



All-Time Track & Field Records

Record times and distances for the track and field events of each age group of the Maryland Senior Olympics. These records are updated through the 2024 track and field meet. Field event measurements are in feet and inches. New records are in bold. Records are for Maryland residents only.

RUNNING

50-METER DASH—MEN

| | | |
|---------------------------|---------|------|
| 50-54 Adeniran Epebinaude | 6.43 | 2022 |
| 55-59 Don McGee | 6.59 | 2018 |
| 60-64 Jeff Gold | 6.74 | 2022 |
| 65-69 Thomas Jones | 7.10 | 2022 |
| 70-74 Ethelbert Peters | 7.48 | 2019 |
| 75-79 Robert Paulen | 8.04 | 2013 |
| 80-84 Larry Colbert | 8.44 | 2018 |
| 85-89 Marshall Thompson | 9.83 | 2018 |
| 90-94 Marshall Thompson | 10.42 | 2023 |
| 95-99 Jack Hill | 1:11.73 | 2021 |

50-METER DASH—WOMEN

| | | |
|---------------------------|-------|------|
| 50-54 Sandy Triolo | 7.52 | 2013 |
| 55-59 Sandy Triolo | 7.46 | 2018 |
| 60-64 Marguerite Matthews | 8.39 | 2022 |
| 65-69 Claudia Simpson | 8.97 | 2021 |
| 70-74 Wandajean Abiera | 10.69 | 2022 |
| 75-79 Rose Green | 09.54 | 2017 |
| 80-84 Rose Green | 09.48 | 2019 |
| 85-89 Rose Green | 10.93 | 2023 |
| 90-94 Yvonne Aasen | 27.68 | 2021 |

100-METER DASH—MEN

| | | |
|---------------------------|-------|------|
| 50-54 Oscar Peyton | 11.23 | 2006 |
| 55-59 Oscar Peyton | 11.89 | 2010 |
| 60-64 Joseph Hemler | 11.53 | 1994 |
| 65-69 Thomas Jones | 13.10 | 2021 |
| 70-74 Edward Matthews Jr. | 13.16 | 1990 |
| 75-79 James Stookey | 14.24 | 2005 |
| 80-84 Charles Wilson | 15.50 | 2005 |
| 85-89 Charles Wilson | 17.06 | 2009 |

| | | |
|--------------------------------|--------------|-------------|
| 90-94 Marshall Thompson | 19.97 | 2024 |
| 95-99 Earl Wentz | 26.59 | 2011 |

100-METER DASH—WOMEN

| | | |
|-----------------------|-------|------|
| 50-54 Helen Hayes | 13.72 | 2004 |
| 55-59 Helen Hayes | 14.05 | 2006 |
| 60-64 Carmen Campbell | 15.48 | 2003 |
| 65-69 Audrey Lary | 14.94 | 1999 |
| 70-74 Audrey Lary | 16.12 | 2004 |
| 75-79 Rose Green | 16.91 | 2016 |
| 80-84 Rose Green | 18.00 | 2018 |
| 85-89 Rose Green | 21.61 | 2023 |
| 90-94 Yvonne Aasen | 59.33 | 2021 |

200-METER DASH—MEN

| | | |
|--------------------------------|--------------|-------------|
| 50-54 Oscar Peyton | 23.70 | 2003 |
| 55-59 Oscar Peyton | 23.69 | 2008 |
| 60-64 Oscar Peyton | 23.74 | 2012 |
| 65-69 Oscar Peyton | 26.44 | 2018 |
| 70-74 Edward Matthews Jr. | 27.63 | 1992 |
| 75-79 James Stookey | 29.82 | 2005 |
| 80-84 Larry Colbert | 34.29 | 2017 |
| 85-89 Bernie Fowler | 40.86 | 2009 |
| 90-94 Marshall Thompson | 49.06 | 2024 |

200-METER DASH—WOMEN

| | | |
|-----------------------|---------|------|
| 50-54 Helen Hayes | 27.73 | 2002 |
| 55-59 Helen Hayes | 29.15 | 2006 |
| 60-64 Claudia Simpson | 33.82 | 2013 |
| 65-69 Audrey Lary | 32.08 | 1999 |
| 70-74 Audrey Lary | 33.25 | 2004 |
| 75-79 Rose Green | 36.75 | 2017 |
| 80-84 Rose Green | 38.13 | 2018 |
| 85-89 Rose Green | 51.69 | 2023 |
| 90-94 Yvonne Aasen | 1:59.93 | 2021 |

