

Rocky Mountain Masters Games Records

1980 -2015

SPRINTS, RUNNING, & RACE WALKING

50 METER DASH

SEX	AGE_GRP	NAME	Year	Time
W	30-34	Brandi Bernert	2010	6.62
W	35-39	Becca Sorensen	2011	7.06
W	40-44	Sue Norton	1999	7.33
W	45-49	M. Mitchell	1988	7.00
W	50-54	Joan Dugan	1991	7.62
W	55-59	Liz Palmer	2015	7.69
W	60-64	Cathy Nicoletti	2012	8.11
W	65-69	Christel Donley	2001	9.10
W	70-74	Barbara Jordan	2006	8.68
W	85-89	Velma Jacobs	2004	12.83
M	Open	Gregory Campbell	2007	6.79
M	30-34	D. Barmer	1996	6.09
M	35-39	Robert Hahn	1988	6.10
M	40-44	Robb Bong	1988	6.01
M	45-49	G. Oliphant	1988	6.20
M	50-54	James St Cyr	1999	6.37
M	55-59	H. Hartenstein	1990	6.54
M	60-64	G. Albury	1990	6.80
M	65-69	T. Murphy	1988	7.06
M	70-74	John Davison	1990	7.36
M	75-79	John Davison	1994	7.54
M	80-84	Lee Todd	1995	8.52
M	85-89	Russell Randall	1994	9.18

100 METER DASH

SEX	AGE_GRP	NAME	Year	Time
W	Open	Mandy White	2015	11.35
W	30-34	Brandi Bernert	2010	12.09
W	35-39	Brandi Bernert	2013	12.24
W	40-44	Sue. Norton	1999	13.54
W	45-49	W. Ely	1985	13.18
W	50-54	Liz Palmer	2010	13.11
W	55-59	Liz Palmer	2015	14.03
W	60-64	Cathy Nicoletti	2015	15.36
W	65-69	L. Haefele	1990	16.54
W	70-74	P. Clarke	1983	16.50
W	75-79	P. Clarke	1985	16.20
W	80-84	Pearl Mehl	1995	24.20
W	85-89	Velma Jacobs	2004	27.12
M	Open	Bryan Johnson	2011	11.26
M	30-34	C. Jackson	1982	10.60
M	35-39	F. Booker	1984	11.07
M	40-44	B. Wilson	1983	10.80
M	45-49	Mac Azuogu	1994	11.40
M	50-54	B. Springbett	1983	11.40
M	55-59	H. Hartenstein	1990	11.20
M	60-64	Gary Sims	2001	12.70
M	65-69	Don Neidig	2010	12.51
M	70-74	John Davison	1991	14.02
M	75-79	John Davison	1994	14.00
M	80-84	Emmett Bennett	1994	16.30
M	85-89	Russell Randall	1994	17.70
M	90-94	Don Pellmann	2005	WR 17.83

200 METER DASH

SEX	AGE_GRP	NAME	Year	Time
W	Open	Kyra Barnes	2015	27.96
W	30-34	Brandi Bernert	2010	25.23
W	35-39	Thai Woods	2015	23.41
W	40-44	Sue Norton	1999	27.20
W	45-49	W. Ely	1985	27.08
W	50-54	Colleen Burns	2003	31.81
W	55-59	Nadine O'Connor	1998	30.23
W	60-64	Nadine O'Connor	2004	29.09
W	65-69	Joyce Franks	1998	34.37
W	70-74	P. Clarke	1981	34.20
W	75-79	P. Clarke	1985	35.20
W	80-84	Pearl Mehl	1995	1.00.05
W	85-89	Velma Jacobs	2004	1.01.07
M	Open	Gil Roberts	2015	19.86
M	30-34	G. Crunkleton	1986	21.74
M	35-39	F. Booker	1984	22.28
M	40-44	B. Wilson	1983	22.00
M	45-49	Robert Bowen	2001	23.30
M	50-54	T. Baker	1982	23.40
M	55-59	T. Baker	1987	24.18
M	60-64	Donald Neidig	2004	24.37
M	65-69	Don Neidig	2009	25.37
M	70-74	J. Alexander	1990	27.90
M	75-79	John Davison	1994	29.08
M	80-84	Herb Anderson	1982	34.60
M	85-89	Ed Carter	2005	39.45

