

QUAD CITIES SENIOR OLYMPICS

TRACK & FIELD RECORDS 1991 – 2026

(2020 Cancelled due to the COVID 19 pandemic)

denotes hand timed converted to fully Automatic Timing (F.A.T. adjusted +.24)

50 METERS

20-24	Se Ann Shoemaker	7.25	2025
40-44	Jennifer Allen	8.24#	2014
45-49	Tammi Peck	10.72	2010
50-54	Lynne Schiffke	8.54	2009
55-59	Rita Schaeffer	8.84	2009
60-64	Penny Danielson	9.14	2009
65-69	Kay Glynn	8.96	2021
70-74	Penny Danielson	9.54#	2016
75-79	Corky Duhlstine Feeney	9.76	2026
80-84	Doris Forbes	12.64#	2012
5- 9	Dash Gunnelson	8.84#	2024
40-44	Mick Cherry	7.64#	2012
45-49	Brian Andrae	7.54#	2017
50-54	Joseph Schiltz	6.45	2011
55-59	Lee Spencer	6.58	2011
60-64	Pete Stopoulos	6.72	1996
65-69	Dan Hansman	6.87	2011
70-74	Robert DeClerk	7.66	2011
	Lee J Stopoulos	7.74#	2012
	Pete Stopoulos	7.74#	2006
75-79	Lee J Stopoulos	7.94#	2014
	William Urban	8.04	2003
	Cecil Howard	8.05	2009
	Ken Beach	8.06	2025
80-84	Bud Braunlich	9.07	2003
85-89	Bud Braunlich	10.27	2007
90-94	Don Childs	11.94#	2017

100 METERS

20-24	Se Ann Shoemaker	13.98	2025
40-44	Kelly Jeffries	15.14#	2014
45-49	Lisa Killinger	19.35	2010
50-54	Penny Danielson	16.39	1995
55-59	Lynne Ingalls	16.03	2001
60-64	Dolores Hinds	18.04#	1999
65-69	Penny Danielson	18.58	2010
70-74	Penny Danielson	19.24#	2016
75-79	Corky Duhlstine Feeney	19.59	2026
80-84	Doris Forbes	27.36	2011

5- 9	Dash Gunnelson	17.34#	2024
45-49	David Thompson	12.67	2026
50-54	Svetoslav Grozdev	11.94	2026
55-59	Roger C. Johnson	13.44#	2008
	Mike Oliver	13.44#	2004
60-64	Pete Stopoulos	13.54#	1996
65-69	Lowell Thompson	13.64#	2004
70-74	Bill Melville	14.05	2000
75-79	William Urban	15.69	2003
	Lee J Stopoulos	15.74#	2014
	Cecil Howard	15.74#	2008
80-84	Mel Larsen	16.06	2007
85-89	Howard Byers	18.56#	2015
90-94	Don Childs	24.54#	2017

200 METERS

20-24	Se Ann Shoemaker	29.58	2025
40-44	Jennifer Allen	31.64#	2016
45-49	Yvonne Regan	37.64#	2016
50-54	Julie Modjeski	33.06	2026
55-59	Lynn Ingalls	32.69	2001
60-64	Dolores Hinds	38.64#	1998
65-69	Alice Kellogg	42.24#	1999
70-74	Corky Duhlstine Feeney	46.53	2025
75-79	Corky Duhlstine Feeney	45.05	2026
80-84	Doris Forbes	73.87#	2013

45-49	David Thompson	26.45	2026
50-54	Svetoslav Grozdev	25.60	2026
55-59	Leroy Corey	28.54#	1999
60-64	David Wilson	27.20	2018
65-69	Pete Stopoulos	30.10	2001
70-74	Bill Melville	28.94#	2000
75-79	Bill Smallwood	34.54	2003
80-84	Howard Byers	36.57	2009
85-89	Howard Byers	41.86#	2015
90-94	Don Childs	52.64#	2017

