

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

RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Women 50 - 54						
1	Phil Raschker	GA	16' 08"	5.08m	1997	*
2	Neringa Jakstiene	TN	16' 2.5"	4.94m	2017	
3	Krista Benson	CT	15' 3.5"	4.66m	2023	
4	Rita Hanscom	CA	15' 02"	4.62m	2007	
5	Jennifer Hedges	TX	15' 1.5"	4.61m	2019	
6	Phil Raschker	GA	15' 00"	4.57m	2001	
7	Janet Blair	NM	14' 03"	4.34m	2001	
8	Phil Raschker	GA	14' 02"	4.32m	1999	
9	Jennifer Hedges	TX	14' 02"	4.32m	2017	
10	Linda Lowrey	GA	14' 01"	4.29m	2005	
Women 55 - 59						
1	Neringa Jakstiene	TN	16' 7.25"	5.06m	2019	*
2	Phil Raschker	GA	15' 02"	4.62m	2003	*
3	Joy Upshaw	CA	15' 0.75"	4.59m	2019	
4	Phil Raschker	GA	15' 00"	4.57m	2005	
5	Kay Glynn	IA	14' 08"	4.47m	2011	
6	Linda Lowrey	GA	14' 04"	4.38m	2007	
7	Kay Glynn	IA	13' 09"	4.20m	2009	
8	Janean Shannon	OH	13' 05"	4.23m	2017	
9	Hillen VonMaltzahn	NY	13' 08"	4.16m	2007	
10	Linda Lowery	GA	13' 7.5"	4.15m	2009	
10	Julie Baker	NV	13' 7.5"	4.15m	2019	
Women 60 - 64						
1	Phil Raschker	GA	15' 06"	4.73m	2007	*
2	Neringa Jakstiene	TN	15' 1.5"	4.61m	2023	
3	Phil Raschker	AL	14' 05"	4.39m	2011	
4	Phil Raschker	AL	14' 00"	4.27m	2009	
5	Jennifer Swanston-Jones	Barbados	13' 7.5"	4.15m	2019	
6	Julie Baker	NV	13' 03"	4.04m	2023	
7	Regina King	OH	12' 10.75"	3.93m	2023	
8	Linda Lowery	GA	12' 10"	3.90m	2011	
9	Barbara Cleveland	FL	12' 09"	3.89m	2001	*
10	Margaret McCoy	VT	12' 08"	3.86m	2022	

RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Men 50 - 54						
1	Brian Hankerson	FL	20' 01"	6.13m	2011	*
2	Robert Clark	WV	19' 09"	6.01m	2007	*
3	Edward Jones	TX	19' 07"	5.97m	1997	*
3	Robert Bayless	TX	19' 07"	5.97m	2011	
5	Larry Vollmer	TX	19' 06"	5.94m	2003	
6	David Quick	CA	19' 01"	5.81m	2007	
7	Mike Henson	AR	18' 6.50"	5.65m	2017	
8	Robert Clark	PA	18' 06"	5.64m	2005	
9	Ken Thomas	OH	18' 5.25"	5.62m	2015	
10	Tim Walters	OH	18' 02"	5.54m	2005	
Men 55 - 59						
1	Brian Hankerson	FL	19' 03"	5.87m	2017	*
2	Dale Lance	OK	18' 10"	5.74m	1995	*
3	Emil Pawlik	MS	18' 09"	5.72m	1995	
4	Peter Stopoulos	IL	18' 03"	5.56m	1991	*
5	Jimmy Crittenden	WA	18' 02"	5.54m	2005	
6	Raymond Kozusko	TX	18' 00"	5.49m	2001	
6	Phil Mulkey	GA	18' 00"	5.49m	1989	*
6	Larry Vollmer	TX	18' 00"	5.49m	2011	
9	Ronald Helton	TX	17' 11"	5.46m	1999	
10	Robert Clark	PA	17' 10"	5.43m	2011	
Men 60 - 64						
1	Brian Hankerson	FL	18' 10.75"	5.76m	2019	*
2	Ronald Humphrey	VA	17' 10.25"	5.44m	2022	
3	Brian Hankerson	FL	17' 9.5"	5.42m	2022	
4	Roger Parnell	CA	17' 08"	5.39m	2009	*
5	Phil Mulkey	GA	17' 07"	5.38m	1993	*
6	David Ortman	WA	17' 5.5"	5.32m	2013	
7	Damien Leake	CA	17' 5.25"	5.31m	2013	
8	Ronald Humphrey	VA	17' 4.75"	5.30m	2019	
9	Jerry Boswell	OH	17' 03"	5.25m	2007	
10	Bruce Covey	MI	17' 02"	5.23m	2009	
10	Phil Mulkey	GA	17' 02"	5.23m	1995	