400-METER DASH—MEN

| | | |
|---------------------------------|----------------|-------------|
| 50-54 John Curtis | 55.04 | 2016 |
| 55-59 Thomas Jones | 55.49 | 2008 |
| 60-64 Larry Colbert | 57.94 | 1997 |
| 65-69 Glen Allen | 1:04.89 | 2019 |
| 70-74 Abby Williams | 1:06.04 | 2010 |
| 75-79 Earl Wentz | 1:19.00 | 1991 |
| 80-84 Bernie Fowler | 1:29.00 | 2006 |
| 85-89 Bernie Fowler | 1:43.98 | 2009 |
| 90-94 Herman Blinchikoff | 2:51.39 | 2024 |

400-METER DASH—WOMEN

| | | |
|-------------------------|---------|------|
| 50-54 Charmaine Roberts | 1:05.77 | 2019 |
| 55-59 Alison Suckling | 1:12.42 | 2011 |
| 60-64 Louise Kelley | 1:14.19 | 2023 |
| 65-69 Audrey Lary | 1:20.24 | 1999 |
| 70-74 Audrey Lary | 1:26.36 | 2008 |

| | | |
|--------------------|---------|------|
| 75-79 Audrey Lary | 1:28.61 | 2009 |
| 80-84 Rose Green | 1:45.27 | 2018 |
| 85-89 Yvonne Aasen | 2:57.91 | 2016 |

800-METER RUN—MEN

| | | |
|---------------------------------|----------------|-------------|
| 50-54 James Wich | 2:13.60 | 1996 |
| 55-59 Joseph Burno | 2:14.50 | 2008 |
| 60-64 David Pinkham | 2:23.35 | 2023 |
| 65-69 Imants Platais | 2:38.10 | 2019 |
| 70-74 Oliver Grant | 2:52.84 | 2008 |
| 75-79 Oliver Grant | 3:05.64 | 2013 |
| 80-84 Oliver Grant | 3:30.78 | 2016 |
| 85-89 Charles Boyle | 5:03.91 | 2009 |
| 90-94 Herman Blinchikoff | 6:46.13 | 2024 |

800-METER RUN—WOMEN

| | | |
|------------------------|---------|------|
| 50-54 Louise Kelley | 2:43.22 | 2016 |
| 55-59 Louise Kelley | 2:41.51 | 2018 |
| 60-64 Louise Kelley | 2:47.49 | 2023 |
| 65-69 Margaret Rosasco | 3:20.37 | 2013 |
| 70-74 Donna Brill | 3:48.80 | 1995 |
| 75-79 Anna Romagna | 3:45.55 | 1993 |
| 80-84 Anna Romagna | 4:39.00 | 1998 |
| 85-89 Tami Graf | 6:10.34 | 2021 |
| 90-94 Yvonne Aasen | 9:41.02 | 2022 |

1,500-METER RUN—MEN

| | | |
|----------------------------|----------------|-------------|
| 50-54 James Winch | 4:43.00 | 1996 |
| 55-59 Joseph Burno | 4:40.64 | 2008 |
| 60-64 David Pinkham | 4:57.02 | 2024 |
| 65-69 Imants Platais | 5:36:17 | 2018 |
| 70-74 Oliver Grant | 5:51.92 | 2008 |
| 75-79 Oliver Grant | 6:22.18 | 2013 |
| 80-84 Oliver Grant | 7:12.85 | 2016 |
| 85-89 Charles Boyle | 10:13.54 | 2009 |
| 90-94 Charles Boyle | 13:37.28 | 2014 |

1,500-METER RUN—WOMEN

| | | |
|-----------------------|----------|------|
| 50-54 Jeannette Lussi | 5:50.29 | 2014 |
| 55-59 Louise Kelley | 5:29.73 | 2018 |
| 60-64 Tami Graf | 6:38.00 | 1997 |
| 65-69 Joanne Mallet | 7:13.90 | 2000 |
| 70-74 Tami Graf | 7:30.40 | 2006 |
| 75-79 Anna Romagna | 8:22.00 | 1994 |
| 80-84 Tami Graf | 9:55.94 | 2016 |
| 85-89 Tami Graf | 12:41.44 | 2021 |
| 90-94 Yvonne Aasen | 18:15.23 | 2022 |

5,000-METER RUN—MEN

| | | |
|---|----------|------|
| 50-54 Charlie Koester | 17:08.00 | 1996 |
| 55-59 Charlie Koester | 17:33.00 | 2000 |
| 60-64 John Elliott | 18:18.40 | 1998 |
| 65-69 John Elliott | 20:05.00 | 2006 |
| 70-74 James Wright | 21:25.00 | 2019 |
| 75-79 John Elliott | 23:09.00 | 2014 |
| 80-84 Xianxiag Xie | 27:06.00 | 2008 |
| 85-89 George Yannakakis | 30:41.00 | 2017 |
| 90-94 Tom Lang | 34:41.00 | 2012 |
| 100-plus Jacek Glinkowski (100 yrs old) | 44:27.00 | 2012 |

