



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



RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Women 50 - 54						
1	Crystal Muse	NY	43' 04"	13.21m	2023	*
2	Karen Myers	IN	37' 11.50"	11.57m	2017	*
3	Leann McKee	OH	37' 9.50	11.52m	2013	*
3	Karen Myers	IN	37' 3.25"	11.36m	2015	
5	Polly Wieczorek	MN	37' 3.25"	11.36m	2015	
6	Meg Foster	TN	37' 2.50"	11.34m	2017	
7	Edie Lindeburg	CO	36' 11.75"	11.27m	2019	
8	Donna Dubbelde	IL	36' 08"	11.18m	1999	*
9	Edie Lindeburg	CO	36' 07"	11.15m	2017	
10	Connie Strobach	MO	36' 06"	11.13m	2001	
Women 55 - 59						
1	Ingrid Miller	MA	39' 00"	11.89m	2001	*
2	Myrle Mensey	MO	37' 09"	11.51m	2005	
3	Angela Jackson	Barbados	36' 10.50"	11.24m	2019	
4	Alissa Noguez	SC	36' 4.75"	11.09m	2019	
5	Myrle Mensey- Symonds	MO	36' 04"	11.08m	2007	
6	Vanessa Hillard	FL	36' 00"	10.97m	1999	*
7	Wendy Barrow-Smith	Barbados	35' 09"	10.90m	2015	
8	Mary Hartzler	OH	35' 05"	10.80m	2005	
8	Linn Dunton	CA	35' 5.25"	10.80m	2013	
10	Karen Myers	IN	35' 3.25"	10.75m	2019	
Women 60 - 64						
1	Ingrid Miller	MA	38' 09"	11.81m	2003	*
2	Jennifer Swanston-Jones	Barbados	34' 11"	10.64m	2019	
3	Joyce Thomas	UT	34' 07"	10.53m	2007	
4	Ingrid Miller	MA	33' 11"	10.34m	2005	
5	Alissa Noguez	SC	33' 10.25"	10.32m	2023	
6	Johnnie Reid	FL	33' 7.54"	10.25m	2022	
7	Myrle Mensey	MO	33' 03"	10.13m	2009	
8	Joyce Sauer	SD	33' 02"	10.11m	2023	
9	Shirley Smith	FL	32' 08"	9.96m	1997	*
10	Deborah Burda	KY	32' 6.5"	9.92m	2019	
10	Diana Guiterrez	TX	32' 07"	9.92m	2011	

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Men 50 - 54						
1	John Nespoli	TN	56' 00"	17.07m	2005	*
2	John Nespoli	TB	52' 02"	15.92m	2007	
3	Dennis Diaz	NM	51' 09"	15.77m	2009	
3	Michael Shiaras	AZ	51' 09"	15.77m	2005	
5	Steve Patridge	TX	49' 03"	15.01m	2007	
6	Randy Wilson	CA	48' 02"	14.67m	2009	
7	Douglas Arendell	CO	48' 00"	14.63m	2005	
8	Loarn Robertson	IL	47' 10"	14.58m	1999	*
9	Toby Egan	MD	47' 5.25"	14.46m	2019	
10	Cary Cooper	TX	47' 0.50"	14.34m	2022	
Men 55 - 59						
1	Kelly Mattson	CA	48' 5.50"	14.77m	2022	*
2	Charles Roll	NJ	48' 03"	14.71m	2005	*
3	Hilary Goerge	MI	47' 02"	14.38m	2005	
4	Joe Myers	NY	46' 07"	14.19m	2011	
5	Kelly Mattson	CA	46' 5.50"	14.16m	2023	
6	Joe Meyers	NY	46' 02"	14.06m	2007	
7	Steve Patridge	TX	45' 08"	13.91m	2011	
8	Hilary Goerge	MI	45' 06"	13.87m	2003	*
9	Loarn Robertson	IL	45' 05"	13.84m	2003	
10	Toby Egan	MD	45' 1.75"	13.76m	2022	
Men 60 - 64						
1	Phillip Brusca	MO	50' 03"	15.32m	1987	*
2	Joseph Myers	TN	49' 6.75"	15.11m	2015	
3	Joseph Myers	TN	49' 4.25"	15.04m	2013	
4	Charles Roll	NJ	48' 09"	14.87m	2007	
5	Glen Johnson	TN	48' 08"	14.83m	2001	
6	Glen Johnson	TN	48' 07"	14.81m	1999	
7	Steven Ross	NM	48' 2.75"	14.70m	2013	
8	Loarn Robertson	IL	48' 01"	14.66m	2005	
8	Douglas Arendell	CO	47' 10"	14.58m	2011	
10	Phil Mulkey	GA	47' 10"	14.58m	1995	



