



**Records since 2003**  
*Special Thanks to Ron Johnson  
 for compiling the last 10 years  
 of data.*

Last Updated: 9/22/2015

**AISG Archery Records**

***Compound Release with sights***

Age	Score	Women	Year	Score	Men	Year
50-54	816	Joanne Kuykendall	2014	866	Forrest Bolles	2015
55-59				856	Craig Shelton	2015
60-64	629	Sandra Costa-Mattie	2014	801	Andrew Pancho	2015
65-69				837	Chris Kilgore	2015
70-74	791	Sandra Thomas	2014	802	Wayne Thomas	2014

***Barebow Compound no sights***

Age	Score	Women	Year	Score	Men	Year
50-54	327	RJ Nelson	2010			
70-74				203	William Pearson	2013

***Barebow Recurve no sights***

Age	Score	Women	Year	Score	Men	Year
55-59				201	William Payton	2012
60-64				300	Lamar Wood, Jr	2010
65-69				531	David Garcia	2014
70-74				251	George Person	2015
75-79						
80-84				425	Andy Lakata	2014

### Recurve with Sights

Age	Score	Women	Year		Score	Men	Year
50-54							
55-59							
60-64					603	Roger Weggel	2015
65-69					706	Joe Mattie	2015
70-74							

### Basketball Free Throw Records

Age	%	Women	Year		%	Men	Year
50-54	70	Donna Rexford	2015		70	Bernie King	2015
55-59	80	Nora Simmons	2015		70	John Gebhardt	2015
60-64	40	Helen Conwell	2015		82	Jim Villano	2015
65-69							
70-74					70	Loren Flagg	2015
75-79	50	D.A. McGilvary	2015		100	Ken Stewart	2015

## AISG Bowling Records

### Bowling Singles Scratch

Age	Score	Women	Year		Score	Men	Year
50-54	591	Lynn Immel	2004		591	Phil Heine	2010
55-59	532	Oh Wongkit	2013		663	Travis McNeil	2015
60-64	458	Karen Sours	2007		619	Roger Graham	2009
65-69	501	Rita Youngberg	2009		741	Jim Holm	2012
70-74	570	Rowena Arnold	2012		688	Ronald Garris	2012
75-79	501	Phyllis Sheets	2014		559	Donald Cook	2012
80-84	423	Mary Messinger	2009		434	Martin Ford	2007
85-89	392	Hope Helms	2013		439	Roy Helms	2010
90-94	403	Bettie Upright	2005				
95-99	373	Bettie Upright	2012				

**Bowling Doubles Scratch**

Age	Score	Women	Year	Score	Men	Year
<b>50-54</b>	941	Oh Wongkit	2010	1099	Kris Laughlin	2009
		Charlotte Perotti			Phil Heine	
<b>55-59</b>	936	Lynn Immel	2006	1232	Phil Heine	2012
		Sister Pat Mayer			Don Hovda	
<b>60-64</b>	952	Marcia Holm	2013	1217	Rick Winther	2007
		Pat Martin			Jim Holm	
<b>65-69</b>	945	Janice Kingsvold	2007	990	Ron Garris	2007
		Rowena Arnold			Martin Ford	
<b>70-74</b>	968	Rita Youngblood	2012	1160	Ronnie Dinsmore	2012
		Rowena Arnold			Ronald Garris	
<b>75-79</b>	855	Phyllis Sheets	2012	847	John Megyesi	2010
		Dolores Shouse			Frank Herrera	
<b>80-84</b>	753	Mary Messinger	2009			
		Bettie Upright				

**Bowling Mixed Doubles Scratch**

Age	Score	Partners	Year
<b>50-54</b>	1076	Sister Pat Mayer	2010
		Phil Heine	
<b>55-59</b>	1100	Marcia Holm	2013
		Don Hovda	
<b>60-64</b>	1093	Marcia Holm	2009
		Jim Holm	
<b>65-69</b>	1107	Rita Youngberg	2010
		Bruce Perotti	
<b>70-74</b>	1021	Janice Carda	2010
		Richard Carda	
<b>75-79</b>	835	Janice Krigsvold	2013
		Richard Carda	
<b>80-84</b>	682	Bettie Upright	2010
		Marty Ford	