400 METER RUN

SEX	AGE_GRP	NAME	Year	Time
W	Open	Ruth Waller	2011	1:00.55
W	30-34	Ruth Waller	2014	1:02.32
W	35-39	Anna Breezinska	2007	57.40
W	40-44	Eileen Phillips	2015	1:01.60
W	45-49	Leslee Superchi	2008	1:09.34
W	50-54	Colleen Burns	2003	1:11.60
W	55-59	Diane Palmason	1993	1:09.71
W	60-64	Laurie Rugenstein	2008	1:18.49
W	65-69	Laurie Rugenstein	2013	1:19.04
W	70-74	Mary Smith	2013	1:24.33
W	75-79	Pearl Mehl	1989	1:37.99
W	80-84	Pearl Mehl	1995	2:24.94
M	Open	Charles Rasmussen	2011	52.63
M	30-34	B. Janssen	1983	50.80
M	35-39	G. Mason	1982	51.70
M	40-44	Kettrell Berry	2003	52.09
M	45-49	Ron Kilpatrick	1984	53.02
M	50-54	Jerry Scriver	2002	54.96
M	55-59	Ron Kilpatrick	1993	56.24
M	60-64	Donald Neidig	2004	55.56
M	65-69	Don Neidig	2009	57.47
M	70-74	J. Alexander	1990	1:03.47
M	75-79	James Leggitt	2010	1:18.00
M	80-84	Herb Anderson	1983	1:25.40

800 METER RUN				
SEX	AGE_GPR	NAME	Year	Time
W	Open	Ruth Waller	2011	2:17.05
W	30-34	Y. Joyce	1991	2:13.84
W	35-39	Y. Joyce	1995	2:18.72
W	40-44	Teresa Drotar	1999	2:36.61
W	45-49	B. Pike	1988	2:37.34
W	50-54	Diane Palmason	1991	2:37.39
W	55-59	Diane Palmason	1993	2:44.55
W	60-64	Laurie Rugenstein	2008	2:56.48
W	65-69	Laurie Rugenstein	2013	2:59.51
W	70-74	Louise Adams	1994	3:22.47
W	75-79	Pearl Mehl	1989	3:37.19
W	80-84	Pearl Mehl	1995	5:41.65
M	Open	Charles Rasmussen	2011	2:01.39
M	30-34	H. Hall	1983	1:57.80
M	35-39	J. Perry	1982	1:58.70
M	40-44	A. Cook	2000	2:03.05
M	45-49	Scott Hartley	2008	2:01.08
M	50-54	J. Schriber/ H. Cryer	1982	2:12.40
M	55-59	Bob Cottrell	2015	2:17.93
M	60-64	Ken Luff	1993	2:22.15
M	65-69	Chuck Sochor	1993	2:43.61
M	70-74	Maurice McDonald	2011	2:41.99
M	75-79	Emmett Bennett	1989	3:25.19
M	80-84	Emmett Bennett	1990	3:33.83
M	85-89	Emmett Bennett	1995	4:24.02

1500 METER RUN				
SEX	AGE_GPR	NAME	Year	Time
W	30-34	Kate Kinney	1992	5:00.57
W	35-39	Nancy Coleman	1996	5:24.00
W	40-45	Patty Murray	2008	4:49.20
W	45-49	Mary Shore	2010	5:24.03
W	50-54	Kim Jones	2008	5:23.40
W	55-59	Maria Korb	2008	6:07.10
W	60-64	Laurie Rugenstein	1999	5:51.50
W	65-69	M. Lambert	1987	6:52.90
W	70-74	Louise Adams	1993	7:05.82
W	75-79	Pearl Mehl	1989	7:47.95
W	80-84	Mary Kirsling	2003	11:52.80
M	30-34	Daniel Haney	1994	4:13.17
M	35-39	R. Drown	1994	4:19.23
M	40-44	Lance Denning	2002	4:15.50
M	45-49	Scott Hartley	2008	4:17.00
M	50-54	James Gilbert	2012	4:39.00
M	55-59	Ken Luff	1992	4:59.83
M	60-64	David Salazar	2013	5:07.41
M	65-69	Richard Hayes	1997	6:11.02
M	70-74	L. Patterson	1985	6:02.59
M	75-79	Herb Anderson	1981	7:27.10
M	80-84	E. Bennett	1990	7:58.30

