

# QUAD CITIES SENIOR OLYMPICS TRACK & FIELD RECORDS 1991 – 2018

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

## 50 METERS

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	Patricia Beam	9.42	2002
70-74	Penny Danielson	9.54#	2016
75-79	Lorma Bauer	10.54#	1998
80-84	Doris Forbes	12.64#	2012
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
80-84	Bud Braunlich	9.07	2003
85-89	Bud Braunlich	10.27	2007
90-94	Don Childs	11.94#	2017

## 100 METERS

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	Lorma Bauer	22.14#	1999
80-84	Doris Forbes	27.36	2011

## **100 METERS**

45-49	Brian Andrae	14.74#	2017
50-54	Keith Petranek	12.94#	2008
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**

40-44	Jennifer Allen	31.64#	2016
45-49	Yvonne Regan	37.64#	2016
50-54	Judy Porter	39.06	2001
55-59	Lynn Ingalls	32.69	2001
60-64	Dolores Hinds	38.64#	1998
65-69	Alice Kellogg	42.24#	1999
70-74	Penny Danielson	49.94#	2016
75-79	Lorma Bauer	47.14	1998
80-84	Doris Forbes	73.87#	2013
45-49	Ken Sunseri	28.74#	2012
50-54	Greg Monson	26.94	2009
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	Jo Faris	1:37.09	2003
55-59	Lynn Ingalls	1:14.40	2001
60-64	Rita Schaeffer	1:24.34#	2014
65-69	Rita Ashmead	1:40.56	2001
70-74	Rosemary Jamison	1:51.34	2014
75-79	Rita Ashmead	1:58.38	2013

## **400 METERS**

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	Howard Byers	1:29.04#	2008
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**

40-44	Nicole Callahan	3:29.54#	2016
45-49	Yvonne Regan	3:27.04#	2016
50-54	Jo Faris	3:19.66	2003
55-59	Rita Schaeffer	3:21.70	2009
60-64	Rita Schaeffer	3:18.14#	2014
65-69	Rita Ashmead	3:39.06	2001
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	Herbert Schueler	2:54.14	2004
65-69	Frank Davis	2:40.73	2010
70-74	Frank Davis	2:52.14#	2016
75-79	Jerry Smartt	3:36.00	2009
80-84	George Rajcevic	4:06.42#	2000
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	Jo Faris	6:39.99	2003
60-64	Rita Schaefer	7:22.54#	2016
65-69	Rita Ashmead	7:15.18	2001
70-74	Rita Ashmead	8:30.24	2008
75-79	Rita Ashmead	8:45.34#	2013
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	Jerry Smartt	6:56.55	2009
80-84	John Lasco	9:06.94#	1998
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
60-64	Marilyn Dwyer	20:47.59	2009
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 Bay	15:52.28	2018

## **5,000 METER ROAD RACE**

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	Rita Schaeffer	24:45	2013
65-69	Rita Ashmead	25:26	2001
70-74	Rosemary Jamison	29:38	2015
75-79	Janet Gustafson	35:24	2016
20-24	John D Kerch	21:19	2013
25-29	Joseph Puetz	16:55	2018
30-34	Timothy Dolan	19:21	2014
35-39	Jeff Paul	18:33	2018
40-44	Dave Timson	17:35	2016
45-49	Cory DeLong	19:20	2012
50-54	David Bailey	17:59	2013
55-59	Frederic Whiteside	18:20	2007
60-64	John Robinson	20:40	2000
65-69	Frederic Whiteside	22:01	2017
70-74	Frank Davis	23:05	2015
75-79	Frank Bay	26:38	2018
80-84	Vernon Schaefer	28:22	1994

## 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

## SHOT

40-44	Lisa Harris	4K	14' 3"	2015
45-49	Tammi Peck	3K	26' 8"	2010
50-54	Sharon Burns-Knutson	3K	28' 6"	2001
55-59	Cheryl Stevenson	3K	31' 4"	2001
60-64	Cheryl Stevenson	3K	31' 4"	2002
65-69	Linda Rowe	3K	28' 5"	2917
70-74	Patricia Beam	3K	22' 3"	2010
75-79	P. Anderson	3K	19' 9"	1993
80-84	Marjorie Hazen	3K	16' 11 ¼"	2002
85-89	Irene "Pepper" Kerwin	3K	10' 8"	2011
40-44	Juan Di Leo Razuk	16#	34' 6"	2010
45-49	Thomas Allen	16#	30' 6"	2016
50-54	Ron Summers	6K	48' 9 ¼"	2007
55-59	Don Amery	6K	42' 7"	1992
60-64	Bob Sager	5K	43' 2"	2011
65-69	John Bourn	5K	36' 8"	2009
70-74	John Bourn	4K	35' 4"	2015
75-79	John Manning	4K	37' 4 ½"	2014
80-84	John Manning	3K	39' 0"	2017
85-89	Dorance Johnson	3K	28' 4 ¼"	2008
90-94	Dorance Johnson	3K	24' 0 ½"	2013