## AISG Cycling Records

### 5 K

Age	Time	Women	Year		Time	Men	Year
50-54	17:17	Diane Lewis	2013		12:12	Brian Parker	2010
55-59	11:06	Mary Via	2010		9:42	Joseph Martin	2012
60-64	11:43	Charlotte Berdahl	2005		9:16	Craig Loudon	2013
65-69	13:45	Sarah McConnell	2015		13:04	David Hamilton	2010
70-74	13:46	Carol Devoe	2005		12:19	Wayne Grieme Sr	2014
75-79	12:35	Barbara Lando	2015		13:13	Bill Blockcolsky	2009
80-84	20:22	Carol Devoe	2015				

### 10K

Age	Time	Women	Year		Time	Men	Year
50-54	18:46	Gail Koepf	2005		17:00	Earl Peterson	2015
55-59	18:50	Gayle Garrigues	2013		16:26	David Withoff	2015
60-64	19:21	Gail Koepf	2012		17:56	Stan Justice	2013
65-69	24:01	Gail Davidson	2013		19:30	Edward Callaghan	2013
70-74	25:02	Barbara Lando	2014		21:47	Wayne Grieme Sr	2013
75-79					27:15	Bill Blockcolsky	2010
80-84					29:04	Bill Blockcolsky	2012

### 20 K

Age	Time	Women	Year	Time	Men	Year
50-54	38:40.0	Sharon Baker	2010	36:37.0	David Withoff	2010
55-59	38:23.0	Gail Koepf	2010	35:02.0	Rocky Reifenstuhl	2009
60-64				38:36.0	Ed Callaghan	2010
65-69				43:45.0	Robert Perkins	2009
70-74						
75-79				56:45.0	Jack Ozment	2010
80-84						

## AISG Golf Records

### Golf (54 holes)

Age	Score	Women	Year		Score	Men	Year
50-54	259	Ann Spannagel	2006		242	Paul Lindhag	2009
55-59	275	Pat DeRuyter	2009		227	Paul Lindhag	2011
60-64	264	Fran Westervelt	2009		225	Bill Renfrew	2010
65-69	246	Lorraine Burch	2007		251	Ron Teel	2012
70-74	315	Joyce Anderson	2006		249	Ron Teel	2013
75-79	325	Charlotte Brees	2008		262	Don Hartbauer	2013
80-84					270	Alfred Ketzler	2013
85-89					318	Andrew Zahare	2013
90-94					201	Ken Hansell	2012

### Golf 18 holes

Age	Score	Women	Year		Score	Men	Year
50-54							
55-59							
60-64	96	Joy Morrison	2015				
65-69					102	Gary Gray	2015
70-74	121	Clarice Dukeminier	2015		107	Thomas Curry	2015

### Golf 36 holes

Age	Score	Women	Year		Score	Men	Year
50-54					179	Jack Pierce	2015
55-59	172	Dee Liebl	2015		184	Lincoln Hawkes	2015
60-64	188	Pat Deruyter	2015		164	Paul Lindhag	2015
65-69	205	Maida Buckley	2015		164	Bruce Cunningham	2015
70-74					169	Ron Teel	2015
75-79					175	Don Hartbauer	2015
80-84					193	Alfred Ketzler	2015
85-89					218	Andrew Zahare	2015
90-94		18 holes			138	Ken Hasell	2015

## AISG Power Walk Records

### 1500m

Age	Time	Women	Year		Time	Men	Year
50-54	10:15.0	Beth Nava-Allard	2008		13:45.7	Andrew Lesh	2014
55-59	12:06.6	Dawn Weyiouanna	2013		12:18.0	Gary Shields	2005
60-64	10:29.1	Bobbie Ritchie	2013		12:02.0	Peter Stern	2009
65-69	10:43.3	Bobbie Ritchie	2014		11:48.9	Bernard Sartori	2013
70-74	14:04.0	Margret Van Flein	2009		11:07	Bull Durham	2015
75-79	12:39.8	Margret Van Flein	2012		11:32	Ken Stewart	2015
80-84	13:0	Margret Van Flein	2015		12:07.3	Jack Ozment	2013
85-89	13:31.0	Hope Helms	2013		13:22.9	Jack Baker	2014
90-94					24:42	Ken Hansell	2015