400 METERS

40-44	Nicole Callahan	1:24.71	2015
45-49	Yvonne Regan	1:25.44#	2016
50-54	Julie Modjeski	1:11.96	2026
55-59	Lynn Ingalls	1:14.40	2001
60-64	Rita Schaeffer	1:24.34#	2014
65-69	Nancy Gehrke	1:30.10	2025
70-74	Rosemary Jamison	1:51.34	2014
75-79	Rita Ashmead	1:58.38	2013
40-44	Ken Sunseri	1:06.34	2011
45-49	Ken Sunseri	1:04.24	2012
50-54	David Bailey	58.99#	2014
55-59	David Bailey	1:03.95	2018
60-64	David Wilson	1:01.87	2018
65-69	Frank Davis	1:08.73	2010
70-74	Bill Smallwood	1:11.24#	1998
75-79	Frank Davis	1:27.92	2021
80-84	Howard Byers	1:30.95	2010
85-89	Richard Rucoba	1:45.84#	2014
90-94	Don Childs	2:23.14#	2017

800 METERS

20-24	Brooke Shannon	2:28.41	2025
40-44	Julie Anderson	3:27.06	2026
45-49	Yvonne Regan	3:27.04#	2016
50-54	Jo Faris	3:19.66	2003
55-59	Mary Toohil	3:10.03	2026
60-64	Nancy Gehrke	3:17.54	2022
65-69	Nancy Gehrke	3:19:17	2025
70-74	Rosemary Jamison	4:15.44#	2014
75-79	Rita Ashmead	4:26.34#	2014
50-54	David Bailey	2:10.14#	2014
55-59	Frederic Whiteside	2:26.73	2007
60-64	Cory De Long	2:47.79	2026
65-69	Frank Davis	2:40.73	2010
70-74	Frank Davis	2:52.14#	2016
75-79	Frank Davis	3:20.44	2021
80-84	Frank Davis	3:36.98	2025
85-89	Don Childs	5:43.64#	2013

1500 METERS

40-44	Nicole Callahan	6:02.34#	2016
45-49	Yvonne Regan	6:28.74#	2016
50-54	Mary Toohil	6:23.60	2026
55-59	Jill Kohlert	8:38.37	2021
60-64	Nancy Gehrke	6:21.58	2021
65-69	Nancy Gehrke	6:50.58	2025
70-74	Rita Ashmead	8:30.24	2008
75-79	Rita Ashmead	8:45.34#	2013
80-84	Naomi Hanson	17:43.08	2019
40-44	Ken Sunseri	5:50.51	2011
45-49	David Bailey	4:27.54#	2010
50-54	David Bailey	4:44.84#	2013
55-59	Frederic Whiteside	5:02.76	2007
60-64	Brian Volkens	5:30.04#	2015
65-69	Frank Davis	5:33.44#	2010
70-74	Frank Davis	5:50.44#	2016
75-79	Frank Davis	6:44.57	2021
80-84	Frank Davis	7:14.59	2025
85-89	Don Childs	10:59.44#	2013
90-94	Don Childs	11:46.34#	2017

3,000 METERS

40-44	Barb Lauf	11:29.96	2011
50-54	Barb Lauf	14:04.74#	2021
55-59	Mary Toohil	13:17.13	2026
60-64	Nancy Gehrke	13:24.44#	2021
65-69	Nancy Gehrke	14:00.24#	2025
70-74	Jean Roeder	28:54.94#	2025
45-49	Ken Lauf	10:42.15	2011
50-54	David Bailey	10:38.44	2015
55-59	Brian Volkens	11:17.82	2011
60-64	Brian Volken	12:05.14#	2015
65-69	Frank Davis	12:33.14#	2014
70-74	Frank Bay	13:31.32	2010
75-79	Frank Davis	14:41.24#	2021

3,000 METERS WHEEL CHAIR

60-64	Bobby (Scoop) Juarez	23:08.34#	2025
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5,000 METER ROAD RACE