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Women 65 - 69						
1	Linn Dunton	CA	32' 6.25"	9.91m	2023	*
2	Cherrie Sherrard	CA	31' 10"	9.70m	2005	*
3	Joyce Thomas	Trinidad & Tobago	31' 06"	9.60m	2013	
4	Cindy Wyatt	OH	31' 04"	9.55m	2013	
5	Helen Stephens	MO	30' 10"	9.40m	1987	*
6	Mary Hartzler	OH	30' 8.75"	9.37m	2015	
7	Latanya Glass	CA	30' 8.25"	9.35m	2013	
8	Tove Shere	NM	30' 3.50"	9.23m	2019	
9	Rachel Muir	NC	29' 11.50"	9.13m	2019	
10	Joyce Thomas	UT	29' 10"	9.10m	2011	

Women 70 - 74						
1	Joyce Thomas	Trinidad & Tobago	29' 9.8"	9.09m	2015	*
2	Cindy Wyatt	OH	29' 1.6"	8.88m	2015	
3	Laura Hessel	Canada	28' 1.50"	8.57m	2023	
4	Elizabeth Sharp	LA	27' 9.86"	8.48m	2017	
5	Joyce Thomas	Trinidad & Tobago	27' 9.46"	8.47m	2017	
5	Mary Hartzler	OH	27' 9.5"	8.47m	2019	
7	Cindy Wyatt	OH	27' 7.89"	8.43m	2017	
8	Elizabeth Sharp	LA	27' 6.31"	8.39m	2019	
8	Linda Cohn	CA	27' 6.31"	8.39m	2022	
10	Cherrie Sherrard	CA	26' 11"	8.22m	2009	*

Women 75 - 79						
1	LaTanya Glass	CA	30' 5.75"	9.29m	2022	*
2	Elsbeth Padia	CA	28' 7.3"	8.72m	2015	
3	Elsbeth Padia	CA	27' 7.89"	8.43m	2017	
4	Joanne Marriott	CO	27' 3.1"	8.31m	2015	
5	Rita Matz	OH	27' 02"	8.28m	2013	
6	Jean Brubaker	PA	27' 00"	8.23m	2003	*
7	Mary Roman	CT	26' 10"	8.18m	2011	
7	Liz Sharp	LA	26' 10"	8.18m	2022	
7	Avis Vaught	FL	26' 10"	8.18m	2022	
10	Madelaine Cazel	OH	26' 9.75"	8.17m	2013	

RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Men 65 - 69						
1	Gerald Vaughn	NC	46' 09"	14.25m	2001	*
2	Steven Ross	NM	46' 2.75"	14.09m	2019	
3	Hilary Goerge	MI	46' 02"	14.07m	2013	
4	Gerald Vaughn	NC	45' 02"	13.77m	2005	
5	Joseph Myers	TN	44' 8.25"	13.62m	2017	
6	Donald Cumley	AZ	44' 01"	13.44m	1987	*
7	Greg Vaughn	NC	43' 10"	13.36m	2003	
8	Bill Bangert	CA	43' 06"	13.26m	1989	
9	Charles Roll	NJ	43' 05"	13.23m	2013	
10	Joe Myers	TN	42' 9.50"	13.04m	2019	