## AISG Road Race Records

### 5K

Age	Time	Women	Year		Time	Men	Year
50-54	20:53	Dorli McWayne	2003		17:55	Roger Sayre	2009
55-59	22:19	Jane Lanford	2010		17:59	Roger Sayre	2014
60-64	24:01	Jane Lanford	2015		20:52	Owen Hanley	2003
65-69	29:35	Linda Unsicker	2013		23:22	Jim Madonna	2007
70-74	29:55	Gail Palchikoff	2014		23:34	Jim Madonna	2010
75-79	46:47	Margret Van Flein	2012		25:10	Jim Madonna	2013
80-84	30:59	Carolyn Ward	2012		31:01	Glenn Hackney	2006
85-89					41:49	Glenn Hackney	2010

### 10K

Age	Time	Women	Year		Time	Men	Year
50-54	48:20.0	Gail Koepf	2003		37:56	Roger Sayre	2012
55-59	48:00	Jane Lanford	2012,13		36:56	Roger Sayre	2014
60-64	50:18	Jane Lanford	2015		48:36	David Hoffman	2015
65-69	60:57	Linda Unsicker	2013		50:21	Bob Ritchie	2014
70-74	61:23	Gail Palchikoff	2014		52:39	Jim Madonna	2012
75-79					53:01	Jim Madonna	2013

## AISG Shooting Records

### *Pistol*

Age	Score	Women	Year	Score	Men	Year
50-54	185	Beth Nava-Allard	2008	181	Kevin McCarthy	2007
55-59				188	James Harris	2007
60-64	188	Dody Maki	2008	194	Paul Maki	2007
65-69	195	Wynola Possenti	2010	192	Phil Evans, Paul Maki	2010/13
70-74	155	Wynola Possenti	2015	188	David Miller, Paul Maki	2012,15
75-79				189	Joe Nava	2008
80-84				181	Joe Nava	2012,14
85-89	91	Margaret Stone	2012	137	John Darnall	2013

### *Rifle*

Age	Score	Women	Year	Score	Men	Year
50-54	192	Beth Nava-Allard	2008	195	Kevin McCarthy	2007
55-59	177	Kelley MacDonald	2015	191	Kevin McCarthy	2014
60-64	168	Charlotte Berdahl	2008	193	Kevin McCarthy	2015
65-69	199	Patricia Patterson	2015	200	Randy Pitney, Grant Lewis	2014,15
70-74	173	Cam Carlson	2011	195	Bud Rotroff Dave Miller	2010 2013
75-79	101	Pat Raeber	2015	200	Bud Burris/J Nava/Thomas Scarborough	2008, 10, 15
80-84				200	Bud Burris	2012,13
85-89	26	Margaret Stone	2013	187	Oliver Backlund	2012
90-94	57	Alyce Hansell	2012	146	Ken Hansell	2012

### *Trap Shooting - 25 Targets*

Age	Score	Women	Year	Score	Men	Year
50-54	24	Tricia Yocum	2008/07	24	Steven Crouch	2012
55-59	24	Karen Lidster	2005	25	Greg Yocum	2008/07
60-64	16	Anne Lewis	2011	24	Jerry Parsons	2005
				24	John Hewitt	2007
65-69	16	Claudia Pierson	2015	25	Jerry Parsons/Jeff Pierson	2008,15
70-74	6	Diane Perkins	2010	24	Wendy Beach	2005
75-79				23	Jim Beaman	2007
80-84				24	Joe Nava	2014

**Trap Shooting - 50 Targets**

<b>Age</b>	<b>Score</b>	<b>Women</b>	<b>Year</b>	<b>Score</b>	<b>Men</b>	<b>Year</b>
50-54				45	Greg Yocum	2004
55-59	46	Karen Lidster		42	Gary Miller	2004
60-64				46	Terry Marquette	2004
65-69						
70-74				43	Joe Nava, Jr.	2004
75-79				46	James Beaman	2004