2022 – Merged with Quad City Running Festival at TBK Sports Complex

5- 9	Hadley Naab	25:50	2023
10-14	Noni Casillas	21:57	2023
15-19	Whitney Estabrook	23:11	2023
20-24	Danielle Berndt	20:02	2014
25-29	Danielle Berndt	18:55	2015
30-34	Mary Scott	21:22	2016
35-39	Julie Haronik	23:08	2018
40-44	Nicole Callahan	21:55	2016
45-49	Eve Reynolds	23:39	2014
50-54	Yvonne Constantinou	22:15	2017
55-59	Rita Schaeffer	24:19	2009
60-64	Nancy Gehrke	23:43	2023
65-69	Nancy Gehrke	23:28	2025
70-74	Linda Roeder	26:03	2021
75-79	Janet Gustafson	35:24	2016

5- 9	Declan Hoffman	25:28	2023
10-14	Carter Hatz	18:25	2023
15-19	Jack Meyers	18:22	2021
20-24	Eli Kayser	18:34	2023
25-29	Keith Sands	16:46	2021
	Tanner Osing	16:46	2021
30-34	Phil Young	17:02	2019
35-39	Phil Young	17:12	2021
40-44	Dave Timson	17:35	2016
45-49	David Thompson	17:45	2026
50-54	David Bailey	17:59	2013
55-59	Frederic Whiteside	18:20	2007
60-64	John Robinson	20:40	2000
	Cory DeLong	20:38	2026
65-69	Frederic Whiteside	22:01	2017
70-74	Frederic Whiteside	22:58	2023
75-79	Frank Davis	26:00	2022
80-84	Frank Davis	26:17	2025

5,000 METER WALK ROAD RACE

40-44	Brandy Beene	52:02	2017
45-49	Tami Peck	46:50	2013
50-54	Sylvia Gould	39:09	1997
55-59	Judi Anseeuw	37:56	1995
60-64	Pamela Mason	37:41	2016
65-69	Meta Rolak	37:34	1995
70-74	Joan McClaran	35:04	1998
75-79	Faye White	42:42	1994
80-84	Norma Jean Sedlok	44:14	2005
85-89	Irene DeClerk	50:56	1999
90-94	Irene DeClerk	62.47	2003
95-99	Irene DeClerk	64.32	2005
50-54	Patrick Gannon	31:55	2001
55-59	Dick Brugger	30:56	1994
60-64	Frank Brown	29:49	1998
65-69	John Goff	35:33	2010
70-74	Tom Kirley	32:13	1992
75-79	Tom Kirley	33:29	1995
80-84	Tom Kirley	40:00	2003
85-89	Pete Worrell	50:54	1998

400 Meter Medley Relay (50-50-100-200)

Stephanie Cramer – Scott Reed – Joe Morgan – Robert Donaldson 80.14 2024

SOFTBALL THROW

45-49	Amanda Hulsing	91' 0"	30.33yd	2024
50-54	Laurie Lartz	102' 0"	34.00yd	2015
55-59	Mary Mercury	110' 6"	37.00yd	1997
60-64	Patricia Beam	120' 5"	40.33yd	2000
65-69	Patricia Beam	115' 7"	38.67yd	2003
70-74	Josephine Wilke	93' 0"	31.00yd	1999
75-79	Patricia Beam	84' 0"	28.00yd	2014
80-84	Irene "Pepper" Kerwin	56' 10"	19.00yd	2007
85-89	Irene "Pepper" Kerwin	39' 0"	13.00yd	2014
90-94	Maddie Seward	33' 0"	11.00yd	2024
102	Bernadine Ehman	29' 0"	9.67yd	2013
25-29	Adam Myers	243' 0"	81.00yd	2015
30-34	Jay Whiteside	132' 0"	44.00yd	2015
40-44	Mick Cherry	189' 0"	63.00yd	2012
45-49	Brian Andrae	180' 0"	60.00yd	2017
50-54	Brad Warren	249' 0"	83.00yd	2012
55-59	Paul Beadel	246' 0"	82.00yd	2024
60-64	Ed Merritt	200' 1"	66.67yd	2002
60-64wc	Don Mayhew		14.67yd	2025
65-69	Arthur Tayon	198' 1"	66.00yd	1997
70-74	Ted Jacobson	180' 2"	60.00yd	2002
75-79	Ron Stablein	148' 0"	49.33yd	2022
80-84	James McCord	132' 0"	44.00yd	2019
85-89	Don Childs	93' 0"	31.00yd	2015
90-94	Don Childs	79' 0"	26.33yd	2017
95-99	Ralph Whiteman	59' 0"	19.67yd	2023

