

St. Louis Senior Olympics *RECORDS BOOK*



1980 - 2024



St. Louis Senior Olympics - Record Holders

ARCHERY

Compound Bows/Fingers

<i>Women</i>		
55-59:	Norma Abernathy	553
65-69:	Florence Berry	699
70-74:	Wanda Mehaffy [07]	718
75-79:	Meredith Probst	171
80-84:	Meredith Probst	36

<i>Men</i>		
50-54:	Bill MacKeen	801
55-59:	William A. Kirk	816
60-64:	William A. Kirk	820
65-69:	William A. Kirk [02]	786
70-74:	Winston Parkinson	804
75-79:	Winston Parkinson	789
80-84:	Winston Parkinson	756
85-89:	Winston Parkinson [06]	689

Compound Bows/Release

<i>Women</i>		
55-59:	Wanda Mehaffy	809
60-64:	Wanda Mehaffy	813
65-69:	Maxine Bots[04]	859

<i>Men</i>		
50-54:	Bill Myers [02]	876
55-59:	Steve Lash	879
60-64:	Harold Van Sant [02]	865
65-69:	James Bots [04]	860
70-74:	Arthur Eschbach	849
75-79:	Arthur J. Eschbach	811
80-85:	Arthur J. Eschbach [05]	794

Recurve Bows/Fingers

<i>Women</i>		
55-59:	Maxine Bots	779
60-64:	Ann Hoyt	786
65-69:	Ann Hoyt	802
70-74:	Ann Hoyt	795
75-79:	Ann Hoyt	781
80-84:	Ann Hoyt [03]	692

<i>Men</i>		
55-59:	W. Wooten	835
60-64:	J. C. Spelce, Jr	798
65-69:	J. C. Spelce, Jr	776
70-74:	Earl Hoyt	803
75-79:	Earl Hoyt	788
80-84:	Paul S. Jeffries [02]	720
85-89:	Earl Hoyt	568



BOWLING

Singles - Scratch

<i>Women</i>		
50-54:	Jan Weisel [12]	589
55-59:	Betty Arbeiter [92]	717
60-64:	Betty Arbeiter [93]	636
65-69:	Mary Leavitt [99]	639
70-74:	Lucille Sandman [87]	597
75-79:	Marie Kotowski [96]	628
80-84:	Lily B. McIntosh [93]	538
85-89:	Ethel Dubinsky [98]	433
90+:	Edna Edwards [04]	417

<i>Men</i>		
50-54:	Thomas Gilyon [97]	760
55-59:	Francis Vien [93]	770
60-64:	John A. Seckman [01]	760
65-69:	Tom Williams [01]	747
70-74:	Edward Baker [96]	728
75-79:	Edward Crustals [00]	738
80-84:	Fred Haas [93]	697
85-89:	Clifford Kruse [10]	650
90+:	Leslie Boos [96]	487

Singles - Handicap

<i>Women</i>		
50-54:	Susan Goodrich [97]	638
55-59:	Betty Greiwe [90]	684
60-64:	Ida Mae Walcott [90]	704
65-69:	Walterene Dougherty [90]	703
70-74:	Janice Johnson [86]	689
75-79:	Pat Leve [90]	690
80-84:	Bertha Ostrowsky [93]	637
85-89:	Dolores Meyer [00]	579

<i>Men</i>		
50-54:	Charles Brendell, Jr. [96]	711
	Roger Popwell [97]	711
55-59:	Steve Smith [97]	806
60-64:	Louis Kurlandski [97]	779
65-69:	Richard Holubek [92]	718
70-74:	Oliver Biederman [90]	724
75-79:	Leo Pevnick [96]	696
80-84:	William Grant [95]	659
85-89:	John C. Fruhwirth [96]	617
90+:	John C. Fruhwirth [02]	562

Doubles - Scratch

<i>Women</i>		
50-54:	Linda R Jones [08]	1188
	Karen A Leonard	
55-59:	Mary Anne Mueller [00]	1092
	Judy Seckel	
60-64:	Betty Arbeiter [96]	1134
	Charlotte F. Pyle	
65-69:	Dorothy Gerling [99]	1101
	Vi Spano	
70-74:	Juanita Larmore [93]	1003
	Helen Woods	
75-79:	Regina M. Hatfield	859
	Virginia Smith	
80-84:	Regina May Hatfield [11]	956
	Alice Marie Purdes	

<i>Men</i>		
50-54:	Thomas Dawson [04]	1464
	Bob Jenner	
55-59:	Warren Mehrtens [00]	1345
	Earl Murphy	
60-64:	Buzz Gerber [99]	1420
	Jerry A. Wood	
65-69:	Richard A. Simmons [00]	1304
	Tommy Williams, Sr.	
70-74:	Francis Hritz [97]	1365
	Leonard Lazarcheff	
75-79:	Edward Crustals [00]	1273
	Clifford Druse	
80-84:	Edward Crustals [05]	1199
	Clifford Cruse	

Doubles - Handicap

<i>Women</i>		
50-54:	Gloria D. Bowen [00]	1251
	Zerietta Coleman	
55-59:	Janie Edgerton [17]	1279
	Beverly Sarvis	
60-64:	Richelle Farb [98]	1211
	Elaine Rudolph	
65-69:	Helen Clifton [97]	1251
	Kay Ralston	
70-74:	Maryann Burgess [04]	1159
	Helen Eiceman	
75-79:	Olive Bennet [03]	1152
	Rainy Stephens	

<i>Men</i>		
50-54:	Brian Forbes [97]	1299
	Thomas Gilyon	
55-59:	Jack Thompson [96]	1303
	Everett G. Woodland	
60-64:	Thomas Parsons [16]	1418
	John Wallace	
65-69:	Harold Hart [01]	1323
	Norman D. Hart	
70-74:	Vernon Bacon [01]	1272
	Robert C. Hewitt	
75-79:	Louis Malin [98]	1163
	Gene B. Pattiz	
80-84:	Dan Samford [16]	1267
	Joe Kaufman	

Mixed Doubles - Scratch		
50-54:	Jim Barksdale [11] Jan Weisel	1321
55-59:	Euell Weems [97] Jean Weems	1204
60-64:	Patricia Wolk [96] Robert L. Wolk	1197
65-69:	Steve Hirschmugl [01] Marian Woolsey	1167
70-74:	Oscar Cohen [06] Mary Leavitt	1104
75-79:	Ed Stephens [01] Rainy Stephens	1059
80-84:	Angeline McBee [04] Owen McBee	1011

Mixed Doubles - Handicap		
50-54:	Bob Stewart [97] Jackie Stewart	1293
55-59:	Chuck Lewis [98] Melba Lewis	1279
60-64:	Doris Cassell [96] Allen Warth	1283
65-69:	Joanne Herzog [97] Clarence Nelson	1259
70-74:	Ed Lanser [06] Martha Lanser	1247
75-79:	Richard Servant, Jr. [00] Rosalie Servant	1229
80-84:	Helen Scissors [97] Sol Scissors	1131