**Trap Shooting - 100 Targets**

<b>Age</b>	<b>Score</b>	<b>Women</b>	<b>Year</b>	<b>Score</b>	<b>Men</b>	<b>Year</b>
50-54	58	Diann Darnall	2003	76	Joe Nava III	2003
55-59				87	Terry Marquette	2003
60-64				96	Jerry Parsons	2003
70-74				87	Joe Nava, Jr.	2003
75-79				94	Jim Beaman	2003
80-84				88	Joe Nava, Sr.	2003



## AISG Swimming Records

### 50 Backstroke

Age	Time	Women	Year	Time	Men	Year
50-54	49.72	Ginny McDowell	2005	37.18	Don Kiely	2011
55-59	43.93	Paula Ruckhaus	2012	37.63	Don Kiely	2012
60-64	42:44	Paula Ruckhaus	2014	36.72	Greg Peters	2015
65-69	39.22	Suzie Aldrich	2012	48:35	Chester Sniegowski	2013
70-74	44:97	Suzie Aldrich	2014	1:06.19	Bull Durham	2015
75-79	01:00.10	Sandra Flagg	2015	55.00	Bill Blockcolsky	2007
80-84	01:05.47	Margret Van Flein	2015	1:06.40	Bill Blockcolsky	2011
85-89				1:35.32	Jack Baker	2014

### 50 Breaststroke

Age	Time	Women	Year	Time	Men	Year
50-54	48.68	Dana Hyams	2009	36.69	Don Kiely	2012
55-59	48:87	Joan Inderhees	2014	35.50	David Withoff	2012
60-64	51.81	Norma Haubenstein	2015	38.28	Ken Hickey	2005
65-69	52.76	Gail Davidson	2014	50.70	Chester Sniegowski	2013
70-74	52.47	Margret Van Flein	2008	01:20.41	Loren Flagg	2015
75-79	57.88	Margret Van Flein	2012	53.3	Hans Wendel	2015
80-84	01:01.13	Margret Van Flein	2015	01:11.97	Bill Blockcolsky	2013
85-89				1:49.81	Jack Baker	2014

### 50 Butterfly

Age	Time	Women	Year	Time	Men	Year
50-54	59.79	Donna Kime	2004	28.49	Scott Lemley	2006
55-59	48.72	Joan Inderhees	2014	46.56	David Withoff	2012
60-64	01:20.9	Helen Norton	2005	48.28	Ken Hickey	2007
65-69	01:14.5	Helen Norton	2010	36.38	Chester Sniegowski	2012
70-74				01:46.50	Bull Durham	2015
80-84	1:21.78	Margret Van Flein	2015			

**50 Freestyle**

Age	Time	Women	Year	Time	Men	Year
50-54	41.84	Doris Lundin	2013	30.15	David Peck	2003
55-59	36:22	Joan Inderhees	2014	28.58	Steve Weis	2010
60-64	35:56	Paula Ruckhaus	2014	28.69	Greg Peters	2014
65-69	41.24	Suzie Aldrich	2012	40.25	Chester Sniegowski	2013
70-74	41:16	Suzie Aldrich	2014	41.31	Loren Flagg	2015
75-79	51.74	Margret Van Flein	2012	48:03:00	Bill Blockcolsky	2007
80-84	52.94	Margret Van Flein	2015	53.89	Bill Blockcolsky	2011
85-89				1:29	Jack Baker	2014

**100 Backstroke**

Age	Time	Women	Year	Time	Men	Year
50-54	02:23.9	Doris Kubanyi	2012	01:23.4	David Feree	2003
55-59	1:48.50	Kathy Dohner	2013	01:29.6	Don Kiely	2012
60-64	01:50.7	Mary Jane Dickey	2004	01:23.5	Greg Peters	2005
65-69	1:29.34	Suzie Aldrich	2012	02:21.7	Thomas Lewis	2007
70-74	1:47.53	Suzie Aldrich	2014			
75-79	3:41.40	Peggy Birkenbuel	2015	01:58.9	Bill Blockcolsky	2008
80-84	02:18.53	Margret Van Flein	2015	02:26.2	Bill Blockcolsky	2011