FOOTBALL THROW (2008-)

50-54	Julie Modjeski		29.67yd	2026
55-59	Cheryl Hall		26.00yd	2026
60-64	Lisa Killinger	54' 0"	18.00yd	2024
65-69	Nancy Toohill	57' 0"	19.00yd	2024
70-74	Patricia Beam	59' 0"	19.67yd	2010
75-79	Patricia Beam	52' 0"	17.33yd	2014
	Elinor Nelson	52' 0"	17.33yd	2010
80-84	Elinor Nelson	43' 0"	14.33yd	2014
	Doris Forbes	43' 0"	14.33yd	2011
90-94	Mattie Seward		7.67yd	2026
85-89	Irene "Pepper" Kerwin	33' 0"	11.00yd	2011
102	Bernadine Ehman	20' 0"	6.67yd	2013
40-44	Mick Cherry	114' 0"	38.00yd	2012
45-49	Brian Andrae	144' 0"	48.00yd	2017
50-54	Jeff Johannsen	154' 0"	51.33yd	2009
55-59	Paul Beadel	162' 0"	54.00yd	2024
60-64	Kyle Matlick	148' 0"	49.33yd	2019
65-69	Randall Kinney	133' 0"	44.33yd	2025
70-74	Al Matheis	118' 0"	39.33yd	2009
75-79	Rod Speidel	104' 0"	34.67yd	2024
	Ron Stablien	104' 0"	34.67yd	2022
80-84	Edward Failor Sr	100' 0"	33.33yd	2009
85-89	Don Childs	71' 0"	23.67yd	2015/2009
90-94	Don Childs	69' 0"	23.00yd	2017
95-99	Ralph Whiteman	58' 0"	19.33yd	2023

DISC GOLF DISTANCE DRIVE (2015-)

11-14	Riley LeVan Whiteside	75'	25.00yd	2017
50-54	Julie Modjeski		39.67yd	2026
55-59	Barb Lauff		37.00yd	2026
60-64	Lisa Killinger	153'	51.00yd	2021
65-69	Beth Lam	67'	22.33yd	2024
70-74	Beth Lam		19.67yd	2026
35-39	Jay Whiteside	299'	99.67yd	2018
45-49	Kirby Winn	253'	84.33yd	2021
55-59	Paul Beadle	351'	117.00yd	2024
60-64	Vince Viren	291'	97.00yd	2015
65-69	Vince Viren	336'	112.00yd	2025
70-74	Thomas Schaubroeck	250'	83.33yd	2024
75-79	Rod Speidel	195'	65.00yd	2024
80-84	James McCord	126'	42.00yd	2021
85-89	James McCord		43.00yd	2026

HIGH JUMP

50-54	Kay Glynn	4' 8"	1.42m	2007
55-59	Cheryl Hall	3' 8"		2026
	Dolores Hinds	3' 8"	1.12m	1997
60-64	Dolores Hinds	3' 6"	1.06m	1998
65-69	Kay Glynn	3' 10"	1.16m	2021
70-74	Corky Duhlstine Feeney	3' 2"	.96m	2021
75-79	Corky Duhlstine Feeney	3' 2"	.96m	2026
80-84	Doris Forbes	2' 4"	.71m	2012
40-44	Mick Cherry	4' 6"	1.37m	2012
45-49	David Thompson	5' 10"		2026
50-54	Wade Sorenson	5' 5"	1.65m	2013
55-59	Mark Roberts	5' 3"	1.60m	2016
60-64	Wade Sorensen	5' 0"	1.52m	2022
65-69	Rick Daniels	4' 8"	1.42m	2018
70-74	Randy Harris	4' 4"		2026
75-79	Paul Lehmkuhl	3' 11"	1.19m	2008
80-84	John Blake	3' 8"		2026
85-89	David Lawson	2' 10"	.86m	2007