Men 70 - 74						
1	Gerald Vaughn	NC	48' 04"	14.74m	2007	*
2	William Harvey	NV	48' 01"	14.66m	2015	
3	William Harvey	NV	47' 3.75"	14.42m	2017	
4	Charles Roll	NJ	45' 9.50"	13.96m	2017	
5	Paul Lissy	NV	45' 09"	13.84m	2009	
6	James Koch	NM	44' 09"	13.64m	2005	*
7	Larry Horine	NC	44' 07"	13.59m	2001	*
8	William Harvey	NV	44' 5.50"	13.55m	2019	
9	Tom Fulton	FL	44' 02"	13.46m	2011	
10	Joe Myers	TN	43' 10"	13.36m	2022	

Men 75 - 79						
1	Gary Winters	FL	44' 00"	13.41m	2015	*
2	Gerald Vaughn	NC	41' 02"	12.56m	2011	*
3	William Harvery	CA	40' 10.25"	12.45m	2022	
4	Scott Herrman	KS	40' 01"	12.22m	1995	*
5	Larry Horine	NC	38' 09"	11.81m	2007	
6	Pete Augsburg	OH	37' 06"	11.43m	2005	
6	John Mays	KS	37' 06"	11.43m	1987	*
8	Jim Gerhardt	TX	37' 05"	11.40m	2005	
9	Ross Carter	OR	37' 04"	11.38m	1991	
10	William Harvery	CA	37' 3.75"	11.37m	2023	



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Women 80 - 84						
1	Elsbeth Padia	CA	30' 10.5"	9.41m	2019	*
2	Elsbeth Padia	CA	27' 06"	8.38m	2022	
3	Gloria Krug	PA	25' 2.75"	7.69m	2013	*
4	Mary Roman	CT	24' 11.25"	7.60m	2017	
5	Patricia Lemanski	MI	24' 6.50"	7.48m	2013	
6	Madelaine Cazel	FL	24' 03"	7.39m	2017	
7	Beverly Wood	NM	24' 2.25"	7.37m	2019	
8	Christel Donley	CO	24' 1.75"	7.36m	2015	
9	Gloria Krug	PA	23' 11"	7.29m	2015	
10	Joy Kaylor	CO	23' 10"	7.26m	2019	
Women 85-89						
1	Elsbeth Padia	CA	24' 4.25"	7.42m	2023	*
2	Helen Beauchamp	MS	21' 04"	6.50m	2005	*
2	Madelaine Cazel	FL	21' 04"	6.50m	2023	
4	Beth Carrin	NC	20' 10.75"	6.37m	2019	
5	Madelaine Cazel	FL	20' 3.75"	6.19m	2022	
6	Edna Hyer	NY	20' 3.50"	6.18m	2019	
7	Gloria Krug	PA	20' 0.50"	6.11m	2019	
8	Johnnye Valien	CA	19' 08"	6.00m	2011	
9	Joyce Mason	OH	19' 4.25"	5.90m	2023	
10	Florence Meiler	VT	19' 02"	5.84m	2019	
Women 90-94						
1	Haxel Trexler-Campbell	NC	18' 4.25"	5.59m	2013	
2	Winnifred Averbuck	CA	16' 9.50"	5.12m	2015	
3	Winnifred Averbuck	CA	16' 4.25"	4.98m	2013	
4	Margaret Hinton	TX	15' 06"	4.73m	2011	*
5	Irene Bible	LA	14' 09"	4.50m	2011	
6	Dorothy Sowerby	NC	14' 7.50"	4.46m	2023	
7	Agnes Reinhard	WI	12' 4.50"	3.77m	2015	
8	Elsie Rossi	Canada	12' 3.75"	3.75m	2013	
9	Wally Dashiell	MD	11' 10.50"	3.62m	2013	
9	Fay Bond	NC	11' 10.50"	3.62m	2017	
9	Dorothy Rheinhardt	FL	11' 10.50"	3.62m	2022	