5000 METER RUN				
SEX	AGE_GPR	NAME	Year	Time
W	30-34	C. Leroi	1992	17:30.40
W	35-39	S. Sarto	1994	20:02.90
W	40-44	V. Sedlak	1990	21:49.90
W	50-54	Diane Palmason	1991	20:51.50
W	55-59	Jessie Standart	1995	26:05.70
W	60-64	Louise Adams	1986	25:27.50
W	65-69	Louise Adams	1989	25:13.20
W	70-74	Louise Adams	1993	26:20.30
W	75-79	Pearl Mehl	1989	28:12.90
W	80-84	Pearl Mehl	1995	44:18.30
M	30-34	J. Koningh	1988	15:20.40
M	35-39	S. Flanagan	1985	15:28.20
M	40-44	Rick Rojas	1994	16:00.00
M	45-49	C. Downey	1985	17:30.40
M	50-54	E. Black	1985	17:50.20
M	55-59	Ken Luff	1992	17:30.70
M	60-64	E. Black	1991	19:56.80
M	65-69	Richard Hayes	1995	23:13.40
M	70-74	L. Patterson	1985	24:05.50
M	75-79	J. Mead	1984	27:19.20

5K RACE WALK				
SEX	AGE_GPR	NAME	Year	Time
W	35-39	P. Miller	1991	26:02.90
W	40-44	B. Sedlak	1991	25:38.60
W	45-49	Marianne Martino	1995	27:35.90
W	50-54	Barbara Jansen	1995	33:39.70
W	55-59	B. Marozsan	1991	32:53.50
W	60-64	Jackie Williams	1994	31:44.00
W	65-69	Jackie Williams	1995	33:18.00
W	70-74	J. Timmerhaus	1997	45:37.91
W	75-79	B. Jacobs	1991	38:21.00
M	30-34	Michael Blanchard	1991	30:27.50
M	35-39	Albert Leibold	1995	22:51.50
M	40-44	C. Brown	1991	31:49.40
M	45-49	A. Yap	1991	28:59.30
M	50-54	L. Marchant	1991	30:59.00
M	55-59	B. Decarlo	1992	27:58.00
M	60-64	J. Lyle	1994	29:47.63
M	65-69	Klaus Timmerhaus	1993	30:26.00
M	70-74	Klaus Timmerhaus	1995	30:42.20
M	75-79	Howard Channell	1993	31:12.00

STEEPLE CHASE				
SEX	AGE_GPR	NAME	Year	Time
W	35-39	Marilyn Brandt	1995	8:17.40
M	35-39	T. Quinn	1995	8:14.30

3000 METERS				
SEX	AGE_GPR	NAME	Year	Time
W	50-54	Laura Bruess	2015	11:32.7
W	55-59	Valerie Eipper	2015	12:44.30
M	30-34	Antonio Cuevas	2013	10:05.70
M	50-54	James Gilbert	2014	10:35.80
M	55-59	Rick Bruess	2015	12:44.30
M	65-69	Jerry Brown	2014	15:16.50
M	70-74	Larry Brown	2014	13:45.00

400 METER HURDLES				
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80 METER HURDLES				
SEX	AGE_GPR	NAME	Year	Time
W	40-44	Kristin McFall	2012	12.87
W	45-49	Teresa Drotar	2003	15.02
W	50-54	Liz Palmer	2010	12.44
W	55-59	Liz Palmer	2015	13.24
W	60-64	Karen Blackmore	2014	20.86
W	70-74	Barbara Jordan	2006	18.06
M	65-69	Alex Meyer	2010	25.60
M	70-74	Richard McKisson	2010	13.83
M	75-79	Richard McKisson	2012	13.87
M	80-85	Fred Hirsimaki	2004	18.06