LONG JUMP

45-49	Yvonne Regan	6' 9 ½"	2.06m	2016
50-54	Penny Danielson	13' 0 ½"	3.96m	1995
55-59	Laurie Lartz	9' 3 ½"	2.82m	2016
60-64	Penny Danielson	9' 11"	3.02m	2009
65-69	Penny Danielson	10' 1"	3.06m	2010
70-74	Penny Danielson	9' 6 ½"	2.90m	2016
75-79	Corky Duhlstine Feeney	8' 11 ¾"	2.74m	2026
80-84	Doris Forbes	5' 4"	1.62m	2012
40-44	Mick Cherry	12' 10"	3.90m	2012
45-49	David Thompson		5.39m	2026
50-54	Greg Monson	16' 4 ¼"	4.97m	2009
55-59	Pete Stopoulos	17' 7 ½"	5.36m	1991
60-64	Pete Stopoulos	16' 8 ½"	5.08m	1996
65-69	Pete Stopoulos	14' 9"	4.48m	2001
	Keegan Morgan	14' 9"	4.48m	2015
70-74	Lee Stopoulos	13' 9"	4.18m	2012
75-79	Lee Stopoulos	12' 10"	3.90m	2014
80-84	Lee Stopoulos	9' 9 ¾"	2.98m	2019
85-89	Dorance Johnson	7' 1"	2.15m	2008
90-94	Guy Sibley	2' 2"	.66m	1991

STANDING LONG JUMP

50-54	Marggy Ellis	5' 11"	1.80m	2022
55-59	Laurie Lartz	6' 1 ½"	1.86m	2016
60-64	Dolores Hinds	5' 8"	1.72m	1998
65-69	Alice Kellogg	6' 0 ½"	1.84m	1997
70-74	Corky Duhlstine Feeney	5' 4 ½"	1.64m	2021/2023
75-79	Corky Duhlstine Feeney	5' 5 ¼"	1.66m	2026
80-84	Phyllis Anderson	3' 10 ½"	1.18m	1997
85-89	Marjorie Hazen	2' 10 ¼"	.87m	2009
40-44	Mick Cherry	7' 11"	2.41m	2012
45-49	David Thompson		2.67	2026
50-54	Greg Monson	8' 4 ½"	2.55m	2008/2009
55-59	John Valiska	8' 4"	2.53m	2012
60-64	Pete Stopoulos	8' 0"	2.43m	1996
	Jim Franzen	8' 4" (dry)	2.53m	2017
65-69	Ken Beach	8' 3"	2.51m	2018
70-74	Ken Beach	8' 3 ¾"	2.53m	2021
75-79	Ken Beach	7' 5 ¼"	2.27m	2025
80-84	Lee Stopoulos	6' 11"	2.10m	2019
85-89	Dorance Johnson	5' 4"	1.62m	2008
90-94	David Lawson	4' 5"	1.34m	2013

TRIPLE JUMP (2007-)

25-29	Kayla Bushey	37' 4 ¾"	11.37m	2022
50-54	Julie Modjeski		7.30m	2026
55-59	Laurie Lartz	21' 2"	6.44m	2016
60-64	Mary Clark	15' 10"	4.81m	2009
65-69	Corky Duhlstine Feeney	20' 1 ½"	6.12m	2016
70-74	Corky Duhlstine Feeney	20' 6"	6.23m	2021
75-79	Corky Duhlstine Feeney	20' 10 ¼"	6.36m	2026
45-49	Thomas Allen	24' 9 ½"	7.54m	2016
50-54	Greg Monson	32' 7 ¾"	9.93m	2009
55-59	Dennis Lehr	30' 1 ½"	9.16m	2016
60-64	Brian Fawcett	27' 6 ¼"	8.37m	2023
65-69	Brian Fawcett	28' 7 ½"	8.73m	2025
70-74	Randy Harris		7.67m	2026
75-79	Paul Lehmkuhl	25' 0 ¼"	7.61m	2008
80-84	Paul Lehmkuhl	21' 9"	6.61m	2015
85-89	Curtis Trevor	18' 0"	5.47m	2013

POLE VAULT (2007-)