**100 Breaststroke**

Age	Time	Women	Year	Time	Men	Year
50-54	01:43.7	Dana Hyams	2009	01:15.6	Ron Larsen	2012
55-59	01:37.3	Joan Inderhees	2014	01:25.0	David Withoff	2012
60-64	02:01.6	Maggie Billington	2005	01:42.8	Ken Hickey	2006
65-69	01:58.2	Margret VanFlein	2004	02:16.5	Thomas Lewis	2012
70-74	01:59.8	Margret VanFlein	2008	03:27.8	William Ragan	2012
75-79	02:11.8	Margret VanFlein	2012	01:56.34	Hans Wendel	2015
80-84				04:04.65	Dave Watson	2015

**100 Freestyle**

Age	Time	Women	Year	Time	Men	Year
50-54	01:27.6	Dana Hyams	2009	01:00.7	Ron Larsen	2012
55-59	01:21.6	Joan Inderhees	2014	01:04.0	Steven Weis	2009
60-64	01:22.97	Paula Ruckhaus	2014	01:10.62	Greg Peters	2015
65-69	02:08.91	Susan Sugai	2015	01:54.65	John Walsh	2015
70-74	01:58.4	Margret Van Flein	2008	01:55.31	Loren Flagg	2015
75-79	2:05.41	Margret Van Flein	2013	01:53.5	Bill Blockcolsky	2008
80-84	03:58.8	Martha Markey	2011	02:10.6	Bill Blockcolsky	2011

**100 IM**

Age	Time	Women	Year	Time	Men	Year
50-54	01:39.0	Ginny McDowell	2005	01:10.4	Ron Larsen	2012
55-59	01:39.72	Joan Inderhees	2014	01:25.8	David Withoff	2012
60-64	02:10.4	Mary Jane Dickey	2004	01:36.9	Ken Hickey	2005
65-69	02:18.0	Helen Norton	2010	01:40.7	Chester Sniegowski	2012
70-74	02:18.8	Margret Van Flein	2009	03:02.78	Bull Durham	2015
75-79	02:15.9	Margret Van Flein	2011	02:19.9	Hans Wendel	2015
80-84	02:20.28	Margret Van Flein	2015			

**200 Freestyle**

Age	Time	Women	Year	Time	Men	Year
50-54	03:12.9	Carol Romberg	2003	02:18.8	Ron Larsen	2012
55-59	03:15.3	Barbara Sweet	2004	02:21.7	Steven Weis	2010
60-64	03:09.53	Paula Ruckhaus	2014	02:44.1	Greg Peters	2014
65-69	03:22.3	Susie Aldrich	2012	04:07.0	John Walsh	2014
70-74	06:49.8	Peggy Birkenbuel	2012			
75-79	04:35.84	Margret Van Flein	2014			
80-84				05:42.6	Bill Blockcolsky	2012

**500 Freestyle**

Age	Time	Women	Year	Time	Men	Year
50-54	8:45.44	Diedre Larson	2014	06:15.2	Ron Larsen	2012
55-59	08:36.4	Norma Haubenstein	2012	06:18.5	Steven Weis	2010
60-64	08:56.12	Norma Haubenstein	2015	10:06.56	Carl Hemming	2014
65-69	10:30.3	Nora Braniff	2005	11:09	John Walsh	2014
70-74	12:03.38	Maggie Billington	2015			
75-79				13:32.13	Al Stovick	2015

**100 Butterfly**

Age	Time	Women	Year	Time	Men	Year
50-54						
55-59						
60-64				02:57.6	Ed Callaghan	2012
65-69				3:09.53	Ed Callaghan	2014

