	43.87m	2015	
3	Laura Hessell	Canada	95' 3.75"	29.05m	2023			3	Guy Dirkin	FL	142' 3.09"	43.36m	2022	
4	Mary Hartzler	OH	92' 3.5"	28.13m	2023			4	Mickey Bitsko	OH	139' 10"	42.64m	2013	
5	Patsy Orosz	OH	89' 01"	27.15m	2023			5	John Bourn	IL	136' 08"	41.67m	2013	
6	Kay Glenn	MO	88' 0.75"	26.84m	2023			6	Darrel Harriman	TX	136' 5.4"	41.59m	2017	
7	Cindy Wyatt	OH	81' 1.23"	24.72m	2017	*		7	Rufus Jordan	DE	135' 3.62"	41.24m	2022	
8	Patti Baker	CA	80' 6.54"	24.55m	2022			8	Felder Masters	TX	134' 1.05"	40.87m	2017	
9	Cindy Wyatt	OH	79' 3.1"	24.16m	2015	*		9	Felder Masters	TX	133' 07"	40.72m	2019	
10	Jane Hemby	TX	77' 03"	23.55m	2019			10	Richard Watson	AZ	131' 8.25"	40.14m	2023	
Women 75 - 79								Men 75 - 79						
1	Joy Kaylor	CO	91' 05"	27.88m	2013	*		1	Peter Labarge	TX	119' 1.9"	36.32m	2015	*
2	Joanne Marriott	CO	90' 9.3"	27.67m	2015			2	Reed Masters	TX	116' 5.24"	35.49m	2022	
3	Joy Kaylor	CO	86' 8.55"	26.43m	2017			3	John Bourn	IL	112' 6.78"	34.31m	2017	
4	Joanne Marriott	CO	86' 4.22"	26.32m	2017			4	Bill Gramley	NC	109' 04"	33.33m	2011	*
5	Joy Kaylor	CO	85' 11.1"	26.19m	2015			5	William Gramley	NC	105' 03"	32.09m	2013	
6	Avis Vaught	FL	81' 2.02"	24.74m	2022			6	Ronald Small	OH	103' 11"	31.69m	2013	
7	Avis Vaught	FL	78' 09"	24.00m	2023			7	Darrel Harriman	TX	102' 10.65"	31.36m	2022	
8	Elsbeth Padia	CA	77' 2.38"	23.53m	2017			8	Ronald Small	OH	102' 0.8"	31.11m	2015	
9	Mary Roman	CT	75' 07"	23.04m	2011			9	Arch Zabel	TX	101' 08"	30.99m	2011	*
10	Mary Kelly	TN	74' 5.3"	22.69m	2015			10	David Marovich	PA	97' 04"	29.67m	2019	

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Women 80 - 84

1	Elsbeth Padia	CA	87' 07"	26.71m	2019	*
2	Joy Kaylor	CO	79' 02"	24.14m	2019	
3	Frances Melzer	WA	78' 11"	24.05m	2019	
4	Mary Roman	CT	71' 10.99"	21.92m	2017	*
5	Gloria Krug	PA	68' 11"	21.02m	2013	*
6	Gloria Krug	PA	67' 2.2"	20.48m	2015	
7	Joanne Marriott	CO	66' 08"	20.32m	2022	
8	Flo Meiler	VT	65' 8.58"	20.03m	2017	
9	Flo Meiler	VT	63" 0.2"	19.21m	2015	
10	Josephine Farmer	GA	62' 11.5"	19.19m	2023	

Women 85-89

1	Elsbeth Padia	CA	65' 02"	19.86m	2023	*
2	Florence Meiler	VT	59' 04"	18.10m	2019	*
3	Joyce Mason	OH	56' 5.25"	17.20m	2023	
4	Florence Meiler	VT	56' 2.80"	17.14m	2022	
5	Gloria Krug	PA	54' 9.87"	16.71m	2017	*
6	Gloria Krug	PA	52' 00"	15.86m	2019	
7	Amy Hicks	MA	50' 11.42"	15.53m	2017	
8	Helen Beauchamp	TN	49' 04"	15.03m	2007	*
9	Amy Hicks	MA	47' 06"	14.49m	2019	
10	Francesca Moravcsik	VT	47' 05"	14.46m	2019	