15-19	Tori Thomas	13' 2"	4.00m	2022
50-54	Kay Glynn	9' 7"	2.91m	2007
65-69	Kay Glynn	8' 6"	2.58m	2021
10-14	Finnagan Schaad	9' 6"	2.89m	2022
15-19	Cooper Schaad	15' 1"	4.58m	2023
25-29	Steve Sulfridge	14' 0"	4.26m	2015
30-34	Wes Jackson	16' 0"	4.86m	2015
45-49	Dave Gilbert	13' 2"	4.00m	2011
50-54	Dave Gilbert	13' 0"	3.95m	2015
55-59	Dave Gilbert	12' 6 ½"	3.81m	2019
60-64	Dave Gilbert	12' 4"	3.75m	2022
65-69	Billy Potter	8' 0"	2.43m	2018/2021
70-74	Rod Speidel	7' 0 ¼"	2.13m	2023
	Merle Norberg	7' 0"	2.13m	2015
75-79	Rod Speidel	6' 5 ¾"	1.98m	2025
80-84	Paul Dreger	5' 4"	1.62m	2012

DISCUS

20-24	Julianna Jones	1K		30.48m	2026
40-44	Lisa Harris	1K	36' 4 ½"	11.06m	2015
45-49	Amanda Hulsing	1K	78' 11"	23.99m	2024
50-54	Julie Modjeski	1K		28.02m	2026
55-59	Cheryl Hall	1K		25.35m	2026
60-64	Alicia Noguez	1K		28.17m	2026
65-69	Linda Rowe	1K	82' 1"	24.95m	2017
70-74	Linda Rowe	1K		21.03m	2025
75-79	Doris Forbes	1K	46' 6"	14.14m	2006
80-84	Susan Morris	1K		14.31m	2026
85-89	Irene "Pepper" Kerwin	1K	29' 5"	8.94m	2011
30-34	Alexander Kazenko	2K	95' 3"	28.96m	2019
35-39	Walt Willis	2K	122' 5"	37.22m	2017
40-44	Jon Dahlin	2K		42.61m	2026
45-49-	Roger Cline	2K	74' 2"	22.55m	2016
50-54	Troy Bellrichard	1.5K	154' 11"	47.10m	2018
55-59	Troy Bellrichard	1.5K	144' 0"	43.78m	2022
60-64	Terry Simons	1K	136' 0"	41.34m	2004
65-69	Jeffrey Carl	1K	135' 7"	41.22m	2023
70-74	Loarn Robertson	1K	126' 9"	38.53m	2015
75-79	Patrick Hauser	1K		37.71m	2026
80-84	Bud Braunlich	1K	84' 0"	25.54m	2003
85-89	John Manning	1K	72' 10"	22.14m	2022
90-94	Ralph Whiteman	1K	49' 2"	14.95m	2018
95-99	Ralph Whiteman	1K	38' 9 ½"	11.79m	2023

JAVELIN

20-24	Julianna Jones	600g		14.48	2026
40-44	Jennifer Allen	600G	43' 6"	13.22m	2016
45-49	Amanda Hulsing	600G	69' 2"	21.02m	2024
50-54	Kay Glynn	500G	85' 2 ½"	25.90m	2007
55-59	Cheryl Hall	500G		23.29m	2026
60-64	Linda Rowe	500G	78' 7 ½"	23.90m	2016
65-69	Linda Rowe	500G	70' 9"	21.51m	2017
70-74	Linda Rowe	500G		18.67m	2025
70-74	Elinor Nelson	400G	64' 2 ½"	19.52m	2004
75-79	Elinor Nelson	400G	51' 0"	15.50m	2010
80-84	Elinor Nelson	400G	40' 8 ½"	12.38m	2014
30-34	Alex Kazenko	800G	73' 10"	22.44m	2018
40-44	Juan Di Leo Razuk	800G	155' 3"	47.20m	2010
45-49	Roger Cline	800G	102' 5"	31.14m	2016
50-54	Troy Bellrichard	700G	134' 1"	40.76m	2018
55-59	Tarry Cory	700G	126' 5"	38.43m	2004
60-64	Don Mather	600G	147' 5"	44.82m	1991
65-69	Rod Speidel	600G	111' 11"	34.02m	2014
70-74	Wally Czarny	500G	105' 11"	32.20m	2004
75-79	Karl Rohnke	500G	89' 8"	27.26m	2012
80-84	Edward Failor Sr	400G	76' 6"	23.26m	2009
85-89	John Manning	300G	84' 10"	25.79m	2021
85-89	John Manning	400G	60' 1"	18.26m	2022
85-89	Bill Park	400G	56' 4 ½"	17.14m	2019
90-94	Ralph Whiteman	400G	52' 1"	15.83m	2018
90-94	Guy Sibley	300G	24' 5"	7.42m	1991
95-99	Ralph Whiteman	400G	42' 3"	12.84m	2023