## AISG Track Records

### 50 m

Age	Time	Women	Year		Time	Men	Year
50-54	8.80	Kerry Hansel	2008		6.90	Tom Ojala	2006
55-59	8.40	Bobbie Ritchie	2005		7.27	Ron Harper	2013
60-64	8.44	Bobbie Ritchie	2013		7.17	Greg Peters	2012
65-69	8.61	Bobbie Ritchie	2014		8.00	B J Hall	2004
70-74	11.88	Cam Carlson	2011		8.04	John Impson	2010
75-79	15.01	Peggy Birkenbuel	2013		8.12	Dan Holleman	2013
80-84	12.37	Margret Van Flein	2015		11.54	Keith Miller	2014
85-89	23.30	Alyce Hansell	2008				
90-94	27.96	Alyce Hansell	2015		28.10	Tim Sander	2008

### 100 m

Age	Time	Women	Year		Time	Men	Year
50-54	17.50	Kerry Hansell	2008		13.01	Scott Stewart	2013
55-59	16.20	Bobbie Ritchie	2005		12.47	Ron Harper	2013
60-64	15.21	Bobbie Ritchie	2013		13.60	Greg Peters	2012
65-69	16.90	Christine Davis	2012		14.87	Bob Noreen	2013
70-74	23.50	Cam Carlson	2012		15.48	John Impson	2010
75-79	26.10	Barbara Lando	2015		14.32	Dan Holleman	2013
80-84					30.30	Richard Biley	2012
85-89	49.50	Alyce Hansell	2008				
90-94	48.50	Alyce Hansell	2012				

### 200 m

Age	Time	Women	Year		Time	Men	Year
50-54	37.40	Jane Lanford	2009		27.70	Tom Ojala	2006
55-59	33.12	Bobbie Ritchie	2007		30:75	Ron Harper	2014
60-64	35.00	Bobbie Ritchie	2010		29.69	Warren Taylor	2014
65-69	37:27	Bobbie Ritchie	2014		33.00	Jim Madonna	2006
70-74	57.10	Cam Carlson	2012		33.60	Howard Weisser	2012
75-79	57.81	Barbara Lando	2015		36.15	Dan Holleman	2014
80-84	01:48.5	Mary Binkley	2007				
90-94	2:21:91	Alyce Hansell	2014				

**400 m**

Age	Time	Women	Year		Time	Men	Year
50-54	01:22.1	Jane Lanford	2009		01:00.7	Jim Loftus	2003
55-59	01:16.7	Sabra Harvey	2005		59.9	Jim Loftus	2006
60-64	01:50.3	Janet Vant-Leven	2012		01:02.2	Jim Loftus	2010
65-69	02:12.0	Charlotte Berdahl	2011		01:14.7	Jim Madonna	2005
70-74	02:09.3	Cam Carlson Sandra Benson	2012 2014		01:13.5	Jim Madonna	2006
75-79	02:14.6	Barbara Lando	2015		1:23.62	Jim Madonna	2013
80-84					02:25.0	Bill Blockcolsky	2011
85-89	04:23.5	Alyce Hansell	2008		04:23.8	Ken Hansell	2008
90-94	04:24.4	Alyce Hansell	2012				

**800 m**

Age	Time	Women	Year		Time	Men	Year
50-54	03:04.4	Elizabeth Kane	2015		02:36.3	Rocky Reifenstuhl	2003
55-59	03:13.3	Jane Lanford	2012		02:14.8	Jim Loftus	2005
60-64	03:40.6	Norma Haubensstock	2015		02:41.1	Ross Bolding	2008
65-69	04:45.4	Cam Carlson	2009		02:49.0	Jim Madonna	2006
70-74	04:52.2	Sandra Benson	2014		03:05.5	Jim Madonna	2009
75-79	05:09.4	Barbara Lando	2015		03:12.6	Jim Madonna	2013
80-84					05:22.2	Bill Blockcolsky	2011
85-89	08:56.4	Alyce Hansell	2008		08:56.1	Ken Hansell	2008
90-94	09:13.4	Alyce Hansell	2012				