100 METER HURDLES				
SEX	AGE_GPR	NAME	Year	Time
W	Open	Anissa Ferguson	2015	19.58
W	30-34	Karen Hood	1999	17.57
W	60-64	P. Peterson	1990	20.20
W	65-69	Chuck Sochor	1993	19.32
M	50-54	BJ Duhon	2010	14.47
M	55-59	Chuck Sochor	1995	15.20
M	60-64	Courtland Gray	2004	14.83
M	65-69	L. Bonifield	1998	17.00
M	70-74	Fred Hirsimaki	1994	14.92
M	75-79	Ham Morningstar	1994	24.06
M	80-84	Bob Boal	1994	22.14
M	85-89			

110 METER HURDLES				
SEX	AGE_GPR	NAME	Year	Time
M	Open	Markevous Humphrey	2014	15.34
M	30-34	N. Robinson	1984	14.40
M	35-39	Mike Hill	1987	15.20
M	40-44	Robert Zahn	1994	15.42
M	45-49	D. Lance	1987	16.40
M	50-54	Jeff Loubet	1993	15.33
M	55-59	Jack Greenwood	1982	15.80
M	60-64	Jack Greenwood	1986	16.12
M	65-69	H. Miller	1982	19.60
M	70-74	B. Deacon	1982	23.00
M	80-84	Herb Anderson	1982	26.50

300 METER HURDLES				
SEX	AGE_GPR	NAME	Year	Time
F	55-59	Kay Glynn	2010	1:01.63
M	50-54	H. Cisneros	1988	47.90
M	55-59	H. Cisneros	1989	47.56
M	60-64	Courtland Gray	2004	43.91
M	65-69	Chuck Sochor	1993	51.01
M	70-74	Terry Rowan	2013	55.43
M	75-79	Lowell Bonifield	2012	1:09.43
M	80-84	Fred Hirsimaki	2004	1:18.74

MILE				
SEX	AGE_GPR	NAME	Year	Time
W	40-44	Jennifer Lee	2014	05:56.0
W	50-54	Laura Bruess	2015	5:57.10

SEX	AGE_GPR	NAME	Year	Time
W	Open	Anissa Ferguson	2015	1:16.40
W	35-39	Charlotte Carter	1991	1:15.77
M	30-34	Doug Schneebeck	1990	58.08
M	35-39	Doug Schneebeck	1997	56.91
M	40-44	Doug Schneebeck	2001	58.80
M	45-49	Brocksmith	1986	1:06.72
M	50-54	James McCrimmon	2013	1:04.21
M	55-59	Jack Greenwood	1983	1:03.40
M	60-64	Mike McGraw	2015	59.97
M	65-69	Chuck Sochor	1992	1:25.31
M	70-74	B. Deacon	1982	1:26.10
M	75-79	Herb Anderson	1981	1:38.70
M	80-84	Herb Anderson	1982	1:51.00

PENTATHLON				
SEX	AGE_GPR	NAME	Year	Points
W	35-39	Charlotte Carter	1991	2,272
W	40-44	Charlotte Carter	1995	2,196
W	45-49	Charlotte Carter	1998	2,277
W	50-54	Karen Blackmore	2008	1,825
W	55-59	B. Jersimski	1996	831
W	60-64	U. Fagan	1996	1,606
W	65-69	Marilyn Olen	1996	895
W	70-74	Christel Donley	2006	3446
M	30-34	Mike Hill	1985	3,842
M	35-39	Mike Hill	1990	3,819
M	40-44	Mike Hill	1992	3,778
M	45-49	Mike Hill	1996	3,698
M	50-54	J. Gilmore	1985	3,470
M	55-59	Michael Januseky	2014	3,733
M	60-64	Boo Morcom	1985	3,834
M	65-69	George Cairns	2002	3,621
M	70-74	John Alexander	1990	4,020
M	75-79	Herb Anderson	1981	3,313
M	80-84	Lee Todd	1997	3,221
M	85-89	Herb Anderson	1987	2,531
M	90-94	Ralph Maxwell	2010	2,643