## DISCUS

40-44	Lisa Harris	1K	36' 4 ½"	2015
50-54	Kay Glynn	1K	69' 1"	2007
55-59	Cheryl Stevenson	1K	74' 5 ¼"	2001
60-64	Linda Rowe	1K	88' 3"	2016
65-69	Linda Rowe	1K	82' 1"	2017
70-74	Patricia Beam	1K	59' 6"	2010
75-79	Doris Forbes	1K	46' 6"	2006
80-84	Betty Kruidenier	1K	41' 10"	2008
85-89	Irene "Pepper" Kerwin	1K	29' 5"	2011
35-39	Walt Willis	2K	122' 5"	2017
40-44	Juan Di Leo Razuk	2K	102' 8"	2010
45-49-	Roger Cline	2K	74' 2"	2016
50-54	Troy Bellrichard	1.5K	154' 11"	2018
55-59	Don Amery	1.5K	121" 4"	1992
60-64	Terry Simons	1K	136' 0"	2004
65-69	Jim Allen	1K	117' 5 ½"	2000
70-74	Loarn Robertson	1K	126' 9"	2015
75-79	Otto Welfring	1K	101" 0"	2012
80-84	Bud Braunlich	1K	84' 0"	2003
85-89	Bud Braunlich	1K	68' 8"	2007
90-94	Ralph Whiteman	1K	49' 2"	2018

## JAVELIN

40-44	Jennifer Allen	600G	43' 6"	2016
50-54	Kay Glynn	500G	85' 2 ½"	2007
55-59	Cheryl Stevenson	500G	68' 0"	2001
60-64	Linda Rowe	500G	78' 7 ½"	2016
65-69	Linda Rowe	500G	70' 9"	2017
70-74	Elinor Nelson	400G	64' 2 ½"	2004
75-79	Elinor Nelson	400G	51' 0"	2010
80-84	Elinor Nelson	400G	40' 8 ½"	2014
30-34	Alex Kazenko	800G	73' 10"	2018
40-44	Juan Di Leo Razuk	800G	155' 3"	2010
45-49	Roger Cline	800G	102' 5"	2016
50-54	Troy Bellrichard	700G	134' 1"	2018
55-59	Tarry Cory	700G	126' 5"	2004
60-64	Don Mather	600G	147' 5"	1991
65-69	Rod Speidel	600G	111' 11"	2014
70-74	Wally Czarny	500G	105' 11"	2004
75-79	Karl Rohnke	500G	89' 8"	2012
80-84	Edward Failor Sr	400G	76' 6"	2009
85-89	Ralph Whiteman	400G	44' 6"	2017
85-89	Ralph Whiteman	300G	54' 8 ¾"	2015
90-94	Ralph Whiteman	400G	52' 1"	2018
90-94	Guy Sibley	300G	24' 5"	1991

## **SOFTBALL THROW**

45-49	Tammi Peck	65' 0"	2010
50-54	Laurie Lartz	102' 0"	2015
55-59	Mary Mercury	110' 6"	1997
60-64	Patricia Beam	120' 5"	2000
65-69	Patricia Beam	115' 7"	2003
70-74	Josephine Wilke	93' 0"	1999
75-79	Patricia Beam	84' 0"	2014
80-84	Irene "Pepper" Kerwin	56' 10"	2007
85-89	Irene "Pepper" Kerwin	39' 0"	2014
102	Bernadine Ehman	29' 0"	2013
25-29	Adam Myers	243' 0"	2015
30-34	Jay Whiteside	132' 0"	2015
40-44	Mick Cherry	189' 0"	2012
45-49	Brian Andrae	180' 0"	2017
50-54	Brad Warren	249' 0"	2012
55-59	Tarry Cory	235' 6"	2005
60-64	Ed Merritt	200' 1"	2002
65-69	Arthur Tayon	198' 1"	1997
70-74	Ted Jacobson	180' 2"	2002
75-79	Ralph Whiteman	119' 0"	2005
	Karl Rohnke	119' 0"	2013
80-84	Raymond Anderson	104' 0"	2013
85-89	Don Childs	93' 0"	2015
90-94	Don Childs	79' 0"	2017