CYCLING

1/4 Mile Race

<i>Women</i>		
50-54:	Janet Wilkening Dessa Paris [15]	:38 :38
55-59:	Sheryl Galvin [15] Tina Lantham [23]	:37 :37
60-64:	Janet Bassel [15]	:37
65-69:	Margareta Lambert Charlene McMenemy [04]	:43 :43
70-74:	Billie Teneau	:46
75-79:	Genevieve Brackman Billie Teneau [02]	:53 :53
80-84:	Billie Teneau [08]	49:99
85-89:	Billie Teneau [15]	:57
90+:	Billie Teneau [17]	1:15
<i>Men</i>		
50-54:	Ed Putney, Jr. [01]	:32
55-59:	Ray Ellis	:29
60-64:	Edward Schrader	:32
65-69:	Edwin M. Putney	:32
70-74:	Howard Christopherson	:35
75-79:	Edwin M. Putney	:39
80-84:	Edwin M. Putney	:39
85-89:	Edwin M. Putney [01]	:41
90+:	Edwin M. Putney [06]	57:53

One Mile Race

<i>Women</i>		
50-54:	Dessa Paris [15]	2:29
55-59:	Charlene McMenemy	2:25
60-64:	Charlene McMenemy [01]	2:22
65-69:	Sister Madonna Buder	2:40
70-74:	Sister Madonna Buder [02]	3:03
75-79:	Billie Teneau [01]	3:16

80-84:	Madonna Buder [11]	3:32
85-89:	Billie Teneau [15]	3:53
90+:	Cleo Milligan	5:53
<i>Men</i>		
50-54:	Ed Putney, Jr. [01]	2:06
55-59:	Stephen Lochmoeller [04]	1:58
60-64:	Gene Penzel	2:07
65-69:	Phil Quinn [01]	2:13
70-74:	Robert Cohn [01]	2:10
75-79:	Kenneth Messersmith [01]	2:26
80-84:	Edwin M. Putney	2:34
85-89:	Edwin M. Putney [01]	2:24
90+:	Edwin M. Putney [06]	3:49.60

Five Kilometer Race

<i>Women</i>		
50-54:	Janet Bassel [08]	8:17
55-59:	Janet Bassell [12]	8:10.6
60-64:	Sister Josepha Schaeffer	9:12
65-69:	Charlene McMenemy [03]	9:26
70-74:	Sister Madonna Buder [02]	9:45
75-79:	Sister Madonna Buder [08]	9:50
80-84:	Sister Madonna Buder [13]	10:18
85-89:	Billie J Teneau [13]	14:17
90+:	Billie Teneau [17]	17:52
<i>Men</i>		
50-54:	Frank A. Brummer [11]	6:44.01
55-59:	Kevin Brennan [08]	6:55
60-64:	Gary L. Carr [08] William Prost [18]	7:12 7:12
65-69:	Gary L. Carr [11]	6:50.05
70-74:	Stephen Evans [18]	7:37
75-79:	Ron E. Davis	8:37.08
80-84:	Edwin M. Putney	9:47
85-89:	Edwin M. Putney [04]	10:00
90+:	Edwin M. Putney [06]	10:52.53

Five Mile Race

<i>Women</i>		
50-54:	Deb Schopp [06]	14:05.90
55-59:	Cindy Regan [18]	14:02
60-64:	Dessa Paris [23]	15:44
65-69:	Charlene McMenemy [05]	15:05
70-74:	Sister Madonna Buder [02]	15:21
75-79:	Billie Teneau [01]	15:28
80-84:	Sister Madonna Buder [13]	18:40
85-89:	Billie Teneau [14]	22:18
90+:	Billie Teneau [17]	26:46
<i>Men</i>		
50-54:	John S Cottrell [07]	11:54.74
55-59:	Michael Murray	11:05
60-64:	William Prost [18]	11:40
65-69:	Gary Castelli [17]	11:51
70-74:	Stephen Evans [18]	12:23
75-79:	Ron Davis [10]	15:04
80-84:	Edwin M. Putney	15:34
85-89:	Edwin M. Putney [03]	16:58
90+:	Edwin M. Putney [06]	17:28.20

Nine Mile Race

<i>Women</i>		
50-54:	Sue Dierks [13]	38:12
55-59:	Nancy Shayer [12]	20:49:1
60-64:	Mary Thompson [12]	27:24:6
80-84:	Sister Madonna Buder [13]	29:13
85-89:	Billie Teneau [12]	32:57:3

<i>Men</i>		
50-54:	William Prost [12]	11:54.74
55-59:	Kenneth Vennell [12]	21:11:0
60-64:	Kevin Brennan [13]	22:38
65-69:	Steve Evans [12]	19:51:9
70-74:	Jerry Lindhorst [12]	25:34:2
75-79:	Ron Davis [12]	25:37:5

FOOTBALL THROW DISTANCE

Women

50-54:	Concetta Strobach [01]	106'10"
55-59:	Concetta Strobach [02]	91'00"
60-64:	Julie Burton [12]	123'00"
65-69:	Helen Stephens	77'02"
70-74:	Jacqueline Schapp	74'00"
75-79:	Libby (Ruth) McCants	58'08"
80-84:	Claire Vieth	49'00"
85-89:	Claire Vieth	36'01"

Men

50-54:	Tarry Cory [02]	166'06"
55-59:	David Norton	182'06"
60-64:	Herb Schettler Don Mather	158'10" 158'10"
65-69:	Bud Levy	145'01"
70-74:	Herschel Smith	137'10"
75-79:	Herschel Smith	130'06"
80-84:	Herschel Smith	124'10"
85-89:	Bruce McDonald [04]	90'06"
90+:	Curt Davison [15]	69'05"

SOFTBALL THROW DISTANCE

Women

50-54:	Connie M Strobach	159'00"
55-59:	Connie M Strobach [02]	132'06"
60-64:	Julie K. Burton [11]	164'2"
65-69:	Jacqueline Schapp	119'03"
70-74:	Jacqueline Schapp	100'04"
75-79:	Lenora A. Brunner	80'00"
80-84:	Claire Vieth	67'04"
85-89:	Alice Mohr [18]	55'4"
90+:	Alice Mohr [23]	45'00"

Men

50-54:	Tarry Cory [02]	250'00"
55-59:	Raymond Schumann	241'04"
60-64:	Michael Hartman [15]	220'00"
65-69:	Edward Hoff	211'04"
70-74:	Robert Powell	194'00"
75-79:	Robert Powell	165'09"
80-84:	Herschel Smith	149'11"
85-89:	Bruce McDonald [03]	102'02"
90+:	Curt Davison [15]	89'03"

SWIMMING

50 Yd. Backstroke

<i>Women</i>		
50-54:	Terry Freerks [05]	32.57
55-59:	Laurie Smith [11]	33.62
60-64:	Teresa W. McDowell [11]	37.40
65-69:	Laurie Smith [18]	39.40
70-74:	Regan Kenner	42.60
75-79:	Regan Kenner	47.19
80-84:	Edith Hendry	1:00.20
85-89:	Edith Hendry	1:05.14
90-94:	Edith Hendry [01]	1:09.44
95-99:	Edith Hendry [06]	1:23.46

<i>Men</i>		
50-54:	Jim Halliburton [10]	27.16
55-59:	Bob Sine [09]	32.47
60-64:	Steven Hancock [19]	34.93
65-69:	Al Coxon [01]	35.33
70-74:	Ted Iverson [24]	37.90
75-79:	Larry Good [09]	37.20
80-84:	Carl Classen [05]	46.46
85-89:	Thomas O. Maine [11]	52.50
90+:	William Grant [05]	1:04.45