DECATHLON				
SEX	AGE_GPR	NAME	Year	Points
M	35-39	Rod Jacobson	1995	3,688
M	40-44	Jeff Watry	1995	6,192
M	75-79	John Alexander	1995	3,175

200 METER HURDLES				
SEX	AGE_GPR	NAME	Year	Time
M	90-94	Ralph Maxwell	2010	51.31

3K RACE WALK				
SEX	AGE_GPR	NAME	Year	Time
W	55-59	Connie Reukauf	2015	22:10.30
W	65-69	Marianne Martino	2015	18:30.60
W	70-74	Rita Sinkovec	2013	21:19.62
W	75-79	Rita Sinkovec	2015	22:10.40
M	35-39	Francisco Pantoja	2013	14:34.50
M	65-69	Bill Emslie	2014	20:46.90
M	70-74	Robert Smith	2013	23:37.90

W	55-59	Valerie Eipper	2015	6:22.30
W	65-69	Laurie Rugenstein	2013	6:13.00
M	45-49	Todd Straka	2015	4:44.00
M	50-54	James Gilbert	2015	5:09.50
M	55-59	Rick Bruess	2015	5:54.00
M	65-69	Jerry Brown	2014	7:40.59
M	70-74	Larry Brooks	2014	6:47.89

HIGH JUMP				
SEX	AGE_GPR	NAME	Year	Height
W	Open	Beth Castagno	2007	1.80
W	30-34	Cindy Holloway	2004	1.53
W	35-39	Connie Williams	2004	1.55
W	40-44	Kristin McFall	2012	1.48
W	45-49	Leslie Hilbert	2010	1.41
W	50-54	S. Anderson	1983	1.12
W	55-59	Kay Glynn	2010	1.36
W		Eleanor Gipson	2010	1.36
W	60-64	Eleanor Gipson	2014	1.30
W	65-69	Christel Donley	2001	1.20
W		Nadine O'Connor	2009	1.20
	70-74	Christel Donley	2006	1.12
W	75-79	Christel Donley	2013	1.07
M	Open	Luke Ginther	2000	1.78
M	30-34	G. Haynie	1989	2.01
M	35-39	J. Hartfield	1984	2.05
M	40-44	J. Hartfield	1985	2.06
M	45-49	T. Langerfield	1983	1.75
M	50-54	J. Brown	1981	1.78
M	55-59	D. Kardok	1981	1.58
M	60-64	Boo Morcum	1985	1.48
M	65-69	Art Parry	2011	1.51
M	70-74	Tom Langenfeld	2006	1.45
M	75-79	Doug Spainhower	2009	1.29
M	80-84	Ray Propst	2010	1.21
M	90-94	Donald Pellmann	2005	1.15 WR

POLE VAULT				
SEX	AGE_GPR	NAME	Year	Height
W	Open	Christine Silva	2009	3.35
W	40-44	Brenda Bumgardner	2011	3.20
W	45-49	Brenda Bumgardner	2012	3.05
W	55-59	Kay Glynn	2011	2.98
W	60-64	Nadine O'Connor	2005	2.94
M	Open	Rory Quiller	2011	5.57
M	30-34	K. Scott	1987	4.75
M	35-39	Ken Ellis	1995	4.57
M	40-44	Pat Manson	2009	5.10
M	45-49	Brad Winter	2000	3.81
M	50-54	Jerry Donley	1984	3.96
M	55-59	Jerry Donley	1985	3.96
M	60-64	Boo Morcum	1985	3.66
M	65-69	Art Parry	2011	3.72
M	70-74	Jerry Donley	2002	2.96
M	75-79	Franklin Held	2005	3.00
M	80-84	Jerry Donley	2010	2.14
M	85-89	Jerry Donley	2015	1.55
M	90-94	Donald Pellmann	2005	1.83 WR