SHOT

20-24	Julianna Jones	4K		7.81m	2026
40-44	Lisa Harris	4K	14' 3"	4.33m	2015
45-49	Tammi Peck	3K	26' 8"	8.11m	2010
50-54	Julie Modjeski	3K		10.43m	2026
55-59	Cheryl Stevenson	3K	31' 4"	9.52m	2001
60-64	Alissa Noguez	3K		10.13m	2026
65-69	Linda Rowe	3K	28' 5"	8.64m	2017
70-74	Linda Rowe	3K		7.25m	2025
75-79	P. Anderson	3K	19' 9"	6.00m	1993
80-84	Marjorie Hazen	3K	16' 11 ¼"	5.15m	2002
80-84	Susan Morris	2K		5.19m	2026
85-89	Irene "Pepper" Kerwin	3K	10' 8"	3.24m	2011
30-34	Alexander Kazenko	16#	29' 8"	9.02m	2019
40-44	Juan Di Leo Razuk	16#	34' 6"	10.49m	2010
45-49	Thomas Allen	16#	30' 6"	9.27m	2016
50-54	Ron Summers	6K	48' 9 ¼"	14.83m	2007
55-59	Troy Bellrichard	6K	43' 6"	13.22m	2022
60-64	Bob Sager	5K	43' 2"	13.12m	2011
65-69	John Bourn	5K	36' 8"	11.76m	2009
70-74	John Bourn	4K	35' 4"	10.74m	2015
75-79	John Manning	4K	37' 4 ½"	11.36m	2014
80-84	John Manning	3K	39' 0"	11.86m	2017
85-89	John Manning	3K	33' 5 ½"	10.17m	2021
90-94	Dorance Johnson	3K	24' 0 ½"	7.31m	2013
95-99	Ralph Whiteman	3K	18' 5"	5.60m	2023

WEIGHT THROW 12# (2007-)