50 Yd. Breaststroke

<i>Women</i>		
50-54:	Terry Freerks [04]	37.78
55-59:	Laurie Smith [10]	38.59
60-64:	Carol Taylor	41.31
65-69:	Carol Taylor	44.07
70-74:	Regan Kenner	46.81
75-79:	Regan Kenner	51.72
80-84:	Adelle L McDavid [09]	1:08.6
85-89:	Elizabeth C. Robinson	1:31.69
90+:	Helen Roberts [04]	1:55.04

<i>Men</i>		
50-54:	Christian Samter [12]	31.96
55-59:	Howard Harris	33.60
60-64:	Dave Wisland [15]	35.29
65-69:	John Pohlmann [09]	36.12
70-74:	Ralph Brouk	39.06
75-79:	Larry Good [09]	41.04
80-84:	Thomas Maine [06]	45.78
85-89:	Thomas O. Maine [10]	54.38
90+:	William Grant [06]	1:29.88

50 Yd. Butterfly

<i>Women</i>		
50-54:	Terry Freerks [05]	31.36
55-59:	Ardeth Mueller	30.80
60-64:	Ardeth Mueller [06]	32.96
65-69:	Ardeth R Mueller [07]	33.13
70-74:	Teresa McDowell [24]	46.99
75-79:	Caryl G Simon [13]	1:11.1
80-84:	Caryl Simon [18]	1:15.09
85-89:	Virginia Cross [15]	3:05.31

<i>Men</i>		
50-54:	James Halliburton [10]	24.55
55-59:	Randall B. Leonard [14]	28.41
60-64:	Lawrence Doerr [16]	30.84
65-69:	Jeffery Johnson [21]	31.11
70-74:	Terry Blake [16]	34.10
75-79:	Charles Shedd [19]	39.21
80-84:	Thomas Maine [06]	43.12
85-89:	Thomas O. Maine [11]	48.47
90-94:	Thomas Maine [19]	1:20.70

50 Yd. Freestyle

<i>Women</i>		
50-54:	Terry Freerks [05]	29.31
55-59:	Ardeth Mueller	28.05
60-64:	Ardeth Mueller [06]	29.96
65-69:	Ardeth R Mueller [07]	30.52
70-74:	Teresa McDowell [21]	37.88
75-79:	Regan Kenner	45.63
80-84:	Edith Hendry	50.45
85-89:	Edith Hendry	1:00.90
90-94:	Edith Hendry [01]	1:06.54
95-99:	Edith Hendry [06]	1:22.18

<i>Men</i>		
50-54:	James Halliburton [10]	23.44
55-59:	Steven Hancock [12]	26.61
60-64:	Chris Sheets [21]	27.00
65-69:	Jeffery Johnson [21]	27.76
70-74:	Robert Blake	29.63
75-79:	Larry Good [09]	30.94
80-84:	Robert Blake [06]	35.28
85-89:	Al Coxon [21]	40.59
90+:	William Grant [05]	57.23

100 Yd. Backstroke

<i>Women</i>		
50-54:	Terry Freerks [05]	1:08.96
55-59:	Laurie Smith [11]	1:12.13
60-64:	Teresa W. McDowell [11]	1:21.60
65-69:	Laurie Smith [18]	1:25.34
70-74:	Teresa McDowell [21]	1:32.10
75-79:	Regan Kenner	1:40.99
80-84:	Edith Hendry	2:16.53
85-89:	Edith Hendry	2:31.88
90-94:	Edith Hendry [01]	2:45.26
95-99:	Edith Hendry [06]	3:08.34

<i>Men</i>		
50-54:	James Halliburton [09]	58.93
55-59:	Bob Sine [10]	1:10.24
60-64:	S. Duane Smith [13]	1:17.20
65-69:	Laurence Walker [12]	1:18.37
70-74:	Ted Iverson [21]	1:27.50
75-79:	Laurence Walker [21]	1:29.16
80-84:	Thomas Maine [06]	1:43.72
85-89:	Al Coxon [21]	1:57.69
90-94:	Thomas Maine [17]	2:24.00
95-99:	Thomas Maine [21]	2:56.03

100 Yd. Breaststroke

<i>Women</i>		
50-54:	Terry Freerks [05]	1:20.74
55-59:	Laurie Smith [10]	1:23.42
60-64:	Carol Taylor	1:33.21
65-69:	Laurie Smith [17]	1:33.00
70-74:	Regan Kenner	1:42.29
75-79:	Regan Kenner	1:54.83
80-84:	Adelle L McDavid [09]	2:31.31
85-89:	Helen Roberts	3:33.16
90+:	Helen Roberts [04]	4:30.44

<i>Men</i>		
50-54:	Christian Samter [12]	1:11.65
55-59:	Charles Shedd [02]	1:16.23
60-64:	Duane Smith [13]	1:17.20
65-69:	John T. Pohlmann [10]	1:23.70
70-74:	Ed Rosenhauer [02]	1:31.08
75-79:	Larry Good [09]	1:30.75
80-84:	Thomas Maine [06]	1:42.68
85-89:	Thomas O. Maine [11]	2:02.02

100 Yd. Butterfly

<i>Women</i>		
50-54:	Terry Freerks [04]	1:09.24
55-59:	Ardeth Mueller	1:11.06
60-64:	Ardeth Mueller [06]	1:16.65
65-69:	Ardeth R Mueller [07]	1:17.22
70-74:	Teresa McDowell [21]	1:49.57
75-79:	Pat Matthesen	2:45.29
80-84:	Polly Bailey-McCarthy	4:37.59
85-89:	Virginia Cross [15]	7:31.71

<i>Men</i>		
50-54:	James Halliburton [10]	55.59
55-59:	Larry Doerr [15]	1:12.12
60-64:	Lawrence Doerr [16]	1:10.83
65-69:	Terry Blake [12]	1:18:00
70-74:	Terry Blake [16]	1:20.01
75-79:	Thomas Maine [01]	1:31.93
80-84:	Thomas Maine [06]	1:36.22
85-89:	Thomas O. Maine [11]	1:52.49

100 Yd. Freestyle

<i>Women</i>		
50-54:	Terry Freerks [05]	1:03.77
55-59:	Laurie Smith [10]	1:01.10
60-64:	Ardeth Mueller [06]	1:06.65
65-69:	Teresa McDowell [19]	1:22.46
70-74:	Teresa McDowell [21]	1:26.10
75-79:	Regan Kenner	1:39.18
80-84:	Doris Peters [03]	1:56.49
85-89:	Edith Hendry	2:21.84
90-94:	Edith Hendry [01]	2:44.50
95-99:	Edith Hendry [07]	3:12.40

<i>Men</i>		
50-54:	James Halliburton [09]	50.97
55-59:	Steven Hancock [13]	58.30
60-64:	Steve Hancock [16]	1:00.81
65-69:	Jeffery Johnson [21]	1:01.42
70-74:	Al Coxon [07]	1:07.61
75-79:	Larry Good [09]	1:08.69
80-84:	Robert Blake [06]	1:22.03
85-89:	Thomas O. Maine [11]	1:33.91
90+:	William H. Grant [06]	2:33.67

100 Yd. Individual Medley

<i>Women</i>		
50-54:	Terry Freerks [04]	1:11.08
55-59:	Laurie G Smith [10]	1:12.50
60-64:	Ardeth Mueller [06]	1:22.14
65-69:	Laurie Smith [17]	1:22.80
70-74:	Teresa McDowell [21]	1:39.50
75-79:	Virginia Henderson [13]	1:51.23
80-84:	Doris Peters [03]	2:29.50
85-89:	Virginia Cross [15]	5:14.24