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Women 65 - 69								Men 65 - 69						
1	Leonore McDaniels	VA	12' 10"	3.91m	1993	*		1	Boo Morcom	NH	17' 01"	5.21m	1987	*
2	Kay Glynn	IA	12' 8.75"	3.88m	2019			2	Bruce Covey	MI	17' 00"	5.19m	2011	
3	Linda Cohn	CA	12' 8.25"	3.87m	2017			3	Melvin Larsen	IL	16' 03"	4.95m	1993	
4	Audrey Lary	MD	12' 07"	3.84m	2003			4	James Stookey	MD	16' 02"	4.93m	1995	
5	Kay Glynn	IA	12' 6.50"	3.82m	2022			4	Jonathan Tobey	VT	16' 02"	4.93m	1993	
6	Barbara Jordan	VT	12' 06"	3.81m	2005			4	James Stookey	MD	16' 02"	4.93m	1997	
6	Joyce Trader	WA	12' 06"	3.81m	2003			7	Bruce Covey	MI	16' 0.50"	4.89m	2013	
6	Audrey Lary	MD	12' 06"	3.81m	1999			8	Larry Vollmer	TX	16' 0.50"	4.89m	2017	
9	Barbara Jordan	VT	12' 02"	3.71m	2003			9	Emil Pawlik	MS	16' 00"	4.88m	2005	
10	Leonore McDaniels	VA	11' 10"	3.61m	1995			9	Peter Kronberg	MO	16' 00"	4.88m	1995	
Women 70 - 74								Men 70 - 74						
1	Kay Glenn	MO	12' 8.25"	3.87m	2023	*		1	Roger Parnell	CA	16' 5.25"	5.01m	2019	*
2	Brenda Matthews	CA	11' 11.50"	3.64m	2019	*		2	Melvin Larsen	IL	16' 00"	4.88m	1995	*
3	Audrey Lary	MD	11' 10"	3.61m	2005	*		3	Larry Vollmer	TX	15' 11.75"	4.87m	2022	
4	Linda Cohn	CA	11' 7.75"	3.55m	2023			4	Larry Vollmer	TX	15' 2.25"	4.63m	2023	
5	Audrey Lary	MD	11' 05"	3.48m	2007			5	Damien Leake	CA	15' 00"	4.57m	2023	
6	Barbara Jordan	VT	11' 04"	3.45m	2007			6	Jeffrey Duke	IL	14' 11.50"	4.56m	2019	
6	Lavina Haefele	KS	11' 04"	3.45m	1995	*		7	Max Siu	TX	14' 11.25"	4.55m	2022	
8	Linda Cohn	CA	11' 3.43"	3.44m	2022			8	Peter Kronberg	MO	14' 10"	4.52m	1997	
9	Margaret Hinton	TX	11' 01"	3.38m	1993	*		9	Bob Boddy	DE	14' 9.50"	4.51m	2017	
10	Monica Tang Wing	UT	11' 00"	3.36m	2007			10	Charlie Richard	LA	14' 08"	4.47m	2005	
Women 75 - 79								Men 75 - 79						
1	Audrey Lary	MD	11' 07"	3.55m	2009	*		1	James Stookey	MD	14' 01"	4.29m	2005	*
2	Lenore McDaniels	VA	11' 01"	3.38m	2003	*		2	Charles Obye	AZ	13' 11"	4.24m	1997	*
3	Molly Mackown	CO	10' 05"	3.18m	1993	*		3	John Alexander	TX	13' 09"	4.19m	1995	*
4	Flo Meiler	VT	10' 01"	3.09m	2009			4	Milton Silverstein	AZ	13' 08"	4.17m	1997	
5	Audrey Lary	MD	10' 00"	3.05m	2011			5	Milton Silverstein	AZ	13' 07"	4.14m	1995	
6	Madelaine Cazel	FL	9' 11.25"	3.03m	2013			5	Charles Modlin	TX	13' 07"	4.14m	2001	
7	Joyce Flynn	NY	9' 10.50"	3.01m	2022			7	Fredrick Everhart	MD	13' 05"	4.09m	2003	
8	Janet Blair	NM	9' 9.72"	2.99m	2022			8	Monroe Ratchford	NM	13' 04"	4.06m	2005	
9	Margaret Hinton	TX	9' 09"	2.97m	1997			9	Bruce Underhill	CA	13' 1.25"	3.99m	2019	
9	Mary Bowermaster	OH	9' 09"	2.97m	1993			10	James Stookey	MD	13' 00"	3.96m	2007	