SHOT PUT				
SEX	AGE_GPR	NAME	Year	Distance

TRIPLE JUMP				
SEX	AGE_GPR	NAME	Year	Distance
W	30-34	Lindsay Rairdon	2011	9.82
W	35-39	Lindsay Rairdon	2013	9.29
W	40-44	P. Calvert	1986	9.33
W	45-49	Dyan Thompson	2013	7.16
W	50-54	Gael Keffer	1994	6.81
W	55-59	Kay Glynn	2010	8.42
W	60-64	J. Wahl	1987	6.33
W	65-69	Christel Donley	2002	6.61
W	70-74	Christel Donley	2012	5.59
W	75-79	Christel Donley	2014	5.64
M	Open	Markevious Humphrey	2000	1.78
M	30-34	Cary McNeil	2011	13.75
M	35-39	J. Owusu	1986	14.18
M	40-44	Bryan Johnson	1999	13.60
M	45-49	Mike Lariza	2002	13.07
M	50-54	T. Langerfield	1986	15.25
M	55-59	R. Wolf	1983	10.26
M	60-64	C. Olsen	1986	9.79
M	65-69	Fred Hirsimaki	1990	9.15
M	70-74	Hugh Hackett	1990	9.02
M	75-79	Doug Spainhower	2009	8.33
M	80-84	Fred Hirsimaki	2006	7.70
M	85-89	Herb Anderson	1987	6.00
M	90-94	Donald Pellmann	2005	6.44 AR

LONG JUMP				
SEX	AGE_GPR	NAME	Year	Distance
W	Open	Katrina Rogers	2009	4.70
W	30-34	Lindsay Rairdon	2011	4.96
W	35-39	Becca Sorensen	2011	5.31
W	40-44	P. Calvert	1986	4.69
W	45-49	T. Klassen	1987	3.32
		Dyan Thompson	2013	3.32
W	50-54	Gael Keffer	1994	3.51
W	55-59	Kay Glynn	2010	4.37
W	60-64	Nadine O'Connor	2006	4.55
W	65-69	Nadine O'Connor	2009	4.15
W	70-74	Christel Donley	2006	2.94
W	75-79	P. Clarke	1988	2.59
M	30-34	Marvin Williams	1999	6.80
M	35-39	J. Owusu	1986	7.18
M	40-44	Bryan Johnson	1999	6.27
M	45-49	Robb Bong	1991	6.12
M	50-54	P. Stopoulos	1988	5.93
M	55-59	P. Stopoulos	1992	5.16
M	60-64	Boo Morcum	1985	5.15
M	65-69	V. Matson	1987	4.61
M	70-74	J. Alexander	1990	4.57
M	75-79	Doug Spainhower	2009	3.99
M	80-84	Ed Carter	2002	3.54
M	85-89	Russ Randall	1995	3.58
M	90-94	Donald Pellmann	2005	3.26 AR

HAMMER				
SEX	AGE_GPR	NAME	Year	Distance

W	Open	Ann Ggramkow	2007	12.14
W	30-34	Joan Stratton	1985	12.22
W	35-39	Carol Finsrud	1994	12.47
W	40-44	Carol Finsrud	1998	13.30
W	45-49	Teresa Nystrom	2010	9.87
W	50-54	Erika Szanto	1998	9.92
W	55-59	Kay Glynn	2010	9.55
W	60-64	Joan Dugan	1994	8.16
W	65-69	Carol Frost	2011	10.85
W	70-74	Christel Donley	2006	7.80
W	75-79	Joy Kaylor	2013	8.02
W	80-84	Christel Donley	2015	7.36
M	Open	Matt Maltby	2007	14.67
M	30-34	Gary Gartner	1989	15.99
M	35-39	Chad Lindsay	2010	17.57
M	40-44	Milton Girouard	2003	14.97
M	45-49	Tom Gage	1991	14.72
M	50-54	Bruce Cook	2012	15.65
M	55-59	Paul Economides	2001	14.03
M	60-64	Quenton Torbert	2013	16.67
M	65-69	Ross Carter	1983	13.67
M	70-74	Gerald Vaughn	2006	15.21
M	75-79	Ross Carter	1989	12.64
M	80-84	Ross Carter	1994	11.67
M	85-90	Herb Anderson	1987	7.93
M	90-94	Donald Pellmann	2005	9.33 WR