<i>Men</i>		
50-54:	James Halliburton [10]	59.06
55-59:	Randall Leonard [14]	1:07.20
60-64:	Al Coxon	1:13.47
65-69:	Jeffery Johnson [21]	1:13.65
70-74:	Al Coxon [06]	1:20.02
75-79:	Larry Good [09]	1:24.03
80-84:	Thomas Maine [06]	1:33.40
85-89:	Thomas O. Maine [11]	1:49.62
90-94:	Thomas Maine [19]	2:35.49

200 Yd. Backstroke

<i>Women</i>		
50-54:	Terry Freerks [04]	2:29.65
55-59:	Laurie G. Smith [10]	2:40.56
60-64:	Laurie Smith [13]	2:51.54
65-69:	Teresa McDowell [16]	3:16.10
70-74:	Regan Kenner	3:17.81
75-79:	Regan Kenner	3:34.83
80-84:	Doris Peters [04]	5:01.87
85-89:	Edith Hendry	5:38.30
90-94:	Edith Hendry [01]	5:51.76
95-99:	Edith Hendry [06]	6:55.49



Men

50-54:	James Halliburton [09]	2:10.05
55-59:	Bob Sine [10]	2:33.90
60-64:	Chris Sheets [19]	2:46.81
65-69:	Larry Walker [13]	2:49.25
70-74:	Al Coxon [06]	3:12.44
75-79:	Larry Good [09]	2:58.08
80-84:	Thomas Maine [06]	3:34.04
85-89:	Thomas O. Maine [11]	4:05.25
90-94:	Thomas Maine [19]	5:06.05

200 Yd. Breaststroke

Women

50-54:	Terry Freerks [05]	2:50.49
55-59:	Laurie G Smith [10]	3:07.25
60-64:	Bonnie C. Bence [06]	3:48.65
65-69:	Laurie Smith [17]	3:29.90
70-74:	Bonnie Bence [16]	4:17.53
75-79:	Adelle McDavid [05]	4:54.59
80-84:	Adelle L McDavid [09]	5:10.28
85-89:	Virginia Cross [15]	11:02.70

Men

50-54:	James Halliburton [10]	2:43.37
55-59:	Stephen Duane Smith [11]	2:51.59
60-64:	Charles Shedd [04]	3:01.62
65-69:	Stephen Smith [18]	3:05.70
70-74:	Charles Shedd [15]	3:23.13
75-79:	Larry Good [09]	3:21.05
80-84:	Thomas Maine [06]	3:45.27
85-89:	Thomas O. Maine [11]	4:27.03
90+:	Thomas Maine [17]	5:47.10

200 Yd. Butterfly

Women

60-64:	Diann Bauer [19]	4:06.46
65-69:	Laurie Smith [17]	3:25.70

Men

55-59:	John Werner [17]	3:34.50
60-64:	Larry Doerr [17]	3:08.20
90 & over:	Thomas Maine [17]	7:38.50

200 Yd. Freestyle

Women

50-54:	Terry Freerks [05]	2:16.62
55-59:	Laurie Smith [10]	2:15.53
60-64:	Ardeth Mueller [06]	2:26.14
65-69:	Ardeth R Mueller [07]	2:29.13
70-74:	Teresa McDowell [21]	3:03.83
75-79:	Clara Sotak [01]	3:51.88
80-84:	Madonna Buder [11]	4:05.59
85-89:	Edith Hendry	5:10.42
90-94:	Edith Hendry [01]	5:55.66
95-99:	Edith Hendry [07]	7:04.69

Men

50-54:	James Halliburton [10]	1:50.92
55-59:	Steven Hancock [13]	2:13.6
60-64:	Robert J. Amelung [10]	2:15.00
65-69:	Al Coxon [01]	2:28.69
70-74:	Ted Iverson [21]	2:44.27
75-79:	Larry Good [09]	2:39.00
80-84:	Thomas Maine [06]	2:57.89
85-89:	Thomas Maine [12]	3:18.05
90+:	Thomas Maine [17]	4:32.30

200 Yd. Individual Medley

Women

50-54:	Teresa McDowell [05]	2:31.93
	Terry Freerks [05]	2:31.93
55-59:	Laurie G Smith [10]	2:42.12
60-64:	Teresa W. McDowell [11]	3:09.38
65-69:	Laurie Smith [17]	3:00.00
70-74:	Teresa McDowell [21]	3:38.89
75-59:	Doris Peters	4:53.35
80-84:	Polly Bailey-McCarthy [03]	8:04.11
85-89:	Virginia Cross [15]	10:16.37

Men

50-54:	James Halliburton [10]	2:11.56
55-59:	Stephen Duane Smith [11]	2:41.40
60-64:	Lawerence Doerr [16]	2:47.87
65-69:	Al Coxon [01]	2:58.00
70-74:	Terry Blake [16]	3:03.69
75-79:	Larry Good [09]	3:02.45
80-84:	Thomas Maine [06]	3:23.24
85-89:	Thomas O. Maine [11]	3:59.97
90+:	Thomas Maine [16]	4:24.68

500 Yd. Freestyle

Women

50-54:	Terry Freerks [05]	6:02.94
55-59:	Ardeth Mueller	6:07.07
60-64:	Ardeth Mueller [06]	6:31.22
65-69:	Laurie Smith [17]	6:54.30
70-74:	Teresa McDowell [21]	8:01.80
75-79:	Clara Sotak [01]	9:55.55
80-84:	Sister Madonna Buder [13]	11:12.92
85-89:	Edith Hendry	14:18.94
90-94:	Edith Hendry [01]	16:50.91

Men

50-54:	James Halliburton [09]	5:16.28
55-59:	Steven Hancock [12]	6:16.87
60-64:	Steve Hancock [16]	6:22.12
65-69:	Steven Hancock [21]	6:34.24
70-74:	Robert Blake	7:36.89
75-79:	Larry Good [09]	7:25.21
80-84:	Thomas Maine [06]	8:02.68
85-89:	Thomas Maine [12]	8:48.34
90+:	Thomas Maine [16]	10:10.03

TRACK & FIELD

50 Meter Dash

Women

50-54:	Denise McField [06]	7.40
55-59:	Peggy O'Neill [01]	8.00
60-64:	Helen Stephens	8.58
65-69:	Mary Ares [03]	7.14
70-74:	Christel Donley [09]	8.37
75-79:	Lucille Monroe	9.40
80-84:	Lucille Monroe	9.91

85-89:	Lucille Monroe [01]	10.58
90+:	Anna Marie Ward	15.56

Men

50-54:	Tom Ott [02]	6.38
55-59:	Marty B McClintock [09]	6.53
60-64:	James Bridwell	6.59
65-69:	Paul Saunders	6.80
70-74:	Paul Saunders	7.30
75-79:	Ron E Jelinek [09]	7.74
80-84:	Curt Davison [09]	7.91
85-89:	Curt Davison [11]	8.83
90+:	Curt Davison [15]	9.88

100 Meter Dash

Women

50-54:	Denise McField [06]	15.02
55-59:	Peggy O'Neill [01]	15.06
60-64:	Julie K. Burton [11]	16.34
65-69:	Loretta Turner [23]	14.29
70-74:	Marie Uebel	16.80
75-79:	Lucille Monroe	18.20
80-84:	Lucille Monroe	19.49
85-89:	Lucille Monroe	20.84
90+:	Anna Marie Ward	32.68