## **POLE VAULT (2007-)**

50-54	Kay Glynn	9' 7"	2007
25-29	Steve Sulfridge	14' 0"	2015
30-34	Wes Jackson	16' 0"	2015
45-49	Dave Gilbert	13' 2"	2011
50-54	Dave Gilbert	13' 0"	2015
55-59	Dave Gilbert	12' 0"	2018
60-64	Merle Norberg	8' 6"	2008
	Billy Potter	8' 6"	2015
65-69	Billy Potter	8' 0"	2018
70-74	Merle Norberg	7' 0"	2015
75-79	Paul Dreger	6' 0"	2007
80-84	Paul Dreger	5' 4"	2012



## HIGH JUMP

50-54	Kay Glynn	4' 8"	2007
55-59	Dolores Hinds	3' 8"	1997
60-64	Dolores Hinds	3' 6"	1998
65-69	Patricia Beam	3' 7"	2003
80-84	Doris Forbes	2' 4"	2012
40-44	Mick Cherry	4' 6"	2012
45-49	Roger Cline	4' 4"	2016
50-54	Wade Sorenson	5' 5"	2013
55-59	Mark Roberts	5' 3"	2016
60-64	Floyd Smith	4' 8"	1997
	John Valiska	4' 8"	2016
65-69	Rick Daniels	4' 8"	2018
70-74	David Johnson	4' 0"	2014
	Rajanikant Mehta	4' 0"	2015
75-79	Paul Lehmkuhl	3' 11"	2008
80-84	John Lasco	3' 6"	1998
	Paul Lehmkuhl	3' 6"	2015
	Aime Adams	3' 6"	2004
85-89	David Lawson	2' 10"	2007

## LONG JUMP

45-49	Yvonne Regan	6' 9 ½"	2016
50-54	Penny Danielson	13' 0 ½"	1995
55-59	Laurie Lartz	9' 3 ½"	2016
60-64	Penny Danielson	9' 11"	2009
65-69	Penny Danielson	10' 1"	2010
70-74	Penny Danielson	9' 6 ½"	2016
75-79	Rita Ashmead	7' 0"	2013
80-84	Doris Forbes	5' 4"	2012
40-44	Mick Cherry	12' 10"	2012
45-49	Allen Thomas	12' 6 ½"	2016
50-54	Greg Monson	16' 4 ¼"	2009
55-59	Pete Stopoulos	17' 7 ½"	1991
60-64	Pete Stopoulos	16' 8 ½"	1996
65-69	Pete Stopoulos	14' 9"	2001
	Keegan Morgan	14' 9"	2015
70-74	Lee Stopoulos	13' 9"	2012
75-79	Lee Stopoulos	12' 10"	2014
80-84	Paul Lehmkuhl	9' 8"	2015
85-89	Dorance Johnson	7' 1"	2008
90-94	Guy Sibley	2' 2"	1991

## **STANDING LONG JUMP**

50-54	Sharon Burns-Knutson	5' 2 ½"	2001
55-59	Laurie Lartz	6' 1 ½"	2016
60-64	Dolores Hinds	5' 8"	1998
65-69	Alice Kellogg	6' 0 ½"	1997
70-74	Irene "Pepper" Kerwin	4' 10 ½"	1998
75-79	Lorma Bauer	4' 7"	1998
80-84	Phyllis Anderson	3' 10 ½"	1997
85-89	Marjorie Hazen	2' 10 ¼"	2009

## **STANDING LONG JUMP**

40-44	Mick Cherry	7' 11"	2012
45-49	Thomas Allen	7' 5 ¼"	2016
50-54	Greg Monson	8' 4 ½"	2008/2009
55-59	John Valiska	8' 4"	2012
60-64	Pete Stopoulos	8' 0"	1996
	Jim Franzen	8' 4" (dry)	2017
65-69	Pete Stopoulos	8' 0"	2001
	Ken Beach	8' 0 ½" (dry)	2017
70-74	Pete Stopoulos	7' 6 ¼"	2006
75-79	Lee Stopoulos	7' 4 ¼"	2016
80-84	Bud Braunlich	6' 7"	2003
85-89	Dorance Johnson	5' 4"	2008
90-94	David Lawson	4' 5"	2013