5,000-METER RUN—WOMEN

| | | |
|------------------------------------|-----------------|-------------|
| 50-54 Darcy Strouse | 19:40.00 | 2014 |
| 55-59 Cindy Conant | 19:40.00 | 2017 |
| 60-64 Gilma Sandoval | 20:43.00 | 2012 |
| 65-69 Alice Franks | 22:59.00 | 2014 |
| 70-74 Alice Franks | 27:10.00 | 2019 |
| 75-79 Alice Franks | 28:17.00 | 2024 |
| 80-84 Yvonne Aasen | 36:30.00 | 2011 |
| 85-89 Yvonne Aasen | 54:41.00 | 2017, 2018 |
| 100-plus Tele Tarpeh (100 yrs old) | 46:25.00 | 2012 |

10,000-METER RUN—MEN

| | | |
|-----------------------|------------|------|
| 50-54 Maurice Pointer | 35:57.00 | 2008 |
| 55-59 Maurice Pointer | 36:26.00 | 2010 |
| 60-64 Maurice Pointer | 37:43.00 | 2015 |
| 65-69 John Elliott | 41:24.00 | 2003 |
| 70-74 John Elliott | 44:28.00 | 2010 |
| 75-79 Bill Roberts | 53:12.79 | 1990 |
| 80-84 Xianxiag Xie | 57:18.00 | 2008 |
| 85-89 Charles Boyle | 1:25:39.00 | 2010 |

10,000-METER RUN—WOMEN

| | | |
|-----------------------|------------|------|
| 50-54 Darcy Strouse | 40:58.00 | 2015 |
| 55-59 Alison Suckling | 44:34.00 | 2010 |
| 60-64 Chris Craun | 47:10.00 | 2008 |
| 65-69 Alice Franks | 48:44.00 | 2014 |
| 70-74 Molly Sherwood | 1:01:22.00 | 2014 |
| 75-79 Tami Graf | 1:06:32.00 | 2012 |
| 80-84 Yvonne Aasen | 1:17:17.00 | 2012 |

FIELD EVENTS**DISCUS—MEN**

| | | |
|-----------------------|-----------|------|
| 50-54 Lawrence Rosen | 155-00.00 | 2010 |
| 55-59 Edward McComas | 148-06.00 | 1989 |
| 60-64 Edward McComas | 163-09.00 | 1994 |
| 65-69 Edward McComas | 130-09.50 | 2000 |
| 70-74 William Gainey | 122-02.00 | 2017 |
| 75-79 David Merkowitz | 118-09.00 | 2018 |
| 80-84 Lee McCabe | 85-02.00 | 2019 |
| 85-89 Kenneth Babcock | 69-04.00 | 1993 |
| 90-94 Edward Murphy | 57-05.00 | 2015 |

| | | |
|-------------------------------|-----------------|-------------|
| 95-99 Edward Murphy | 43-09.00 | 2019 |
| 100-plus Edward Murphy | 39-08.00 | 2024 |

DISCUS—WOMEN

| | | |
|-------------------------|----------|------|
| 50-54 Shirley Geisbert | 81-00.00 | 2010 |
| 55-59 Emilie Class | 85-11.00 | 2018 |
| 60-64 Emilie Class | 94-04.00 | 2022 |
| 65-69 Evelyn Wright | 72-01.00 | 2003 |
| 70-74 Evelyn Wright | 69-04.00 | 2007 |
| 75-79 Barbara Martin | 49-04.00 | 2002 |
| 80-84 Rose Green | 55-05.00 | 2021 |
| 85-89 Wally Dashiell | 41-01.00 | 2009 |
| 90-94 Wally Dashiell | 32-02.00 | 2017 |
| 95-99 Wally Dashiell | 26-02.00 | 2018 |
| 100-plus Wally Dashiell | 12-08.00 | 2023 |

HAMMER THROW — MEN

| | | |
|-------------------------------|-----------------|-------------|
| 50-54 Shawn Robinson | 142-06.00 | 2012 |
| 55-59 Shawn Robinson | 135-11.00 | 2016 |
| 60-64 Jerome Bookin-Weiner | 130-05.00 | 2006 |
| 65-69 James Pearce | 110-05.00 | 2011 |
| 70-74 James Pearce | 116-11.00 | 2018 |
| 75-79 Adolph Kuegler | 104-00.00 | 2012 |
| 80-84 Allen Durling | 88-07.00 | 2014 |
| 85-89 Oliver McCabe | 69-09.00 | 2024 |
| 90-94 George Helwig | 53-08.00 | 2014 |
| 95-96 Darrell Dempster | 21-08.00 | 2024 |