Men

50-54:	Letcher Pickens [10]	11.90
55-59:	Harry Guth	12.14
60-64:	Charles Beaudry	11.87
65-69:	Gilberto Gonzales	12.71
70-74:	Benjamin Thomas	13.48
75-79:	Donald Ohmes [23]	14.93
80-84:	Curt Davison [05]	15.74
85-89:	Curt Davison [10]	16.69
90+:	Curt Davison [15]	19.11

200 Meter Dash

Women

50-54:	Denise McField [06]	30.49
55-59:	Debbie Stiles [07]	33.82
60-64:	Julie K. Burton [11]	34.83
65-69:	Lavina Haefele	35.40
70-74:	Kay Glynn [23]	37.77
75-79:	Lucille Monroe	40.20
80-84:	Lucille Monroe	42.57
85-89:	Marie Uebel	58.31
90-94:	Anna Marie Ward	1:15.60

Men

50-54:	Garth Robinson [23]	23.99
55-59:	David Golden	25.66
60-64:	Jim E Seiler [07]	26.66
65-69:	Gilberto Gonzales	27.51
70-74:	Paul Saunders	28.90
75-79:	Tom Johnson [18]	32.27
80-84:	Curt Davison [06]	34.74
85-89:	Curt Davison [12]	39.30
90+:	Curt Davison [15]	44.44



400 Meter Dash*Women*

50-54:	Mary Grace Huber [14]	1:18.99
55-59:	Jane Clarkson	1:18.80
60-64:	Jane Clarkson	1:21.70
65-69:	Margareta Lambert	1:26.80
70-74:	Molly Mackown	1:40.30
75-79:	Dottie Gray [01]	1:52.95
80-84:	Alice Mohr [12]	2:14.31
85-89:	Alice Mohr [17]	2:35.30
90+:	Anna Marie Ward	3:11.34

Men

50-54:	Ike Murphy [01]	58.00
55-59:	Greg Sargent	58.94
60-64:	Stuart Radloff [10]	1:02.63
65-69:	J.A. Abels [09]	1:03.97
70-74:	Paul Schmitt	1:08.90
75-79:	Paul Schmitt	1:14.40
80-84:	Myron Bishop	1:29.30
85-89:	Emmett Bennett	1:43.25
90+:	Erich Dahl	2:40.10

800 Meter Run*Women*

50-54:	Marcia Pruett	3:03.53
55-59:	Carolyn Wilson	3:07.56
60-64:	Carolyn Wilson	3:09.11
65-69:	Margareta Lambert	3:15.10
70-74:	Dottie Gray	3:59.31
75-79:	Madonna Buder [08]	4:24.25
80-84:	Alice Mohr [12]	5:19.90
85-89:	Dottie Gray [11]	5:53.13
90+:	Anna Marie Ward	7:26.90

Men

50-54:	Bruce Keseman [14]	2:18.13
55-59:	Greg Sargent	2:16.80
60-64:	Jack Gentry	2:27.60
65-69:	Joseph Bell	2:42.52
70-74:	Paul Schmitt	2:51.70
75-79:	Paul Schmitt	3:01.40
80-84:	Joseph Harold Bell [10]	3:43.66
85-89:	Emmett Bennett	4:17.55

1500 Meter Power Walk*Women*

50-54:	Nancy Sido [03]	9:01.18
55-59:	Kathy Hodgson [11]	10:16.55
60-64:	Jean Goldsberry [18]	10:39.01
65-69:	Jean Goldsberry [21]	11:25.88
70-74:	Kathy Hodgson [23]	11:28.48
75-79:	Maurine Lia [12]	10:24.4
80-84:	Madonna Buder [11]	12:36.60
85-89:	Edith Cooper	13:17.28

Men

50-54:	David Coutts [06]	7:01.82
55-59:	David Coutts [13]	7:17.43
60-64:	David Coutts [17]	7:56.83
65-69:	Wayne Oetting [05]	9:23.14
70-74:	Phocion S. Park	9:58.03
75-79:	Tom Kirley	10:04.53
80-84:	Russell E. Callahan	9:53.54
85-89:	Carl Rosemann [04]	12:30.00
90+:	Carl Rosemann [09]	12:52.00

1500 Meter Race Walk*Women*

50-54:	Nancy Sido [02]	8:51.68
55-59:	Ruth Eberle	8:23.00
60-64:	Ruth Eberle	8:13.60
65-69:	Ruth Eberle	8:24.43
70-74:	Ruth Eberle [03]	9:01.43
75-79:	Maurine R Lia [08]	9:35.00
80-84:	Maurine Lia [13]	10:30.79
85-89:	Maurine Lia [18]	11:44.90
90+:	Anna Marie Ward	5:01.10

Men

50-54:	David Coutts [06]	7:05.05
55-59:	David Coutts [13]	7:04.77
60-64:	David Coutts [17]	7:37.90
65-69:	David Coutts [21]	7:59.17
70-74:	Thomas Kirley	9:02.60
75-79:	Thomas Kirley	9:21.80
80-84:	Russell Callahan [01]	10:21.00
85-89:	Paul McDowell	11:42.70
90+:	Leslie Boos	19:14.00

1500 Meter Run*Women*

50-54:	Jan Daugherty [14]	5:52.46
55-59:	Jan Daugherty [15]	5:58.49
60-64:	Janet Daugherty [18]	6:00.98
65-69:	Margareta Lambert	6:52.10
70-74:	Madonna Buder [03]	7:37.26
75-79:	Madonna Buder [06]	8:12.84
80-84:	Madonna Buder [11]	9:07.91
85-89:	Alice Mohr [17]	11:49.40
90+:	Anna Marie Ward	14:39.90

Men

50-54:	Curtis Gilker [18]	4:41.26
55-59:	Jack Gentry	4:53.70
60-64:	Leon Fennell	5:16.60
65-69:	Joseph Bell	5:37.10
70-74:	Paul Schmitt	5:48.80
75-79:	John Boots	6:08.00
80-84:	Joseph Harold Bell [11]	07:36.3
85-89:	Emmett Bennett	8:41

5000 Meter Run*Women*

50-54:	Debbie M Repp [07]	22:47.15
55-59:	Carolyn Wilson	23:29.00
60-64:	Madonna Buder	23:31.00
65-69:	Dottie Gray	25:51.00
70-74:	Sr Madonna Buder	26:02.19
75-79:	Madonna Buder [08]	29:31.00
80-84:	Madonna Buder [11]	32:42.94
85-89:	Alice Mohr [18]	45:36.00
90+:	Dottie Gray [17]	1:09:35

Men

50-54:	Bobby Williams [04]	17:24.53
55-59:	Leon Fennell	18:08.00
60-64:	Leon Fennell	18:54.50
65-69:	Ernie Herschfeld	19:55.00
70-74:	Ernie Herschfeld	21:33.90
75-79:	Ernie Herschfeld [02]	21:57.96
80-84:	John Pianfetti	28:14.00
85-89:	John Pianfetti	35:25.40

10,000 Meter Run*Women*

50-54:	Debbie Repp [07]	46:09
55-59:	Dottie Gray	50:11
60-64:	Sr Madonna Buder	48:32
65-69:	Dottie Gray	51:31
70-74:	Sr Madonna Buder [02]	55:01
75-79:	Polly Bailey-McCarthy	1:08.13
80-84:	Dottie Gray [08]	1:29.01