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Women 80 - 84								Men 80 - 84						
1	Madelaine Cazel	FL	9' 0.75"	2.76m	2017	*		1	Charles Wilson	PA	12' 05"	3.78m	2007	
2	Flo Meiler	VT	8' 7.9"	2.64m	2015	*		1	Charles Moldin	TX	12' 05"	3.78m	2005	*
3	Mary Bowermaster	OH	8' 04"	2.54m	1999	*		3	Charles Baker	TN	12' 2.50"	3.72m	2007	
4	Brenda Andrieu	KS	8' 1.25"	2.47m	2022			3	Roger Vergin	WA	12' 2.50"	3.72m	2017	
5	Ruth Seeger	TX	7' 10"	2.39m	2005			5	Charles Modlin	IN	12' 0.50"	3.67m	2007	
5	Margaret Hinton	TX	7' 10"	2.39m	2003			5	Robert Hewitt	OR	12' 0.50"	3.67m	2013	
7	Marie Uebel	MO	7' 09"	2.36m	1993	*		7	Donald Pellmann	AR	12' 00"	3.66m	1997	*
8	Molly Mackown	CO	7' 08"	2.34m	1999			8	Raoul Rodriques	CT	11' 10"	3.61m	2005	
9	Christel Donley	CO	7' 7.25"	2.32m	2015			9	Tom Walsh	MO	11' 09"	3.58m	1997	
10	Flo Meiler	VT	7' 6.25"	2.29m	2017			10	E. Lee Todd	NE	11' 05"	3.48m	1995	*
Women 85-89								Men 85 - 89						
1	Madelaine Cazel	FL	7' 11"	2.41m	2022	*		1	Tom Kennell	LA	10' 04"	3.14m	2007	*
2	Flo Meiler	VT	7' 7.25"	2.32m	2022			2	Donald Pellman	AR	10' 01"	3.07m	2001	*
3	Helen Beauchamp	TN	7' 07"	2.31m	2007	*		3	Charles Wilson	PA	9' 9.25"	2.98m	2011	
4	Janice Birks	PA	7' 01"	2.16m	2019			4	Doug Spainhower	UT	9' 09"	2.97m	2019	
4	Florence Meiler	VT	7' 01"	2.16m	2019			5	Charles Baker	TN	9' 8.50"	2.96m	2013	
6	Molly Mackown	CO	6' 10"	2.08m	2003	*		6	Charles Wilson	PA	9' 07"	2.93m	2009	
7	Molly Mackown	CO	6' 09"	2.06m	2005			7	William Iannicelli	PA	9' 06"	2.91m	2009	
8	Madelaine Cazel	FL	6' 8.75"	2.05m	2023			8	Roger Vergin	FL	9' 6.25"	2.90m	2022	
9	Helen Beauchamp	MS	6' 08"	2.03m	2005			9	John Anoka	FL	9' 05"	2.87m	2005	
10	Mary Bowermaster	OH	6' 07"	2.01m	2005			10	Curt Davison	MO	9' 4.75"	2.86m	2011	
Women 90-94								Men 90 - 94						
1	Margaret Hinton	TX	6' 01"	1.85m	2011			1	John Boesenhofer	OH	9' 05"	2.87m	2007	*
2	Lilliam Webb	FL	5' 00"	1.52m	2007	*		2	David Chase	FL	9' 01"	2.78m	2011	
3	Molly Mackown	CO	4' 05"	1.35m	2009			3	Curt Davison	MO	8' 10.50"	2.71m	2015	
4	Fay Bond	NC	3' 0.50"	0.93m	2017			4	John Boesenhofer	OH	8' 05"	2.57m	2005	*
4	Ann McGowan	RI	3' 0.50"	0.93m	2017			5	Donald Phillips	SD	8' 2.50"	2.50m	2023	
6	Patricia Fujii	ID	2' 09"	0.84m	2022			6	Donald Pellmann	CA	8' 02"	2.49m	2009	
7	Winnifred Averbuck	CA	2' 6.25"	0.77m	2015			7	Curt Davison	MO	8' 1.75"	2.48m	2017	
8	Julia Mangio	NC	2' 2.75"	0.68m	2019			8	Charles Baker	TN	7' 11"	2.41m	2017	
9	Ann McGowan	RI	2' 2.25"	0.67m	2015			9	Raoul Rodriques	CT	7' 8.50"	2.35m	2015	
10	Wally Dashiell	MD	2' 1.75"	0.65m	2013			9	Curt Davison	MI	7' 8.50"	2.35m	2019	
10	Agnes Reinhard	WI	2' 1.5"	0.65m	2015									



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Women 95 - 99						
1	Ann McGowan	RI	2' 8.25"	0.82m	2019	*
2	Fay Bond	NC	2' 06"	0.76m	2019	

Women 100 & Above
no entries for this age division

RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Men 95 - 99						
1	Robert Stewart	VA	6' 09"	2.07m	2007	*
2	Fred Dickerson	NC	6' 00"	1.83m	2007	
3	Suat Akgun	FL	5' 10.75"	1.80m	2023	
4	D Paul Miller	IL	5' 03"	1.60m	2013	
5	James Kales	FL	5' 02"	1.57m	2011	
6	Warren Barger	TN	5' 01"	1.55m	2017	
7	Howard Hall	KY	4' 06"	1.37m	2017	
8	Max Springer	TN	4' 04"	1.31m	2009	
9	Harold Hoffman	NC	4' 00"	1.22m	2003	*
10	James Kales	FL	3' 11"	1.19m	2013	
Men 100 & Above						
1	D Paul Miller	IL	2' 06"	0.76m	2017	*

* Indicates NSGA record when set