Women 90-94

1	Wally Dashiell	MD	38' 6.99"	11.76m	2017	*
2	Wally Dashiell	MD	37' 08"	11.49m	2013	*
3	Ann McGowan	RI	21' 4.6"	6.52m	2015	
4	Betty Sanford	TX	16' 09"	5.11m	2011	*

RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
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Men 80 - 84

1	Peter Labarge	TX	135' 06"	41.30m	2019	*
2	Larry Rheams	MO	124' 9.25"	38.03m	2023	
3	Peter Labarge	TX	121' 6.27"	37.04m	2022	
4	Larry Rheams	MO	119' 10.58"	36.54m	2022	
5	William Gramley	NC	116' 2.09"	35.41m	2017	*
6	William Gramley	NC	111' 1.8"	33.88m	2015	*
7	Richard Harrison	WA	109' 10"	33.49m	2013	*
8	Phillip Brusca	MO	102' 01"	31.12m	2007	*
9	Ray Feick	PA	100' 04"	30.60m	2013	
10	Joe Carlozzi	ME	97' 10.41"	29.83m	2017	

Men 85 - 89

1	Ronald Small	OH	97' 6.75"	29.74m	2023	*
2	John Poche	LA	96' 11"	29.55m	2013	*
3	Karlis Ezerins	MI	90' 11"	27.73m	2013	
4	Edmund Joyce	NY	83' 9.5"	25.54m	2023	
5	George Riser	OH	83' 01"	25.33m	2013	
6	Gramley William	NC	82' 3.4"	25.08m	2022	
7	Richard Ashbaugh	NM	81' 10"	24.94m	2023	
8	Adolph Hoffman	TX	81' 05"	24.83m	2009	*
9	Lloyd Kempf	SD	80' 07"	24.57m	2019	
10	J Brockman	MO	80' 6.14"	24.54m	2017	

Men 90 - 94

1	Curt Davison	MO	82' 11.27"	25.28m	2017	*
2	Curt Davison	MO	81' 7.9"	24.89m	2015	*
3	Curt Davison	MO	75' 00"	22.86m	2019	
4	Donald Phillips	SD	73' 10.22"	22.51m	2022	
5	Ed Kent	ID	72' 2.25"	22.00m	2023	
6	George Riser	OH	70' 08"	21.54m	2015	
7	Adolph Hoffman	TX	68' 07"	20.92m	2013	*
8	David Chase	FL	67' 03"	20.50m	2011	*
9	Earl Blassingame	TX	61' 05"	18.71m	2011	*
10	Ken Kessinger	SD	59' 0.2"	17.99m	2015	



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RANK NAME STATE FT-IN METERS YEAR RECORD

Women 95 - 99

1 Wally Dashiell MD 28' 05" 8.66m 2019 *

Women 100 & Above

No entries for this age division

RANK NAME STATE FT-IN METERS YEAR RECORD

Men 95-99

1 John Zilverberg SD 32' 02" 9.80m 2011 *
2 Howard Hall KY 30' 4.5" 9.26m 2015
3 Howard Hall KY 29' 1.21" 8.87m 2017
4 Earl Blassingame TX 27' 3.56" 8.32m 2017
5 Earl Blassingame TX 19' 06" 5.94m 2019
6 George Bent GA 15' 05" 4.70m 2023

Men 100 & Above

1 Trent Lane LA 37' 02" 11.32m 2011 *
2 John Zilverberg SD 22' 02" 6.73m 2013
3 John Zilverberg SD 23' 6.6" 7.18m 2015
4 John Zilverberg SD 12' 9.54" 3.90m 2017

* Indicates NSGA record when set