Men

50-54:	Bobby Williams [04]	35:49
55-59:	Leon Fennell	37:00
60-64:	Leon Fennell	38:06
65-69:	Ernie Herschfeld	42:28
70-74:	Patrick W. Gallagher	44:08
75-79:	Charles Lebrell	58:47
80-84:	Henry M. Ema [01]	1:07.18
85-89:	John Pianfetti	1:07.32

Discus*Women*

50-54:	Concetta Strobach	1'03.50"
55-59:	Char Sobkowski	87'09.00"
60-64:	Myrle Mensey [12]	89'1"
65-69:	Myrle Mensey [17]	83'8"
70-74:	Char Sobkowski [08]	61'6.5"
75-79:	Char Sobkowski [13]	53'11"
80-84:	Carolyn Clark	38'06.00"
85-89:	Mary Jane Miller [13]	46'11"

Men

50-54:	Valentino Martinez	159'05.00"
55-59:	Valentino Martinez	139'07.50"
60-64:	Richard Cochran [01]	175'00.00"
65-69:	Richard Cochran	173'05.00"
70-74:	Phil Brusca	119'07.00"
75-79:	Phil Brusca [04]	109'02.50"
80-84:	Bruce F. McDonald	96'00.00"
85-89:	Phil Brusca [13]	76'07.00"
90+:	Gene Maloney	53'09.00"

High Jump*Women*

50-54:	Kathy Lord [08]	4'06.00"
55-59:	Peggy O'Neill [01]	3'10.00"
60-64:	Charmaine Sobkowski	3'08.50"
65-69:	Joan S. Graves	3'08.50"
70-74:	Joan S. Graves [02]	3'08.00"
75-79:	Christel Donley [14]	3'05.00"
80-84:	Marie Uebel	3'01.00"
85-89:	Marie Uebel	2'06.00"

Men

50-54:	Thomas Foley [10]	6'00.00"
55-59:	Marty B McClintock [08]	5'08.00"
60-64:	John Carrington [08]	5'04.00"
65-69:	Larry A Rheams [08]	5'04.00"
70-74:	Ronald W Dennert [08]	4'08.00"
75-79:	C.L. Bruce [08]	4'04.00"
80-84:	Curt Davison [08]	4'02.00"
85-89:	Curt Davison [13]	3'04"
90+:	Curt Davison [15]	3'04"

Javelin*Women*

50-54:	Connie M Strobach	100'09.50"
55-59:	Char Sobkowski	78'04.00"
60-64:	Myrle Mensey [12]	78'07.50"
65-69:	Helen Stephens	72'10.00"
70-74:	Christel Donley [09]	69'02.00"
75-79:	Char Sobkowski [12]	46'11.00"
80-84:	Mary Jane Miller [09]	47'00.00"
85-89:	Mary Jane Miller [13]	40'0"

Men

50-54:	John Schrock [04]	155'11.00
55-59:	Robert Orell [11]	147'06.00"
60-64:	Don Mather	142'00.50"
65-69:	Don Mather	131'02.00"
70-74:	Phillip Brusca	121'00.00"
75-79:	E. Lee Todd	106'11.00"
80-84:	Bruce F. McDonald	106'01.00"
85-89:	Bruce McDonald	90'07.00"
90+:	Curt Davison [17]	61'7"

Pole Vault*Women*

50-54:	Janet M Ossie [09]	6'00"
55-59:	Jane B. Kaiser [04]	5'06"
	Martha Roper [06][07]	5'06"
	Janet Ossie [15]	5'06"
60-64:	Jane Kaiser [09]	5'00"
	Martha Roper [09]	5'00"
65-69:	Jane Kaiser [17]	4'2"
70-74:	Kay Glynn [23]	8'6"
75-79:	Martha Roper [23]	3'0"

Men

50-54:	Dave Gilbert [15]	12'09"
55-59:	Daniel Gilbert [18]	12' 0"
60-64:	Daniel Limbaugh [10]	10'06"
65-69:	Daniel Limbaugh [13]	10'0"
70-74:	Daniel Limbaugh [17]	9'6"
75-79:	Daniel Limbaugh [21]	8'6"
80-84:	Jerry Donley [14]	5'06"

Running Long Jump*Women*

50-54:	Rebecca Hoogheem [07]	12'10.00"
55-59:	Peggy O'Neill [01]	11'09.25"
60-64:	Joan Graves	10'08.00"
65-69:	Char Sobkowski [02]	13'02.75"
70-74:	Kay Glynn [23]	13'4"
75-79:	Lavina Haefele	7'11.00"
80-84:	Marie Uebel	7'04.50"
85-89:	Marie Uebel	5'07.25"
90+:	Alice Mohr [23]	3'6"

Men

50-54:	Mike Chai [18]	17' 0.5"
55-59:	Don Schneider	16'09.00"
60-64:	Walter Diggs	16'01.75"
65-69:	Paul Saunders	15'07.50"
70-74:	Gilberto Gonzales	14'04.25"
75-79:	Hazoor Saini [21]	12'9"
75-79:	Donald Ohmes [23]	12'7"
80-84:	Curt Davison [09]	9'11.38"
85-89:	Curt Davison [12]	9'5.00"
90+:	Curt Davison [16]	8'07"

Shot Put (Metric Weight Shot)*Women*

50-54:	Connie M Strobach [01]	36'09.50"
55-59:	Myrle Symonds [06]	36'09.75"
60-64:	Laura Kaiser [21]	38' 3.44"
65-69:	Myrle Mensey [15]	31'04.75"
70-74:	Helen Stephens	27'05.00"
75-79:	Mary Henehan [22]	25' 0.39"
80-84:	Claire Vieth	18'08.00"
85-89:	Claire Vieth	16'11.00"
90+:	Dorothy Hassler [16]	11'08.50"

Men

50-54:	Bob Peters [01]	43'09.25"
55-59:	Bob Peters [03]	43'00.00"
60-64:	Richard Cochran [01]	43'03.25"
65-69:	Richard Cochran [02]	43'08.25"
70-74:	Phil Brusca	44'01.00"
75-79:	Phil Brusca [03]	37'06.00"
80-84:	Phillip F Brusca [07]	35'02.00"
85-89:	Curt Davison [12]	31'08.50"
90+:	Curt Davison [18]	30' 10"

Standing Long Jump*Women*

50-54:	Xiaoxia Yang [16]	6'10.00"
55-59:	Peggy O'Neill [01]	7'01.50"
60-64:	Ora Thomson [15]	6'06.00"
65-69:	Helen Stephens	7'04.25"
70-74:	Helen Stephens	6'03.00"
75-79:	Marie Uebel	5'09.00"
80-84:	Marie Uebel	5'01.50"
85-89:	Marie Uebel	4'05.00"
90+:	Alice Mohr [23]	3'0"

Men

50-54:	Mike Chai [18]	9' 0"
55-59:	Bill Donelson	8'06.75"
	Walter Diggs	8'06.75"
60-64:	Walter Diggs	8'07.50"
65-69:	Larry Rheams [09]	8'07.75"
70-74:	Jeffrey Duke [23]	8'01"
75-79:	Tom Walsh	7'06.00"
80-84:	Robert E. Powell	6'09.50"
85-89:	Richard Grater [15]	5'09.00"
90+:	Curt Davison [17]	5'10"

Triple Jump*Women*

50-54:	Janet Ossie [11]	22'10"
	Flavia Bader [23]	22'10"
55-59:	Janet Ossie [14]	21'04"
60-64:	Karla Langford [14]	19'07"
65-69:	Jane Kaiser [15]	18'11"
70-74:	Christel Donley [09]	23'03.5"
75-79:	Jane Kaiser [23]	15'10"