## **TRIPLE JUMP (2007-)**

55-59	Laurie Lartz	21' 2"	2016
60-64	Mary Clark	15' 10"	2009
65-69	Corky Feeney	20' 1 ½"	2016
45-49	Thomas Allen	24' 9 ½"	2016
50-54	Greg Monson	32' 7 ¾"	2009
55-59	Dennis Lehr	30' 1 ½"	2016
60-64	Billy Potter	26' 6"	2016
65-69	Billy Potter	25' 6"	2018
70-74	Ron Peterson	22' 3 ½"	2016
75-79	Paul Lehmkuhl	25' 0 ¼"	2008
80-84	Paul Lehmkuhl	21' 9"	2015
85-89	Curtis Trevor	18' 0"	2013

### **WEIGHT THROW (2007-)**

65-69	Linda Rowe	12#	32' 0"	2017
80-84	Don Amery	12#	34' 2 ½"	2018

### **WEIGHT THROW (2007-)**

50-54	Vicki Johnson	16#	28' 2 ¾"	2007
55-59	Martha Green	16#	27' 10 ¼"	2007
60-64	Linda Rowe	16#	33' 5"	2016
65-69	Martha Green	16#	22' 8 ¼"	2016
70-74	Patricia Beam	16#	19' 9"	2010
75-79	Elinor Nelson	16#	14' 5"	2010
80-84	Irene "Pepper" Kerwin	16#	14' 3"	2007
75-79	Don Amery	16#	31' 5"	2016
80-84	Don Amery	16#	41' 7"	2017
85-89	Ralph Whiteman	16#	13' 0"	2017

### **WEIGHT THROW (2007-)**

40-44	Mick Cherry	20#	30' 10"	2012
50-54	Gary Shank	20#	33' 9"	2008
55-59	Gary Regenwether	20#	34' 0 ½"	2008
60-64	Jim Franzen	20#	41' 7 ¾"	2018
65-69	Rod Speidel	20#	33' 4"	2015
70-74	John Bourn	20#	37' 0"	2015
75-79	Don Amery	20#	29' 6"	2012
80-84	Ralph Whiteman	20#	29' 6"	2008
85-89	Ralph Whiteman	20#	17' 8"	2017
90-94	Ralph Whiteman	20#	14' 3"	2018
30-34	Walt Willis	25#	69' 9"	2017
40-44	Mick Cherry	25#	30' 10"	2012
45-49	Richard Whiteside	25#	26' 10"	2010
50-54	Ron Summers	25#	56' 10"	2007
55-59	Scott Sehmman	25#	45' 6 ½"	2018
65-69	Ronald Wheeler	25#	31' 6"	2007
70-74	Don Amery	25#	42' 5 ½"	2007
75-79	Jim Allen	25#	31' 0 ½"	2007
80-84	Don Amery	25#	22' 6"	2018

### **WEIGHT THROW (2018-)**

30-34	Alex Kazenko	35#	30' 3"	2018
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### **WEIGHT THROW (2018-)**

55-59	Greg Theologes	56#	23' 2 ¼"	2018
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## **FOOTBALL THROW (2008-)**

50-54	Sally Burgmeier	60' 0"	2015
55-59	Jane Noard	57' 0 ¼"	2008/2009
	Kathleen Clark	57' 0"	2017
60-64	Ruth DeKezel	42' 7"	2008
65-69	Jeanette O'Leary	54' 0"	2015
70-74	Patricia Beam	59' 0"	2010
75-79	Patricia Beam	52' 0"	2014
	Elinor Nelson	52' 0"	2010
80-84	Elinor Nelson	43' 0"	2014
	Doris Forbes	43' 0"	2011
85-89	Irene "Pepper" Kerwin	33' 0"	2011
102	Bernadine Ehman	20' 0"	2013
40-44	Mick Cherry	114' 0"	2012
45-49	Brian Andrae	144' 0"	2017
50-54	Jeff Johannsen	154' 0"	2009
55-59	Gary Shank	154' 0"	2009
60-64	Jeffrey Johannsen	144' 0"	2015
	Rod Speidel	144' 0"	2010
65-69	Rod Speidel	127' 0"	2014/2017
70-74	Al Matheis	118' 0"	2009
75-79	Wally Czarny	102' 0"	2010
80-84	Edward Failor Sr	100' 0"	2009
85-89	Don Childs	71' 0"	2015/2009
90-94	Don Childs	69' 0"	2017

## **Disc Golf Distance Drive (2015-)**

11-14	Riley LeVan Whiteside	75'	2017
55-59	Kathleen Clark	108'	2017
35-39	Jay Whiteside	299'	2018
55-59	Vince Viren	315'	2017
60-64	Vince Viren	291'	2015
65-69	Rod Spiedel	234'	2017
70-74	Ron Peterson	199'	2015
75-79	Robert DeClerck	108'	2015
80-84	Michael Middlemiss	125'	2018