DISCUS				
SEX	AGE_GPR	NAME	Year	Distance
W	Open	Ann Gramkow	2007	40.67
W	30-34	Joan Stratton	1985	36.63
W	35-39	Carol Finsrud	1994	47.22
W	40-44	Carol Finsrud	1998	45.51
W	45-49	Debbie Falzitto	2013	31.23
W	50-54	Terry Krankatz	1997	32.46
W	55-59	Susan Ruff	2011	26.49
W	60-64	Joan Dugan	1994	25.15
W	65-69	Carol Frost	2011	30.99
W	70-74	Joy Kaylor	2008	20.09
W	75-79	Joy Kaylor	2015	20.68
W	80-84	Willie Gatza	2005	9.54
M	Open	Mason Finley	2015	62.64
M	30-34	Andrew Loftin	2011	56.20
M	35-39	Scott Genther	1993	50.60
M	40-44	Todd Davis	2005	45.96
M	45-49	Lloyd Higgens	1988	48.79
M	50-54	Brian Bedard	2015	48.43
M	55-59	Ed Riewerts	2014	50.39
M	60-64	Ron Anderson	2000	50.28
M	65-69	Bob Humphreys	2002	44.68
M	70-74	Ross Carter	1984	38.81
M	75-79	Dale Buysse	1996	36.54
M	80-84	Ross Carter	1994	36.45
M	85-89	Doug McFeters	2013	25.29
M	90-94	Donald Pellmann	2005	27.93 WR

W	Open	Amanda Johnson	2007	51.17
W	30-34	Joan Stratton	1985	35.10
W	35-39	Lindsey Malone	2015	42.23
W	40-44	Carol Finsrud	1998	36.35
W	45-49	Debbie Falzitto	2012	29.56
W	50-54	Erika Szanto	1998	24.92
W	55-59	Susan Ruff	2012	33.98
W	60-64	Sharon Raham	2009	28.83
W	65-69	Carol Young	2006	30.40
W	70-74	Joy Kaylor	2008	23.35
W	75-79	Joy Kaylor	2015	30.53
W	80-84	Chrystel Donley	2015	17.96
M	Open	Andrew Loftin	2009	69.76
M	30-34	Andrew Loftin	2011	67.17
M	35-39	R. Manz	1984	48.87
M	40-44	Rande Treece	2003	51.32
M	45-49	Tom Gage	1988	59.36
M	50-54	Tim Edwards	2000	49.75
M	55-59	Tom Gage	1998	60.89 AR
M	60-64	Bob Richards	1986	46.25
M	65-69	Bob Humphreys	2002	43.51
M	70-74	Brady Walker	1993	41.78
M	75-79	Doug Tomlinson	2007	35.55
M	80-84	Hugh Hackett	2002	24.98
M	85-89	Harry Miller	2003	15.87

JAVELIN				
SEX	AGE_GPR	NAME	Year	Distance
W	30-34	V. Johnson	1988	32.41
W	35-39	Ladonna Reed	2013	23.70
W	40-44	Carol Finsrud	1998	32.71
W	45-49	Debbie Falzitto	2011	23.07
W	50-54	April Steusloff	2009	21.30
W	55-59	Susan Ruff	2012	29.16
W	60-64	Sharon Raham	2006	28.82
W	65-69	Carol Frost	2011	27.51
W	70-74	Christel Donley	2006	23.88
W	70-74	Willie Gatza	1998	13.17
W	75-79	Dorothy Morgan	2002	21.10
W	80-84	Dorothy Morgan	2009	17.75
M	Open	Matt Maltby	2007	49.09
M	30-34	N. Robinson	1984	61.24
M	35-39	Byron Tucker	2004	62.19
M	40-44	Byron Tucker	2007	63.91
M	45-49	Lloyd Higgens	1988	54.58
M	50-54	P. Conley	1986	54.13
M	55-59	Ed Morland	2003	51.48
M	60-64	Ed Morland	2008	45.22
M	65-69	Leonard Sokoloski	2010	40.28
M	70-74	F. Held	1998	45.39
M	75-79	Ross Aragon	2014	35.75
M	80-84	Lee Todd	1995	31.50
M	85-89	Herb Anderson	1987	22.70
M	90-94	Donald Pellmann	2005	22.71 WR