HAMMER THROW — WOMEN

| | | |
|-----------------------|-----------|------|
| 50-54 Mary Wilkins | 94-05.00 | 2013 |
| 55-59 Mary Wilkins | 95-07.00 | 2018 |
| 60-64 Mary Wilkins | 115-07.00 | 2023 |
| 65-69 Evelyn Wright | 66-11.00 | 2006 |
| 70-74 Audrey Lary | 61-05.00 | 2006 |
| 75-79 Lois Scheminant | 66-07.00 | 2015 |
| 80-84 Lois Scheminant | 57-06.00 | 2022 |
| 85-89 Tami Graf | 50-08.00 | 2021 |
| 90-94 Wally Dashiell | 41-00.00 | 2017 |
| 95-99 Wally Dashiell | 39-04.36 | 2021 |

HIGH JUMP — MEN

| | | |
|--------------------------|---------|------|
| 50-54 Michael Graham | 5-06.25 | 2006 |
| 55-59 Michael Graham | 5-07.00 | 2007 |
| 60-64 John Porter | 5-03.00 | 2021 |
| 65-69 James Stookey | 4-08.00 | 1995 |
| 70-74 Frederick Everhart | 4-06.00 | 1999 |
| 75-79 Frederick Everhart | 4-07.00 | 2002 |
| 80-84 Charles Wilson | 4-02.00 | 2004 |
| 85-89 Charles Wilson | 3-10.00 | 2009 |
| 90-94 Charles Wilson | 3-03.75 | 2014 |

HIGH JUMP — WOMEN

| | | |
|-------------------------|---------|------|
| 50-54 Angela Sappington | 4-01.25 | 2015 |
| 55-59 Claudia Simpson | 4-01.00 | 2009 |
| 60-64 Evelyn Wright | 4-02.00 | 1999 |
| 65-69 Evelyn Wright | 4-04.00 | 2002 |
| 70-74 Evelyn Wright | 4-01.00 | 2009 |
| 75-79 Wally Dashiell | 3-00.00 | 1999 |
| 80-84 Wally Dashiell | 2-11.00 | 2004 |
| 85-89 Wally Dashiell | 2-04.93 | 2008 |

JAVELIN — MEN

| | | |
|---------------------|-----------|------|
| 50-54 Bill Walsh | 143-02.00 | 1998 |
| 55-59 Curt Foianini | 144-06.00 | 2017 |
| 60-64 James Kenney | 149-10.00 | 2002 |
| 65-69 James Kenney | 131-08.00 | 2006 |
| 70-74 James Kenney | 136-06.00 | 2012 |
| 75-79 James Kenney | 117-08.00 | 2016 |
| 80-84 James Kenney | 104-05.00 | 2023 |
| 85-89 Edward Murphy | 70-04.00 | 2013 |
| 90-94 Edward Murphy | 66-09.00 | 2014 |
| 95-99 Edward Murphy | 51-01.00 | 2019 |

JAVELIN — WOMEN

| | | |
|--------------------------|-----------------|-------------|
| 50-54 Pam Zelaya | 93-06.00 | 2019 |
| 55-59 Julieta Stack | 82-09.00 | 2023 |
| 60-64 Emilie Class | 84-09.00 | 2023 |
| 65-69 Evelyn Wright | 67-08.00 | 2003 |
| 70-74 Audrey Lary | 61-01.00 | 2005 |
| 75-79 Barbara Martin | 51-00.00 | 2004 |
| 80-84 Gloria Hong | 42-01.00 | 2019 |
| 85-89 Gloria Hong | 35-08.00 | 2024 |
| 90-94 Wally Dashiell | 22-02.00 | 2016 |
| 95-99 Wally Dashiell | 18-03.00 | 2019 |
| 100-plus Wally Dashiell | 9-00.00 | 2023 |

LONG JUMP (RUNNING) — MEN

| | | |
|-------------------------------|----------------|-------------|
| 50-54 Michael McDaniel | 18-10.50 | 2000 |
| 55-59 Michael McDaniel | 17-00.50 | 2002 |
| 60-64 James Stookey | 16-08.00 | 1993 |
| 65-69 James Stookey | 15-11.00 | 1999 |
| 70-74 James Stookey | 16-08.50 | 2000 |
| 75-79 James Stookey | 14-06.00 | 2006 |
| 80-84 Charles Wilson | 13-01.00 | 2005 |
| 85-89 Charles Wilson | 11-03.00 | 2009 |
| 90-94 Marshall Thompson | 8-02.50 | 2023 |
| 95-99 Darrell Dempster | 2-00.00 | 2024 |

