



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



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

1	Meg Foster	TN	136' 0.67"	41.47m	2017	*
2	Linda Cohn	CA	130' 3"	39.71m	2007	*
3	Linda Cohn	CA	118' 5"	36.09m	2005	*
4	Luline Struppeck	LA	107' 6"	32.77m	1997	*
5	Jennifer Hedges	TX	103' 02"	31.44m	2019	
6	Beth Delaney	MI	102' 9"	31.33m	2013	
7	Phil Raschker	GA	99' 5"	30.30m	1997	
8	Cathy Petra	SD	98' 1.25"	29.90m	2022	
9	Tamara Alegria	AZ	97' 10"	29.83m	2011	*
10	Sue Sewing	TN	97' 8"	29.77m	2005	

Women 55 - 59

1	Linda Cohn	CA	122' 11"	37.47m	2009	*
2	Linn Dunton	VA	110' 3.6"	33.62m	2015	
3	Tammy Bernardi	CO	109' 07"	33.41m	2019	
4	Maria Miller	VA	105' 11"	32.28m	1999	*
5	Linn Dunton	CA	105' 3.75"	32.10m	2013	
6	Janice Lathouwers	FL	105' 3"	32.08m	2003	
7	Debra Gifford	MA	101' 8"	30.99m	2015	
8	Carol Griffith	MI	99' 6"	30.33m	1999	
9	Tamara Alegria-Dybvig	AZ	99' 1.37"	30.21m	2017	
10	Carmela Miller	VA	93' 8"	28.55m	2001	

Women 60 - 64

1	Linda Cohn	CA	122' 4"	37.29m	2013	*
2	Linda Cohn	CA	111' 10.5"	34.10m	2015	
3	Becky Sisley	OR	106' 5"	32.44m	1999	*
4	Linn Dunton	CA	105' 1.02"	32.03m	2017	
5	Marg Radcliffe	AZ	102' 8"	31.29m	2003	
6	Barbara Dabrowski	Canada	101' 8.47"	31.00m	2017	
7	Tamara Alegria-Dybvig	AZ	99' 09"	30.41m	2019	
8	Peggy Peck	FL	93' 4.86"	28.47m	2017	
9	Linn Dunton	CA	93' 00"	28.36m	2019	
10	Mary Hartzler	OH	92' 4"	28.15m	2009	

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

1	Michael Brown	FL	226' 00"	68.88m	2005	*
2	Paul Lykken	MN	184' 11.2"	56.37m	2015	
3	Thomas Dalke	TX	181' 11"	55.45m	2019	
4	Greg Geraci	NJ	176' 00"	53.64m	2001	*
5	Arthur Lawrence	TX	174' 11"	53.31m	1997	*
6	Buzz Gagne	NH	169' 1"	53.54m	2001	
7	David Ratliff	LA	167' 11"	53.18m	2003	
8	Zane Rodriguez	VT	168' 8"	51.41m	2013	
9	Dean Clemons	MI	167' 2"	50.96m	2013	
10	Greg Baker	LA	166' 6"	50.75m	2005	

Men 55 - 59

1	Stuart Spangenberg	FL	186' 6.1"	56.85m	2015	*
2	Tom Sinclair	WA	176' 10"	53.91m	2013	
3	Delmon McNabb	LA	176' 4"	53.75m	2001	*
4	Jim Fuqua	AL	176' 2"	53.69m	2009	
5	Delmon McNabb	LA	174' 11"	53.31m	2003	
6	James Clay Parker	TN	174' 09"	53.26m	2019	
7	Buss Gagne	NH	174' 7"	53.22m	2007	
8	Thomas Dalke	TX	174' 1.75"	53.08m	2023	
9	Thomas Dalke	TX	173' 11"	53.01m	2022	
10	James Parker	TN	170' 9.21"	52.05m	2017	

Men 60 - 64

1	Bob Powers	CA	181' 9"	55.40m	2009	*
2	Buzz Gagne	NH	178' 00"	54.26m	2009	
3	Bob Powers	CA	174' 1"	53.05m	2011	
4	Clay Parker	TN	170' 5.75"	51.96m	2023	
5	Buzz Gagne	NH	169' 3"	51.58m	2011	
6	Zane Rodriguez	VT	167' 04"	51.01m	2019	
7	Zane Rodriguez	VT	166' 4.5"	50.71m	2023	
8	Michael Janusey	PA	166' 0.25"	50.60m	2017	
9	John Daniel	TX	158' 3"	48.25m	2013	
10	Clayton Dennis	RI	157' 4.19"	47.96m	2022	