RANK	NAME	STATE	FT-IN	METERS	YEAR	RECORD
Men 80 - 84						
1	John Manning	NM	42' 5.50"	12.94m	2015	
2	Ken Hurlbert	CA	39' 8.75"	12.11m	2019	
3	John Manning	NM	38' 7.75"	11.78m	2017	
4	George Riser	OH	38' 00"	11.60m	2007	*
5	Larry Rheams	MO	37' 11.50"	11.57m	2022	
6	Gerald Vaughn	NC	37' 10.25"	11.54m	2015	
7	Edward Fritz	MI	37' 9.50"	11.52m	2017	
8	Ross Carter	OR	36' 08"	11.18m	1995	*
9	Apost Xauthopoulos	MA	36' 07"	11.17m	2011	
9	Lovell Wheeler	SD	36' 07"	11.17m	2015	
Men 85 - 89						
1	Thom Phillips	OH	33' 1.75"	10.10m	2017	*
2	Donald Pellman	AR	32' 08"	9.96m	2001	*
3	George Riser	OH	32' 04"	9.86m	2009	
4	JD Brockman	MO	30' 11.25"	9.43m	2019	
5	George Riser	OH	30' 10"	9.39m	2011	
6	J Brockman	MO	30' 3.75"	9.24m	2017	
7	Ronald Small	OH	30' 2.50"	9.21m	2023	
8	John Poche	LA	29' 10.25"	9.10m	2015	
9	Sidney Davis	GA	29' 8.75"	9.06m	2019	
9	Edward Fritz	MI	29' 8.75"	9.06m	2023	
Men 90 - 94						
1	Donald Pellman	CA	33' 05"	10.18m	2009	*
2	Curt Davison	MO	32' 1.50"	9.79m	2015	
3	JD Brockman	MO	29' 0.50"	8.85m	2022	
4	Curt Davison	MO	27' 7.50"	8.42m	2017	
5	George Riser	OH	27' 0.75"	8.25m	2015	
6	Donald Phillips	SD	27' 00"	8.23m	2022	
7	Curt Davison	MO	26' 5.75"	8.07m	2019	
8	Donald Phillips	SD	26' 03"	8.00m	2023	
9	David Chase	FL	25' 11"	7.90m	2011	
10	Jack Hudgins	TX	25' 10.25"	7.88m	2019	



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Women 95 - 99								Men 95-99						
1	Lillian Webb	FL	14' 2.50"	4.33m	2013	*		1	Robert Stewart	VA	22' 03"	6.78m	2007	*
2	Lorma Bauer	IL	13' 2.75"	4.03m	2019			2	Trent Lane	LA	20' 04"	6.20m	2005	*
3	Fay Bond	NC	12' 06"	3.81m	2019			3	Champion Goldy	NJ	19' 8.25"	6.00m	2013	
4	Ann McGowan	RI	11' 03"	3.43m	2019			4	Howard Hall	KY	18' 9.25"	5.72m	2017	
5	Fay Bond	NC	10' 8.25"	3.26m	2022			5	Warren Barger	TN	18' 0.50"	5.50m	2017	
6	Wally Dashiell	MD	10' 3.75"	3.14m	2019			6	Frederick Winter	MI	16' 05"	5.01m	2011	
7	Wally Dashiell	MD	7' 9.75"	2.38m	2022			7	John Zilverberg	SD	16' 04"	4.99m	2009	
								8	Milan Cobble	NM	16' 2.25"	4.93m	2019	
								9	John Pugh	NC	15' 02"	4.62m	2009	
								10	James Kales	FL	14' 10"	4.51m	2011	
Women 100 & Above								Men 100 & Above						
1	Wally Dashiell	MD	6' 6.75"	2.00m	2023	*		1	Frederick Winter	MI	13' 10.50"	4.23m	2015	*
								2	John Pugh	NC	12' 01"	3.68m	2013	*
								3	Trent Lane	LA	11' 11"	3.64m	2011	*
								4	John Zilverberg	SD	11' 1.50"	3.39m	2013	
								5	John Zilverberg	SD	9' 3.50"	2.83m	2015	
								6	John Zilverberg	SD	8' 10"	2.69m	2017	