LONG JUMP (RUNNING) — WOMEN

| | | |
|----------------------------|-----------------|-------------|
| 50-54 Tracey Battle | 14-10.75 | 2021 |
| 55-59 Tracey Battle | 12-07.25 | 2024 |
| 60-64 Evelyn Wright | 12-01.00 | 1998 |
| 65-69 Audrey Lary | 12-04.50 | 2002 |
| 70-74 Audrey Lary | 11-04.82 | 2008 |
| 75-79 Audrey Lary | 11-07.00 | 2009 |

| | | |
|----------------------|---------|------|
| 80-84 Audrey Lary | 7-02.25 | 2014 |
| 85-89 Wally Dashiell | 5-04.50 | 2009 |

LONG JUMP (STANDING) — MEN

| | | |
|--------------------------|---------|------|
| 50-54 Don Davis | 9-11.25 | 2017 |
| 55-59 Michael Green | 8-08.50 | 2004 |
| 60-64 Joseph Hemler | 8-08.50 | 1994 |
| 65-69 Scott Harris | 9-07.75 | 2021 |
| 70-74 Frederick Everhart | 8-02.50 | 1999 |
| 75-79 Frederick Everhart | 7-08.00 | 2003 |
| 80-84 Charles Wilson | 7-02.00 | 2004 |
| 85-89 Edward Murphy | 6-01.50 | 2009 |
| 90-94 Edward Murphy | 5-09.75 | 2014 |
| 95-99 Edward Murphy | 4-02.00 | 2019 |

LONG JUMP (STANDING) — WOMEN

| | | |
|--------------------------|----------------|-------------|
| 50-54 Tracey Battle | 6-10.25 | 2018 |
| 55-59 Tracey Battle | 7-02.75 | 2022 |
| 60-64 Claudia Simpson | 6-09.25 | 2013 |
| 65-69 Audrey Lary | 6-11.50 | 2002 |
| 70-74 Evelyn Wright | 6-10.00 | 2009 |
| 75-79 Audrey Lary | 6-01.00 | 2009 |
| 80-84 Wally Dashiell | 4-01.00 | 2004 |
| 85-89 Wally Dashiell | 3-03.75 | 2010 |
| 90-94 Diane Perry | 1-06.50 | 2024 |

POLE VAULT — MEN

| | | |
|-------------------------------------|----------|-----------|
| 50-54 Tomlinson Rauscher | 11-06.00 | 1999 |
| 55-59 Tomlinson Rauscher | 11-06.00 | 2002 |
| 60-64 Tomlinson Rauscher | 10-00.00 | 2008 |
| 65-69 Elmer Hall/Samuel Griffith | 8-06.00 | 1993/1991 |
| 70-74 James Condell/Samuel Griffith | 8-00.00 | 2003/1997 |
| 75-79 James Condell | 7-03.00 | 2006 |
| 80-84 James Condell | 5-04.50 | 2014 |

POLE VAULT — WOMEN

| | | |
|---------------------------|----------------|-------------|
| 55-59 Linda Wells | 6-00.00 | 2008 |
| 60-64 Claudia Simpson | 6-00.00 | 2014 |
| 65-69 Evelyn Wright | 6-07.00 | 2003 |
| 70-74 Nancy Berger | 4-09.00 | 2017 |
| 75-79 Nancy Berger | 4-00.00 | 2024 |

SHOT PUT — MEN

| | | |
|-------------------------------|-----------------|-------------|
| 50-54 Toby Egan | 48-02.75 | 2019 |
| 55-59 Toby Egan | 44-05.50 | 2021 |
| 60-64 Edward McComas | 42-04.50 | 1995 |
| 65-69 Adolph Kuegler | 40-05.00 | 2002 |
| 70-74 Adolph Kuegler | 39-08.00 | 2009 |
| 75-79 Adolph Kuegler | 36-02.25 | 2012 |
| 80-84 James Kenney | 35-04.50 | 2021 |
| 85-89 Joseph Hemler | 26-09.00 | 2021 |
| 90-94 Edward Murphy | 24-03.00 | 2014 |
| 95-99 Edward Murphy | 18-08.50 | 2019 |
| 100-plus Edward Murphy | 16-01.75 | 2024 |

SHOT PUT — WOMEN

| | | |
|--------------------------|-----------------|-------------|
| 50-54 Donna Barrett | 31-09.10 | 2010 |
| 55-59 Chris Russell | 31-04.50 | 1998 |
| 60-64 Emilie Class | 31-04.50 | 2023 |
| 65-69 Audrey Lary | 28-06.50 | 1999 |
| 70-74 Evelyn Wright | 24-07.50 | 2007 |
| 75-79 Lois Scheminant | 21-09.25 | 2015 |
| 80-84 Diane Perry | 19-05.25 | 2016 |
| 85-89 Rose Green | 18.08.50 | 2024 |
| 90-94 Diane Perry | 13-08.75 | 2024 |
| 95-99 Wally Dashiell | 10-02.00 | 2018 |
| 100-plus Wally Dashiell | 05-09.25 | 2023 |