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Women 65 - 69								Men 65 - 69						
1	Linda Cohn	CA	112' 4.42"	34.25m	2017	*		1	Buzz Gagne	NH	166' 0.5"	50.61m	2015	*
2	Linda Cohn	CA	109' 03"	33.30m	2019			2	Buzz Gagne	NH	161' 8"	49.28m	2013	*
3	Madelaine Cazel	FL	93' 7"	28.52m	2005	*		3	John Allen	LA	154' 7.9"	47.14m	2015	
4	Marg Radcliffe	HI	93' 00"	28.36m	2007			4	John Allen	LA	150' 8.66"	45.94m	2017	
5	Avis Vaught	FL	91' 5"	27.86m	2013			5	Michael Brown	FL	150' 08"	45.92m	2019	
6	Madelaine Cazel	FL	90' 11"	27.71m	2003	*		6	Edward Hearn	NC	150' 7.0"	45.90m	2015	
7	Linn Dunton	CA	89' 2.5"	27.19m	2022			7	John Daniel	TX	149' 2.5"	45.48m	2015	
8	Tamara Alegria Dybvig	AZ	88' 10.5"	27.09m	2023			8	Ray Feick	PA	145' 8"	44.40m	1997	*
9	Madelaine Cazel	FL	87' 01"	26.80m	2007			9	Michael Brown	FL	143' 7.62"	43.78m	2022	
10	Erika Messner	FL	87' 0.75"	26.72m	2001	*		10	Arthur Lawrence	TX	143' 3"	43.67m	2011	
Women 70 - 74								Men 70 - 74						
1	Linda Cohn	CA	101' 7.25"	30.97m	2022	*		1	Buzz Gagne	NH	156' 8.31"	47.76m	2017	*
2	Linda Cohn	CA	97' 01"	29.59m	2023			2	Sanford Stoddard	NC	150' 4.33"	45.83m	2017	
3	Madelaine Cazel	FL	92' 05"	28.18m	2011	*		3	Peter LaBarge	TX	148' 00"	45.10m	2011	*
4	Madelaine Cazel	FL	88' 06"	26.98m	2009	*		4	Peter LaBarge	TX	146' 11"	44.78m	2009	*
5	Ruth Seeger	TX	79' 11"	24.36m	1997	*		5	Franklin Held	CA	145' 7"	44.37m	1999	*
6	Elsbeth Padia	CA	76' 07"	23.33m	2011			6	Sanford Stoddard	NC	144' 01"	43.92m	2019	
7	Christel Miller	CO	74' 00"	22.57m	2007			7	Tom Fulton	FL	141' 7"	43.15m	2011	
8	Ruth Seeger	TX	74' 00"	22.56m	1995	*		8	Buzz Gagne	NH	139' 06"	42.53m	2019	
9	Adele McCormick	AZ	72' 06"	22.10m	1993	*		9	Stanley Koster	MI	137' 6"	41.91m	2005	
10	Avis Vaught	FL	72' 4.5"	22.06m	2017			10	Donald Galvanin	WA	136' 10.13"	41.71m	2022	
Women 75 - 79								Men 75 - 79						
1	Madelaine Cazel	FL	84' 00"	25.61m	2013	*		1	Buzz Gagne	NH	133' 2.43"	40.60m	2022	*
2	Ethel Lehmann	FL	75' 8"	23.06m	2005	*		2	Sanford Stoddard	NC	131' 2.02"	39.98m	2022	
3	Elsbeth Padia	CA	68' 3.2"	20.81m	2015			3	Ross Aragon	NM	130' 7"	39.80m	2013	*
4	Harriet Bloemker	NE	67' 5"	20.56m	2007			4	Peter Labarge	TX	126' 11.6"	38.70m	2015	
5	Olga Kotelko	CN	65' 5"	19.94m	1997	*		5	Stanley Koster	MI	124' 11"	38.08m	2011	*
5	Joanne Marriott	CO	65' 5"	19.94m	2015			6	Gary Tyler	OR	124' 9.25"	38.03m	2023	
7	Nora Young	CN	64' 5"	19.63m	1993	*		7	Buzz Gagne	MA	118' 11.25"	36.25m	2023	
8	Kathy Bergen	CA	64' .5"	19.52m	2015			8	Sanford Stoddard	NC	118' 7.5"	36.16m	2023	
9	Liz Sharp	LA	64' 0.11"	19.51m	2022			9	Anthony Wyatt	FL	117' 9.78"	35.91m	2022	
10	Ruth Seeger	TX	63' 4"	19.30m	1999			10	Apostolos Xanthopoulos	MA	116' 11"	35.64m	2007	*