**1500 m**

Age	Time	Women	Year		Time	Men	Year
50-54	05:51.5	Dorli McWayne	2003		04:44.9	Roger Sayre	2009
55-59	06:04.8	Jane Lanford	2012		04:59.4	Roger Sayre	2014
60-64	09:06.5	Janet Vant-Leven	2012		05:38.7	Owen Hanley	2003
65-69	09:29.0	Cam Carlson	2006		05:53.0	Jim Madonna	2006
70-74	06:51.0	Sandra Benson	2014		06:11.8	Jim Madonna	2009
75-79					6:32.40	Jim Madonna	2013
80-84					12:49.4	Bill Blockcolsky	2012

**3000 m**

<b>Age</b>	<b>Time</b>	<b>Women</b>	<b>Year</b>		<b>Time</b>	<b>Men</b>	<b>Year</b>
<b>50-54</b>	12:50.0	Jane Lanford	2009		10:11.0	Roger Sayre	2009
<b>55-59</b>	15:54.3	Anne Hanley	2003		11:11.8	Dan Callahan	2006
<b>60-64</b>					12:04.9	Owen Hanley	2003
<b>65-69</b>	19:34.0	Cam Carlson	2009		13:15.4	Jim Madonna	2006
<b>70-74</b>					14:40.2	Jim Madonna	2008

## AISG Field Records

### *Discus*

Age	Dist.	Women	Year		Dist.	Men	Year
50-54	70' 4.5"	Kerry Hansell	2008		82' 4.25"	Jeff Howe	2010
55-59	59' 3 "	Bobbie Ritchie	2008		95' 6"	Rick Wilson	2006
60-64	63' 5"	Bobbie Ritchie	2012		131'6"	Don Schroeder	2014
65-69	56'6.25"	Bobbie Ritchie	2014		122' 4"	Paul Beckman	2004
70-74	43' 3/4"	Peggy Birkenbuel	2012		104'8.75"	Bob Barry	2014
75-79	39'3.5"	Peggy Birkenbuel	2014		84' 2"	Bill Blockcolsky	2007
80-84	21'7"	Ruth Knapman	2015		59' 11"	Bill Blockcolsky	2010
85-89	36'	Jane Soeten	2008		41' 7.5"	Ken Hansell	2012
90-94	37' 3/4"	Alyce Hansell	2012		47'	Tim Sander	2007
100+					6' 8"	Harrie Hughes	2003

### *Shot Put*

Age	Dist.	Women	Year		Dist.	Men	Year
50-54	25' 9.5"	Andrea Trinchet	2014		30' 4.5"	Jeff Howe	2010
55-59	25' 2.75"	Bobbie Ritchie	2009		29' 9.25"	Robert Souders	2014
60-64	27' 2"	Bobbie Ritchie	2012		34' 8.25"	George McAulay	2010
65-69	25'0.75"	Bobbie Ritchie	2015		37' 1"	Ron Small	2010
70-74	19' 6"	Peggy Birkenbuel	2010		29' 7.25"	Wayne Grieme, Sr	2012
75-79	18'7.75"	Peggy Birkenbuel	2013		27' 4"	Bill Blockcolsky	2008
80-84	14'3.5"	Carol DeVoe	2015		27'11.75"	Bill Blockcolsky	2011
85-89	11' 11"	Jane Soeten	2012		21' 10.25"	Jack Baker	2014
90-94	8 '8"	Alyce Hansell	2012		20' 11"	Tim Sander	2007

**Javelin**

Age	Dist.	Women	Year		Dist.	Men	Year
50-54	63'6"	Andrea Trinchet	2014		106' 4"	Ron Harper	2010
55-59	51' 11"	Bobbie Ritchie	2007		132' 8"	Ron Harper	2012
60-64	47'4"	Bobbie Ritchie	2013		96' 9"	Jim Lewandoski	2015
65-69	48'	Peggy Birkenbuel	2006		96' 10"	Paul Beckman	2004
70-74	47' 9"	Peggy Birkenbuel	2011		65'10.75"	Wayne Grieme, Sr.	2012
75-79	38' 0"	Peggy Birkenbuel	2013		61' 4.5"	Bill Blockcolsky	2010
80-84	17'4"	Ruth Knapman	2015		52' 1.25"	Bill Blockcolsky	2011
85-89	24'7"	Jane Soeten	2012		43' 1"	Tim Sanders	2005
90-94	22' 4"	Alyce Hansell	2012		40' 6"	Tim Sanders	2006
100+					9' 0"	Harrie Hughes	2003