WEIGHT THROW				
SEX	AGE_GPR	NAME	Year	Distance
W	Open	Carol Finsrud	1998	13.38
W	40-44	Carol Finsrud	1998	13.38
W	45-49	Debbie Falzitto	2011	9.80
W	50-54	Erika Szanto	1998	9.11
W	55-59	Susan Ruff	2015	10.66
W	60-64	Sharon Raham	2010	10.13
W	65-69	Carol Young	2006	11.70
W	70-74	Joy Kaylor	2008	9.60
W	75-79	Joanne Marriott	2015	11.39
M	30-34	John Kuemmerlin	2002	10.18
M	35-39	John Kuemmerlin	2005	12.10
M	40-44	Rande Treese	2002	14.26
M	45-49	Rande Treese	2006	14.92
M	50-54	Tim Edwards	1998	18.80
M	55-59	Tom Gage	1998	19.09
M	60-64	Tim Edwards	2008	16.70
M	65-69	Ian Percy	2010	17.05
M	70-74	Ian Percy	2015	16.02
M	75-79	Doug Tomlinson	2008	13.37
M	80-84	Lee Todd	1995	11.14
M	85-89	Hugh Hackett	2009	7.13

SUPERWEIGHT THROW				
SEX	AGE_GPR	NAME	Year	Distance
W	40-44	D. Falzitto-Gocken	2006	4.69
W	45-49	Debbie Falzitto	2013	6.63
W	50-54	Lisa Hampton	2009	4.56
W	55-59	Marion Berg	2011	5.14
W	60-64	Joy Kaylor	2000	5.91
W	65-69	Sharon Raham	2011	7.04
W	75-79	Joanne Marriott	2015	8.18
M	30-34	John Kuemmerlin	2002	7.29
M	35-39	John Kuemmerlin	2005	9.09
M	40-44	Rande Treece	2005	9.75
M	45-49	Rande Treece	2006	9.56
M	50-54	Tim Edwards	2000	9.28
M	55-59	Ian Percy	2002	7.81
M	60-64	Ian Percy	2009	8.43
M	65-69	Ian Percy	2010	8.89
M	70-74	Ian Percy	2015	9.12
M	75-79	Doug Tomlinson	2008	7.00
M	80-84	Frank Bowles	2004	4.06
M	85-89	Hugh Hackett	2009	2.82

THROWS PENTATHLON				
SEX	AGE_GPR	NAME	Year	Points
W	Open	Ann Grankow	2007	3,071
W	30-34	Joan Stratton	1985	2,339
W	40-44	D. Falzitto-Gocken	2007	2,729
W	45-49	Debbie Falzitto	2011	2,813
W	50-54	Debbie Falzitto	2015	2,961
W	55-59	Susan Ruff	2012	3,484
W	60-64	Sharon Raham	2008	3,362
W	65-69	Carol Young	2006	3,884
W	70-74	Christel Donley	2006	3,695
W	75-79	Joy Kaylor	2014	3,907
M	Open	Matt Maltby	2009	2,734
M	30-34	B. Pfeiffer	1983	3,240
M	35-39	R. Manzi	1984	3,290
M	40-44	E. Hill	1983	3,612
M	45-49	Ron Broce	1996	3,740
M	50-54	Ian Percy	1997	4,152
M	55-59	Paul Economides	2002	4,395
M	60-64	Paul Economides	2009	4,341
M	65-69	Ian Percy	2012	3,970
M	70-74	Brady Walker	1993	4,586
M	75-79	Doug Tomlinson	2007	4,292
M	80-84	Ross Carter	1994	4,214
M	85-89	Phil Brusca	2014	3,276