TRIPLE JUMP — MEN

| | | |
|----------------------|----------|------|
| 50-54 Tyrell Taitt | 38-09.50 | 2023 |
| 55-59 Michael Graham | 36-07.00 | 2007 |
| 60-64 Marcus Battle | 32-02.00 | 2019 |
| 65-69 James Stookey | 32-03.50 | 1999 |
| 70-74 James Stookey | 33-03.00 | 2000 |
| 75-79 James Stookey | 30-05.00 | 2005 |
| 80-84 James Stookey | 21-05.25 | 2011 |
| 85-89 Charlie Irwin | 19-06.00 | 2002 |
| 90-94 Charles Wilson | 15-11.00 | 2014 |

TRIPLE JUMP — WOMEN

| | | |
|----------------------|----------|------|
| 50-54 Tracey Battle | 30-00.25 | 2018 |
| 55-59 Tracey Battle | 30-08.50 | 2022 |
| 60-64 Evelyn Wright | 26-07.00 | 1999 |
| 65-69 Audrey Lary | 27-03.00 | 1999 |
| 70-74 Audrey Lary | 26-07.00 | 2004 |
| 75-79 Audrey Lary | 26-01.00 | 2009 |
| 80-84 Audrey Lary | 17-03.50 | 2014 |
| 85-89 Wally Dashiell | 12-04.50 | 2010 |

WEIGHT THROW — MEN

| | | |
|-------------------------------|-----------------|-------------|
| 55-59 Shawn Robinson | 53-01.75 | 2014 |
| 55-59 Shawn Robinson | 49-05.50 | 2017 |
| 60-64 Jerome Bookin-Weiner | 50-08.53 | 2008 |
| 65-69 James Pearce | 40-08.25 | 2011 |
| 70-74 William Gainey | 46-03.25 | 2017 |
| 75-79 John Sellers | 42-09.75 | 2014 |
| 80-84 James Kenney | 40-06.75 | 2021 |
| 85-89 Joseph Hemler | 30-05.75 | 2023 |
| 90-94 Vincent Volrath | 26-08.50 | 2011 |
| 95-99 Darrell Dempster | 13-09.00 | 2024 |

WEIGHT THROW — WOMEN

| | | |
|---------------------|----------|------|
| 50-54 Mary Wilkins | 33-10.00 | 2016 |
| 55-59 Donna Barrett | 33-10.75 | 2013 |
| 60-64 Donna Barrett | 41-07.00 | 2019 |
| 65-69 Evelyn Wright | 33-00.25 | 2006 |
| 70-74 Audrey Lary | 32-04.80 | 2008 |
| 75-79 Audrey Lary | 34-05.50 | 2010 |
| 80-84 Tami Graf | 24-00.75 | 2018 |
| 85-89 Tami Graf | 20-04.25 | 2022 |

| | | |
|----------------------|----------|------|
| 90-94 Wally Dashiell | 14-10.75 | 2016 |
| 95-99 Wally Dashiell | 12-11.50 | 2018 |

WALKING

1,500-METER POWER RACE WALK — MEN (formerly 1-Mile Rec Walk)

| | | |
|----------------------|----------|------|
| 50-54 Eugene Hoffman | 9:56.75 | 2002 |
| 55-59 Richard Burton | 8:20.00 | 1992 |
| 60-64 Bruce Chandler | 9:24.23 | 2022 |
| 65-69 Robert Paulen | 9:38.00 | 2006 |
| 70-74 John Morrison | 10:15.46 | 2022 |
| 75-79 John Morrison | 10:33.44 | 2023 |
| 80-84 Stuart Teper | 11:06.36 | 2023 |
| 85-89 Robert Paulen | 11:31.77 | 2022 |
| 90-94 Dale Grant | 14:30.19 | 2023 |

1,500-METER POWER RACE WALK — WOMEN (formerly 1-Mile Rec Walk)

| | | |
|-----------------------------------|----------------|-------------|
| 50-54 Mary Gardner | 11:01.17 | 2019 |
| 55-59 Melinda McWilliams | 9:55.33 | 2023 |
| 60-64 Beth Yu | 10:51.73 | 2023 |
| 65-69 Adele Wagner | 9:13.51 | 2024 |
| 70-74 Wally Dashiell | 11:33.00 | 1994 |
| 75-79 Helen Opel | 11:55.00 | 1992 |
| 80-84 Youngja Lee | 12:06.70 | 2019 |
| 85-89 Youngja Lee | 12:58.23 | 2021 |
| 90-94 Mary Weinberg | 17:20.00 | 2006 |
| 95-99 Elizabeth Hartie | 25:05.12 | 2003 |
| 100+ Ruth Bennett (100 years old) | 28:36.00 | 1997 |