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Women 80 - 84								Men 80 - 84						
1	Madelaine Cazel	FL	73' 3.13"	22.33m	2017	*		1	William Platts	UT	118' 12"	36.27m	2009	*
2	Elsbeth Padia	CA	66' 00"	20.12m	2019			2	Stanley Koster	MI	115' 10.5"	35.32m	2015	
3	Madelaine Cazel	FL	64' 05"	19.64m	2019			3	Peter Labarge	TX	112' 7.18"	34.32m	2022	
4	Elsbeth Padia	CA	59' 3.42"	18.07m	2022			4	James Kenney	MD	105' 05"	32.13m	2023	
5	Olga Kotelko	CN	56' 00"	17.07m	1999	*		5	Apostolos Xanthopoulos	MA	105' 00"	32.00m	2011	
6	Gloria Krug	PA	52' 9"	16.08m	2011			6	Brooks Harrison	FL	104' 0.03"	31.70m	2022	
7	Kathy Bergen	CA	51' 5.72"	15.69m	2022			6	Ross Aragon	NM	103' 04"	31.50m	2019	
8	Ruth Seeger	TX	50' 8"	15.44m	2005			8	E. Lee Todd	NE	102' 00"	31.09m	1995	*
9	Joyce Mason	OH	50' 7"	15.42m	2019			9	Donald Miller	FL	100' 9.45"	30.72m	2017	
10	Gloria Krug	PA	49' 11"	15.23m	2013			10	Peter Labarge	TX	100' 09"	30.72m	2019	
Women 85 - 89								Men 85 - 89						
1	Elsbeth Padia	CA	62' 11"	19.18m	2023	*		1	Esse Sattari	GA	92' 10.25"	28.30m	2023	*
2	Madelaine Cazel	FL	58' 1.64"	17.72m	2022	*		2	Ross Aragon	NM	91' 1.25"	27.77m	2023	
3	Madelaine Cazel	FL	51' 6"	15.70m	2023			3	Bruce McDonald	MO	87' 9"	26.75m	2003	*
4	Johnnye Valien	CA	45' 3"	13.80m	2011	*		4	James Leggitt	TX	86' 06"	26.36m	2019	
5	Helen Beauchamp	MS	40' 3"	12.27m	2005	*		5	Bruce McDonald	MO	85' 10"	26.16m	2005	
6	Winnefred Averbuck	NM	39' 12"	12.19m	2009			6	Don Miller	FL	85' 6.35"	26.12m	2022	
7	Martha Jenkins	FL	39' 7.25"	12.07m	2023			7	Jerry Lyons	LA	85' 05"	26.03m	2019	
8	Jaunita Brookover	NC	39' 00"	11.89m	2003	*		8	Donald Pellman	AR	83' 11"	25.58m	2001	*
9	Joyce Mason	OH	38' 09"	11.81m	2023			9	Ronald Small	OH	81' 4.75"	24.81m	2023	
10	Florence Meiler	VT	37' 00"	11.29m	2019			10	Adolph Hoffman	TX	76' 11"	23.45m	2009	
Women 90 - 94								Men 90 - 94						
1	Jaunita Brookover	NC	35' 8"	10.87m	2005	*		1	Ed Kent	ID	70' 6.5"	21.50m	2023	*
2	Winnefred Averbuck	CA	34' 8.5"	10.58m	2015			2	Trent Lane	LA	69' 4"	21.13m	2003	*
3	Winnefred Averbuck	CA	34' 3"	10.44m	2013			3	Donald Pellman	CA	69' 1"	21.05m	2009	
4	Rosalia Gioia	NY	27' 10.64"	8.50m	2017			4	Curt Davison	MO	65' 7.01"	19.99m	2017	
5	Amy Hicks	MA	26' 10.44"	8.19m	2017			5	Robert Stewart	VA	63' 6"	19.35m	2003	
6	Robbie Finney-McFarland	NM	24' 06"	7.47m	2023			6	Curt Davison	MO	61' 10.5"	18.86m	2015	
7	Margaret Evans	LA	24' 3"	7.39m	2005			7	JD Brockman	MO	61' 3.83"	18.69m	2022	
8	Ann McGowan	RI	23' 6.68"	7.18m	2017			8	Adolph Hoffman	TX	60' 1"	18.31m	2013	
9	Wally Dashiell	MD	23' 4"	7.13m	2013			9	Earl Blassingame	TX	58' 11"	17.95m	2011	
10	Wally Dashiell	MD	23' 2.74"	7.08m	2017			10	John Boesenhofer	OH	58' 10"	17.93m	2005	

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Women 95 - 99								Men 95-99						
1	Ann McGowan	RI	21' 06"	6.56m	2019	*		1	Trent Lane	LA	68' 3"	20.80m	2005	*
2	Wally Dashiell	MD	18' 08"	5.68m	2019			2	Edward Murphy	MD	57' 04"	17.48m	2019	
3	Wally Dashiell	MD	13' 3.45"	4.05m	2022			3	Champion Goldy	NJ	45' 7"	13.91m	2013	
								4	Edward Murphy	MO	43' 10.75"	13.38m	2023	
								5	Robert Stewart	VA	38' 9"	11.82m	2007	
								6	Howard Hall	KY	34' 6.9"	10.54m	2015	
								7	Fredrick Winter	MI	32' 5"	9.88m	2011	
								8	Winfred Sharp	TN	32' 1"	9.78m	1993	*
								9	Howard Hall	KY	31' 11.75"	9.75m	2017	
								10	James Kales	FL	31' 4"	9.57m	2013	
Women 100+								Men 100+						
1	Wally Dashiell	MD	11' 4.5"	3.47m	2023	*		1	Trent Lane	LA	27' 9"	8.47m	2011	*
								2	Frederick Winter	MI	26' 7.2"	8.11m	2015	
								3	John Zilverberg	SD	19' 00"	5.79m	2013	
								4	John Zilverberg	SD	16' 5.24"	5.01m	2017	
								5	John Zilverberg	SD	15' 10.1"	4.83m	2015	