20-24	Julianna Jones	20#		9.40m	2026
55-59	Cheryl Hall	12#		7.52m	2026
60-64	Jan Jacobs Unruh	12#		12.28m	2026
65-69	Susan Hallen	12#		11.20m	2026
70-74	Ruth Welding	12#		12.22m	2026
75-79	Martha Green	4K		6.81m	2026
80-84	Don Amery	12#	34' 2 ½"	10.40m	2018
85-89	Don Amery	12#	26' 4 ½"	8.02m	2024
90-94	Ralph Whiteman	12#	23' 1"	7.02m	2019
95-99	Ralph Whiteman	12#	17' 0"	5.17m	2023
50-54	Vicki Johnson	16#	28' 2 ¾"	8.58m	2007
55-59	Martha Green	16#	27' 10 ¼"	8.47m	2007
60-64	Linda Rowe	16#	33' 5"	10.16m	2016
65-69	Martha Green	16#	22' 8 ¼"	6.90m	2016
70-74	Patricia Beam	16#	19' 9"	6.00m	2010
75-79	Elinor Nelson	16#	14' 5"	4.38m	2010
80-84	Irene "Pepper" Kerwin	16#	14' 3"	4.33m	2007
70-74	Jeffrey Carl	16#		15.11m	2026
75-79	Patrick Hauser	16#		12.12m	2026
80-84	Don Amery	16#	41' 7"	12.64m	2017
85-89	Don Amery	16#	25' 4 ½"	7.72m	2023
90-94	Ralph Whiteman	16#	18' 2 ½"	5.54m	2021
50-54	Krista Lootens	20#	17' 2"	5.22m	2022
65-69	Penny Stahl	20#	19' 4"	5.88m	2022
70-74	Martha Green	20#	15' 6 ½"	4.72m	2021
40-44	Mick Cherry	20#	30' 10"	9.37m	2012
45-49	Adam Hogue	20#	31' 10 ½"	9.69m	2022
50-54	Gary Shank	20#	33' 9"	10.26m	2008
55-59	Gary Regenwether	20#	34' 0 ½"	10.35m	2008
60-64	John Carl	20#	48' 10 ½"	14.86m	2024
65-69	Thomas Lapaille	20#		14.53m	2026
70-74	John Bourn	20#	37' 0"	11.25m	2015
75-79	Don Amery	20#	29' 6"	8.97m	2012
80-84	Ralph Whiteman	20#	29' 6"	8.97m	2008
85-89	Ralph Whiteman	20#	17' 8"	5.37m	2017
90-94	Ralph Whiteman	20#	14' 3"	4.33m	2018
30-34	Walt Willis	25#	69' 9"	21.20m	2017
40-44	Mick Cherry	25#	30' 10"	9.37m	2012
45-49	Richard Whiteside	25#	26' 10"	8.16m	2010
50-54	Ron Summers	25#	56' 10"	17.28m	2007
55-59	Troy Belrichard	25#	46' 10"	14.24m	2022
65-69	Ronald Wheeler	25#	31' 6"	9.58m	2007
70-74	Don Amery	25#	42' 5 ½"	12.91m	2007
75-79	Jim Allen	25#	31' 0 ½"	9.44m	2007
80-84	Don Amery	25#	22' 6"	6.84m	2018

WEIGHT THROW (2018-)

30-34	Alex Kazenko	35#	34' 1"	10.36m	2019
35-39	Alex Kazenko	35#	33' 6"	10.18m	2021
40-44	Jon Dahlin	35#		15.46m	2026
50-54	Troy Bellrichard	35#	45' 2 ½"	13.74m	2019
60-64	Greg Theologes	44#		7.87m	2024
30-34	Alex Kazenko	56#	23' 9 ½"	7.23m	2019
35-39	Alex Kazenko	56#	22' 2'	6.74m	2021
50-54	Greg Theologes	56#	23' 2 ¼"	7.05m	2018
55-59	Greg Theologes	56#	22' 1 ½"	6.73m	2019
80-84	Don Amery	56#	12' 2"	3.70m	2019

HAMMER (2024-)

20-24	Julianna Jones	4K		29.39m	2026
50-54	Krista Lootens	3K		10.57m	2025
55-59	Cheryl Hall	3K		21.31m	2026
60-64	Alissa Noguez	3K		35.31m	2026
65-69	Susan Hallen	3K		30.65m	2026
70-74	Ruth Welding	3K		32.37m	2026
75-79	Martha Green	2K		19.78m	2026
40-44	John Dahlin	16#		54.92m	2025
50-54	Bill Wilson	6K		12.76m	2024
55-59	Troy Bellrichard	6K		33.86m	2026
60-64	John Carl	6K		33.10m	2024
65-69	Thomas Lapaille	5K		36.29m	2026
70-74	Jeffrey Carl	4K		31.71m	2025
75-79	Patrick Hauser	4K		29.46m	2026
80-84	Don Amery	4K		18.00m	2024
80-84	John Bourn	3K		28.08m	2025
95-99	Ralph Whiteman	3K		10.05m	2026

THROWING PENTATHLON (2025-)

20-24	Julianna Jones		1807	2026
55-59	Cheryl Hall		2378	2026
60-64	Alissa Noguez		3383	2026
65-69	Susan Hallen		2869	2026
70-74	Ruth Welding		3174	2026
75-79	Martha Green		1848	2026
40-45	Jon Dahlin		3185	2026
55-59	Troy Bellrichard		3302	2026
60-64	John Carl		3015	2026
65-69	Thomas Lapaille		3569	2026
70-74	Jeffrey Carl		3246	2025
75-79	Patrick Hauser		3393	2026
80-84	John Bourn		2176	2025
85-89	John Manning		1701	2025