1,500-METER RACE WALK — MEN

| | | |
|---------------------|----------|------|
| 50-54 David Downin | 7:52.10 | 1998 |
| 55-59 David Downin | 7:54.35 | 2002 |
| 60-64 Elmer Hall | 8:39.00 | 1990 |
| 65-69 Peter Hui | 8:31.00 | 1997 |
| 70-74 Peter Hui | 8:57.49 | 2000 |
| 75-79 Charles Boyle | 9:35.20 | 2001 |
| 80-84 Charles Boyle | 10:03.00 | 2003 |
| 85-89 Charles Boyle | 10:51.80 | 2008 |
| 90-94 Charles Boyle | 13:55.14 | 2014 |

1,500-METER RACE WALK — WOMEN

| | | |
|---------------------------------|----------|------|
| 50-54 Deborah Vandover | 9:23.14 | 2004 |
| 55-59 Nancy Whitney | 8:19.00 | 1994 |
| 60-64 Lois Dicker | 9:04.83 | 2002 |
| 65-69 Lois Dicker | 9:41.11 | 2004 |
| 70-74 Lois Dicker | 9:27.07 | 2010 |
| 75-79 Lois Dicker | 10:27.18 | 2014 |
| 80-84 Lois Dicker | 11:16.99 | 2019 |
| 85-89 Leah Sobel | 19:00.96 | 2008 |
| 90-94 Ruth Bennett | 16:48.00 | 1990 |
| 95-99 Ruth Bennett (96 yrs old) | 21:47.00 | 1993 |

1-MILE PRECISION RACE WALK — MEN

| | | |
|------------------------|----------|------|
| 50-54 Donald Smith | 14:41.29 | 2008 |
| 55-59 Alan Murray | 13:00.28 | 2021 |
| 60-64 Alan Murray | 11:18.40 | 2023 |
| 65-69 Sheldon Contract | 11:33.03 | 2008 |
| 70-74 Robert Paulen | 10:27.16 | 2011 |
| 75-79 Edward Keats | 11:15.00 | 1993 |
| 80-84 Harry Bernat | 12:25.43 | 2008 |
| 85-89 Harry Bernat | 12:25.43 | 2008 |
| 90-94 Dale Grant | 22:44.22 | 2023 |

1-MILE PRECISION RACE WALK — WOMEN

| | | |
|--------------------------------|-----------------|-------------|
| 50-54 Katherine Colonna | 12:26.46 | 2024 |
| 55-59 Angela Sappington | 12:30.31 | 2018 |
| 60-64 Pamela Mason | 12:01.83 | 2016 |
| 65-69 Pamela Mason | 12:20.80 | 2017 |
| 70-74 Francoise Ramsey | 15:06.53 | 2024 |
| 75-79 Claudette Braswell | 15:57.32 | 2014 |
| 80-84 Harriet Bury | 17:27.28 | 2008 |

5,000-METER POWER RACE WALK — MEN (new event in 2021)

| | | |
|---------------------------|-----------------|-------------|
| 55-59 Alan Murray | 39:35.01 | 2021 |
| 60-64 Bruce Chandler | 34:57.94 | 2022 |
| 65-69 Charles Geyer Jr. | 36:44.89 | 2021 |
| 70-74 Frank Ng | 35:38.99 | 2021 |
| 75-79 John Morrison | 37:38.32 | 2023 |
| 80-84 John Ord | 39:16.67 | 2023 |
| 85-89 Alan Firlein | 47:04.24 | 2024 |
| 90-94 Dale Grant | 52:19.05 | 2024 |

5,000-METER POWER RACE WALK — WOMEN (new event in 2021)

| | | |
|-----------------------------|-----------------|-------------|
| 50-54 Melissa Chui | 40:46.08 | 2021 |
| 55-59 Melinda McWilliams | 35:30.25 | 2023 |
| 60-64 Beth Yu | 37:52.77 | 2023 |
| 65-69 Adele Wagner | 35:09.78 | 2024 |
| 70-74 Deborah Rowens | 44:56.69 | 2024 |
| 85-89 Youngja Lee | 45:03.34 | 2022 |