**Long Jump**

Age	Dist.	Women	Year		Dist.	Men	Year
50-54	9'5"	Andrea Trinchet	2015		14' 8"	Ron Harper	2010
55-59	9' 10"	Bobbie Ritchie	2006		14'5.5"	Ron Harper	2013
60-64	10' 0.5"	Richie Musick	2005		12'2"	Jim Lewandoski	2015
65-69	9'	Bobbie Ritchie	2014		11' 9.5"	Michael Madden	2012
70-74	5' 7"	Cam Carlson	2011		9' 10"	Beck Duncan	2015
75-79	3'5.5"	Peggy Birkenbuel	2014		10'11.5"	Dan Holleman	2014
80-84	3' 8"	Mary Binkley	2007		6' 0"	Bill Blockcolsky	2011
85-89	2'9.5"	Jane Soeten	2014		4'11"	Jack Baker	2014



**Standing Long Jump**

Age	Dist.	Women	Year		Dist.	Men	Year
50-54	5'10.25"	Andrea Trinchet	2014		6' 10.25"	Gary Shields	2003
55-59	6' 2.5"	Paula Ruckhaus	2012		7' 11"	Ron Harper	2014
60-64	6' 3"	Paula Ruckhaus	2014		7'0.5"	Jim Lewandoski	2015
65-69	6' 9"	Cam Carlson	2006		7' 0.5"	Paul Beckman	2004
70-74	4' 1"	Cam Carlson	2011		6'7"	Beck Duncan	2015
75-79	2'8"	Peggy Birkenbuel	2013		6"6.25"	Dan Holleman	2014
80-84					4' 4"	Jack Ozmont	2010
85-89	1'3"	Jane Soeten	2014		3' 9"	Tim Sander	2005
90-94					3' 3"	Tim Sander	2007

**Triple Jump**

Age	Dist.	Women	Year		Dist.	Men	Year
50-54	18' 3"	Andrea Trinchet	2014		22' 7"	David Peck	2003
55-59	17' 11.5"	Bobbie Ritchie	2007		30'10"	Ron Harper	2013
60-64	24' 4.5"	Bobbie Ritchie	2010		25' 11"	Michael Madden	2010
65-69	22'1"	Bobbie Ritchie	2014		24'7.25"	Michael Madden	2012
70-74	10' 0 "	Ruth Knapman	2003		20'7.5"	Beck Duncan	2015
75-79					23'5"	Dan Holleman	2014
85-89					12'8.5"	Jack Baker	2014

**High Jump**

Age	Ht.	Women	Year		Ht.	Men	Year
50-54	3' 6"	Diann Darnall	2003				
65-69					4' 0"	Jim Madonna	2003
80-84					2' 4"	Tim Sander	2003

## AISG Triathlon Records

### *Triathlon*

<b>Age</b>	<b>Time</b>	<b>Women</b>	<b>Year</b>		<b>Time</b>	<b>Men</b>	<b>Year</b>
<b>50-54</b>	1:18:08	Elizabeth Kane	2015		1:08:44	David Withoff	2010
<b>55-59</b>	1:15:25	Lesley Yamauchi	2012		1:02:07	David Withoff	2015
<b>60-64</b>	1:22:16	Gail Koepf	2013		1:16:17	David Hoffman	2015
<b>65-69</b>	1:45:54	Gail Davidson	2014		1:30:57	John Walsh	2014
<b>70-74</b>	2:01:23	Mary Matthews	2015		2:03:01	Bull Durham	2015
<b>75-79</b>	1:45:47	Barbara Lando	2015				

### **Triathlon team competition**

<b>Team</b>			<b>Time</b>	<b>Year</b>
Tracy Flodin, Sandra Lambert, Mike Flodin			1:35:21	2015