Men

50-54:	Mike Chai [18]	32' 6"
55-59:	Clint McCann [09]	30'02.0"
60-64:	Jeffrey Duke [12]	32'01.50"
65-69:	Jeffrey Duke [17]	31'6"
70-74:	Jeffrey Duke [21]	29'10.5"
75-79:	Frank Tilton [21]	25'2"
80-84:	Richard Grater [12]	19'05.50"
85-89:	Richard Grater [16]	16'09"

WEIGHTLIFTING (1980 – 2010)

Records have been re-started due to a rules change on score calculation

Arm Curls*Women*

50-59, 0-130:	Deborah R Diamond [08]	85
50-59, 0-130:	Suzanne Green [10]	85
50-59, 131-160:	Rose Tashner [09]	75
50-59, 161+:	Connie Strobach [06]	75
60-69, 0-130:	Mary K Canavan [09]	55
60-69, 131-160:	Elaine Heisler [09]	70
60-69, 161+:	Connie M Strobach [08]	90
70-79, 0-130:	Fela Igielnik [06]	35
	Laverne Meier [04]	35
80-89, 0-130:	Audrey Nobbe [04]	40
80-89, 131-160:	Audrey Nobbe [06]	45
80-89, 161+:	Mary M Rigney [09]	50

Men

50-59, 0-165:	Mike Tysdal [07]	130
50-59, 166-195:	Rob J Furey [08][07]	140
50-59, 196-225:	Peter Erlichson [07]	160
	Michael Wheatley [09]	160
50-59, 226+:	Johnny M Eagleston [08]	150
	Glennon May [09]	150
60-69, 0-165:	Richard Morris [05]	105
60-69, 166-195:	Art W Maas [08]	160
	Bob Heisler [09]	160
60-69, 196-225:	Allyn Hinton [05]	150
	Tom E Canavan [09]	150
60-69, 226+:	Gene Schildnedcht [07]	160
70-79, 0-165:	Richard Morris [07]	120
70-79, 166-195:	Clifford A Birge [09]	125
70-79, 196-225:	Clifford A Burge [09]	125
80-89, 0-165:	Leonard Sova [09]	60
80-89, 166-195:	Russell G Weeks [06]	120
90+, 0-165:	Eldren Sulhoff [09]	40

Bench Press*Women*

50-59, 0-130:	Deborah R Diamond [08]	135
50-59, 131-160:	Rose Taschner [09]	110
50-59, 161+:	Victoria Reddic [07]	145
60-69, 0-130:	Fran Armstrong [08]	85
	Mary K Canavan [09]	85
60-69, 131-160:	Elaine Heisler [09]	90
60-69, 161+:	Connie M Strobach [08]	115
70-79, 0-130:	Fela Igielnik [06]	20
80-89, 0-130:	Audrey Nobbe [04]	60
80-89, 131-160:	Audrey Nobbe [06]	60
80-89, 161+:	Mary M Rigney [09]	70

Men

50-59, 0-165:	Mike Tysdal [09]	260
50-59, 166-195:	Geoff R Melton [08]	295
50-59, 196-225:	Peter Erlichson [07]	325
50-59, 226+:	Greg Chrun [04]	425
60-69, 0-165:	James McNeil [07]	200
60-69, 166-195:	Art W Maas [08]	280
60-69, 196-225:	Gerald R Walters [08]	280
60-69, 226+:	William Barnickel [09]	380
70-79, 0-165:	Stuart Wallace [09]	175
70-79, 166-195:	Ken McKenna [07][05]	225
70-79, 196-225:	Phillip Brusca [05]	180
80-89, 0-165:	Robert A Maschal [09]	85
	Leonard Sova [09]	85
80-89, 166-195:	Glenn H Jackson [09]	165
90+, 0-165:	Eldren Sulhoff [09]	65

Leg Press*Women*

50-59, 0-130:	Deborah R Diamond [08]	415
50-59, 131-160:	Margie Duenke [06]	350
	Rose Taschner [09]	350
50-59, 161+:	Joan Lee [07]	400
	Francis Ann Newkirk [04]	400
60-69, 0-130:	Carol Kalseim [05]	400
60-69, 161+:	Mary Pat Henehan [07]	420
70-79, 0-130:	Maurine Lia [09]	300
80-89, 0-130:	Audrey Nobbe [04]	215
80-89, 131-160:	Audrey Nobbe [09]	290
80-89, 161+:	Mary M Rigney [09]	300

Men

50-59, 0-165:	Robert Cole [04]	750
50-59, 166-195:	Robert Lee [07]	1,000
50-59, 196-225:	George R Huber [08]	925
50-59, 226+:	Glennon May [07]	1,050
60-69, 0-165:	Curt Zitz [07]	700
60-69, 166-195:	Art Maaz [07]	950
60-69, 196-225:	Allyn Hinton [05]	1,000
60-69, 226+:	Gene Schlidnedcht [07]	1,150
70-79, 0-165:	Robert Cole [04]	750
70-79, 166-195:	Kenneth McKenna [07]	800
70-79, 196-225:	Phillip Brusca [05]	580
80-89, 0-165:	John Piperides [07][06]	475
80-89, 166-195:	Russell G Weeks [08]	550
90+, 0-165:	Eldren Sulhoff [09]	200

WEIGHTLIFTING (2011 - 2024)

Records started over in 2011 due to a rules change on score calculation

Arm Curls (Women)

50-54, 131-160:	Lydia Passmore [13]	60.3318%
50-54, 161-over:	Jai Jai Goldstein	41.02%
55-59, 0-130:	Deborah Hasten [14]	61.16%
55-59, 131-160:	Deborah Hasten [16]	56.65%
55-59, 161-over:	Jai Jai Goldstein [13]	35.2113%
60-64, 0-130:	Mary Canavan	50.00%
60-64, 131-160:	Carey Timmerman [15]	43.35%
60-64, 161-over:	Terry Basler [13]	35.3357%
65-69, 0-130:	Carol Simpson [19]	60.00%
65-69, 131-160:	Virginia Stolley [14]	42.48%
65-69, 161+:	Carol Bournstein [17]	28.12%
70-74, 0-130:	Mary Kay Canavan [19]	45%
70-74, 131-160:	Joan Juergens [14]	29.96%
75-79, 131-160:	Janet Wilson [21]	50%
75-79, 161+:	Mary Henehan [22]	65%

Arm Curls (Men)

50-54, 0-165:	Scott D. Goldman	91.22%
50-54, 166-195:	Steven W. Norman	85.23%
50-54, 196-225:	Peter Markos [13]	65.5431%
50-54, 226+:	Delfon McSpadden [22]	170%
55-59, 0-165:	Mike T. Tysdal	76.41%
55-59, 166-195:	Dennis Husak [15]	77.14%
55-59, 196-225:	David Wallington [12]	65.90%
55-59, 226-over:	Chester Beck [15]	57.52%
60-64, 0-165:	Robert Cole [14]	78.00%
60-64, 166-195:	Ralleigh Grandberry III [17]	72.38%
60-64, 196-225:	Dan Lusicic	72.09%
60-64, 226-over:	James Gregory Bridges	69.69%
65-69, 0-165:	Robert Cole [17]	73.82%
65-69, 166-195:	Tom Canavan [16]	69.22%
65-69, 196-225:	Tom Canavan [15]	63.78%