THROWING

FOOTBALL — MEN

| | | |
|----------------------------|------------------|-------------|
| 50-54 Michael Graham | 153-00.00 | 2006 |
| 55-59 Martin Harahush | 146-08.00 | 2002 |
| 60-64 James Kenney | 154-00.00 | 2001 |
| 65-69 Tyrone Bryant | 142-08.75 | 2024 |
| 70-74 James Kenney | 137-06.25 | 2011 |
| 75-79 James Kenney | 111-09.00 | 2019 |
| 80-84 James Kenney | 105-01.00 | 2022 |
| 85-89 Edward Murphy | 85-09.00 | 2010 |
| 90-94 Edward Murphy | 65-05.00 | 2014 |
| 95-99 Edward Murphy | 50-03.00 | 2019 |

FOOTBALL — WOMEN

| | | |
|--------------------------|-----------------|-------------|
| 50-54 Audrey Mattax | 91-00.00 | 2017 |
| 55-59 Audrey Mattax | 121-06.50 | 2023 |
| 60-64 Joan Delphi | 82-09.00 | 2000 |
| 65-69 Nancy Callan | 75-08.00 | 2002 |
| 70-74 Debra Hanes | 104-00.00 | 2018 |
| 75-79 Nancy Callan | 67-08.00 | 2009 |
| 80-84 Barbara Martin | 41-08.00 | 2009 |
| 85-89 Gloria Hong | 34-05.75 | 2024 |
| 90-94 Diane Perry | 20-08.25 | 2024 |
| 95-99 Wally Dashiell | 13-00.50 | 2018 |

FRISBEE — MEN

| | | |
|-------------------------|-----------|------|
| 50-54 Keith Mathis | 195-01.00 | 2006 |
| 55-59 Dan Lewellen | 159-00.00 | 2006 |
| 60-64 Raymond Limon | 130-06.00 | 2023 |
| 65-69 John Graham | 150-01.75 | 2023 |
| 70-74 Keith Mathis | 134-06.50 | 2022 |
| 75-79 Allen Durling | 98-04.00 | 2010 |
| 80-84 Charles Blackburn | 102-00.00 | 2006 |
| 85-89 Edward Murphy | 76-05.50 | 2011 |
| 90-94 Glen Olsen | 77-11.00 | 2004 |
| 95-99 Edward Murphy | 59-11.00 | 2023 |

FRISBEE — WOMEN

| | | |
|----------------------|-----------|------|
| 50-54 Audrey Mattax | 114-06.00 | 2017 |
| 55-59 Audrey Mattax | 121-06.50 | 2023 |
| 60-64 Susan Bindon | 98-10.50 | 2023 |
| 65-69 Patricia Brown | 66-00.00 | 2018 |
| 70-74 Gloria Hong | 67-06.00 | 2013 |
| 75-79 Nancy Callan | 65-07.00 | 2011 |
| 80-84 Gloria Hong | 45-11.50 | 2022 |
| 85-89 Wally Dashiell | 44-04.00 | 2010 |
| 90-94 Wally Dashiell | 35-01.50 | 2013 |
| 95-99 Wally Dashiell | 19-00.00 | 2018 |

SOFTBALL — MEN

| | | |
|----------------------|-----------|------|
| 50-54 Bill Walsh | 255-05.00 | 1996 |
| 55-59 James Kenney | 234-10.00 | 2000 |
| 60-64 James Kenney | 230-00.00 | 2002 |
| 65-69 Martin Schnuit | 223-09.00 | 2010 |
| 70-74 James Kenney | 201-01.25 | 2011 |
| 75-79 Alan Reffkin | 160-01.50 | 2013 |
| 80-84 Alan Reffkin | 152-02.00 | 2015 |
| 85-89 Edward Murphy | 116-02.00 | 2010 |
| 90-94 Edward Murphy | 96-08.00 | 2015 |
| 95-99 Edward Murphy | 79-00.00 | 2023 |

SOFTBALL — WOMEN

| | | |
|---------------------------|-----------|------|
| 50-54 Patricia Stephenson | 160-00.00 | 2000 |
| 55-59 Patricia Stephenson | 156-00.00 | 2004 |
| 60-64 Helen Boyd | 132-07.00 | 1997 |
| 65-69 Nancy Callan | 123-10.00 | 1999 |
| 70-74 Mary Clark | 103-10.00 | 1996 |
| 75-79 Nancy Callan | 96-00.00 | 2009 |
| 80-84 Kate Kwitkoski | 68-09.00 | 2005 |
| 85-89 Wally Dashiell | 51-01.00 | 2009 |
| 90-94 Wally Dashiell | 38-08.00 | 2017 |
| 95-99 Wally Dashiell | 30-00.00 | 2018 |

*** Find an error? Please report it to info@mdseniorolympics.org**