65-69, 226-over:	James Birge [16]	62.71%
70-74, 0-165:	JT Mutersbaugh [16]	65.88%
70-74, 166-195:	Frank O. Gilder, Jr.	70.31%
70-74, 196-225:	Allyn Hinton [13]	58.4795%
70-74, 226+:	James Bridges [22]	130%
75-79, 0-165:	Richard E. Morris	67.48%
75-79, 166-195:	Lawrence Coran [12]	51.90%
75-79, 196-225:	Clifford Birge [12]	63.60%
80-84, 0-165:	Richard Morris [19]	80%
80-84, 166-195:	Lawrence Coran [16]	39.59%
80-84, 196-225:	Clifford Birge [19]	105%
80-84, 226+:	Herman Metz [22]	85%
85-89, 0-165:	Fred Thumin [13]	50.2513%
85-89, 166-195:	Fred Thumin [14]	60.00%
90+, 0-165:	George Abbe [16]	37.88%
90+, 166-195:	Russell Weeks [14]	36.00%
90+, 226+:	Lester Seligman [22]	60%

Bench Press (Women)

65-69, 0-130:	Louise Nation [19]	100%
50-54, 131-160:	Barbara Huelsing [19]	95%
50-54, 161-over:	Jai Jai J. Goldstein	72.39%
55-59, 0-130:	Deborah Hasten [14]	99.39%
55-59, 131-160:	Deborah Hasten [15]	101.89%
55-59, 161-over:	Cynthia L. Schulze	77.11%
60-64, 0-130:	Mary K. Canavan	80.65%
60-64, 131-160:	Carey Timmerman [15]	90.32%
60-64, 161+:	Kay Lynne Firsching [19]	115%
65-69, 0-130:	Mary Kay Canavan [16]	79.84%
65-69, 131-160:	Mary Pat Henehan	76.71%
65-69, 161-over:	Carol Bournstein [16]	56.24%
70-74, 0-130:	Mary Kay Canavan [19]	75%
70-74, 131-160:	Janet Wilson [21]	70%
70-74, 161+:	Carol Bournstein [19]	55.49%
75-79, 131-160:	Jean Juergens [16]	60.71%
75-79, 161+:	Mary Pat Henehan [18]	105%

Bench Press (Men)

50-54, 0-165:	Steve Wiss [15]	177.26%
50-54, 166-195:	Michael Romano [14]	186.00%
50-54, 196-225:	Larry Muffo [15]	175.61%
50-54, 226-over:	Michael Porter [12]	149.10%
55-59, 0-165:	Mike T. Tysdal	168.09%
55-59, 166-195:	Dennis Husak [15]	180.00%
55-59, 196-225:	Mike S. Grace	137.25%
55-59, 226-over:	Dan Barnidge [13]	137.3408%
60-64, 0-165:	Mark Vossmeier [22]	280%
60-64, 166-195:	Robert Moore [18]	121.62%
60-64, 196-225:	Michael Bechard [16]	148.00%
60-64, 226-over:	Greg Chrun [12]	171.10%
65-69, 0-165:	Ralleigh Grandberry III [16]	146.00%
65-69, 166-195:	Glen Bournstein [17]	140.69%
65-69, 196-225:	Michael Bechard [22]	305%
65-69, 226-over:	James Bridges [16]	136.00%
70-74, 0-165:	Jack Bellmar [21]	215%
70-74, 166-195:	Thomas Rollins [15]	138.30%
70-74, 196-225:	Eugene Aragona [16]	115.00%
70-74, 226+:	James Bridges [22]	315%
75-79, 0-165:	Richard E. Morris	104.59%

75-79, 166-195:	Glenn Bournstein [22]	250%
75-79, 196-225:	Robert Barklage [17]	78.76%
75-79, 226+:	James Bridges [22]	315%
80-84, 0-165:	Richard Morris [19]	105%
80-84, 166-195:	Larry Coran [17]	84.26%
80-84, 196-225:	Clifford Birge [19]	125%
85-89, 0-165:	Fred Thumin [13]	97.3618%
85-89, 196-225:	Lester Seligman [17]	44.84%
85-89, 166-195:	Fred Thumin [14]	99.00%
85-89, 226+:	Lester Seligman [19]	120%
90+, 0-165:	George Abbe [15]	43.30%
90+, 166-195:	Russell Weeks [13]	58.1395%
85-89, 226+:	Lester Seligman [22]	95%

Leg Press (Women)

50-54, 0-130:	April Lehenbauer [19]	508%
50-54, 131-160:	Barb Yusen [19]	588%
55-59, 161+:	Renita Walker [19]	508%
55-59, 0-130:	Deborah Hasten [14]	457.19%
55-59, 131-160:	Deborah Hasten [15]	443.77%
55-59, 161-over:	Kelley Patti [17]	446.25%
60-64, 0-130:	Louise Nation [16]	409.00%
60-64, 131-160:	Barbara Huelsing [19]	438%
60-64, 161+:	Deborah Grossman [22]	605%
65-69, 0-130:	Carol Simpson [19]	593%
65-69, 131-160:	Myra Ventus [15]	293.00%
65-69, 161+:	Carol Bournstein [16]	276.00%
70-74, 0-130:	Mary Kay Canavan [17]	406.12%
70-74, 131-160:	Joan Juergens [14]	294.94%
70-74, 161+:	Carol Bournstein [18]	215.08%
75-79, 131-160:	Janet Wilson [21]	370%
75-79, 161+:	Carol Bournstein [19]	508%

Leg Press (Men)

50-54, 0-165:	Ted McDaniel [21]	750%
50-54, 166-195:	Larry Muffo [16]	620.00%
50-54, 196-225:	John Schweiss [19]	1018%
50-54, 226-over:	Chester Beck	441.80%
55-59, 0-165:	James Keane [14]	477.09%
55-59, 166-195:	Dennis Husak [15]	530.29%
55-59, 196-225:	Chester Beck [14]	539.77%
55-59, 226+:	Jon Stemme [21]	1310%
60-64, 0-165:	James Keane [17]	534.85%
60-64, 166-195:	Ralleigh Grandberry [14]	573.20%
60-64, 196-225:	Michael Bechard [15]	559.03%
60-64, 226-over:	Dan Barnidge [15]	476.62%
65-69, 0-165:	James Keane [22]	920%
65-69, 196-225:	Michael Bechard [21]	1120%
60-64, 226+:	Dan Barnidge [19]	1218%
70-74, 0-165:	JT Mutersbaugh [16]	627.00%
70-74, 166-195:	Jack Smith [16]	468.00%
70-74, 196-225:	Tom Canavan [19]	798%
70-74, 226+:	E. Schildknecht [14]	337.00%
75-79, 0-165:	John Mutersbaugh [18]	493.15%
75-79, 166-195:	Glenn Bournstein [19]	833%
75-79, 196-225:	Lester A. Seligman	242.79%
75-79, 226+:	Eugene Schildknecht [19]	838%
80-84, 0-165:	Richard Morris [19]	518%
80-84, 166-195:	Lawrence Coran [16]	283.00%
80-84, 196-225:	Clifford Birge [19]	368%
85-89, 0-165:	Joseph J. Blankenship	190.89%
85-89, 196-225:	Phil Brusca [15]	279.96%
85-89, 226+:	Lester Seligman [19]	652%
90+, 166-195:	Russell Weeks [13]	255.814%
90+, 226+:	Lester Seligman [22]	620%

