



Records since 2003

Special Thanks to Ron Johnson for compiling the last 9 years of data.

Draft

If you have any knowledge of different scores, times, distances, or names, please let us know.

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AISG Archery Records

Compound Release with sights

Age	Score	Women	Year	Score	Men	Year
55-59				517	Ken Converse	2010
60-64				486	Dennis Goldbach	2010
70-74				546	Jack Head	2010

Barebow Compound no sights

Age	Score	Women	Year	Score	Men	Year
50-54	327	RJ Nelson	2010			

Barebow Recurve no sights

Age	Score	Women	Year	Score	Men	Year
60-64				300	Lamar Wood	2010
65-69				248	George Pearson	2010

Recurve with sights

Age	Score	Women	Year	Score	Men	Year
55-59				492	Roger Weggel	2010
60-64				496	Joe Mattie	2010

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	500	Karen Sours	2004		652	Rick Winther	2006
60-64	458	Karen Sours	2007		619	Roger Graham	2009
65-69	501	Rita Youngberg	2009		591	Ron Garris Sr	2007
70-74	474	Arlene Cavanaugh	2009		514	Jim Zumwalt	2007
75-79	459	Jannine Kendall	2010		452	Frank Herrera	2010
80-84	423	Mary Messinger	2009		434	Martin Ford	2007
85-89	357	Bettie Upright	2004		420	Roy Helms	2010
90-	403	Bettie Upright	2005				

Bowling Doubles Scratch

Age	Score	Women	Year	Score	Men	Year
50-54	941	Oh Wonkit	2010	1099	Kris Laughlin	2009
		Charlotte Perotti			Phil Heine	
55-59	936	Lynn Immel	2006	1084	Don Cook	2005
		Sister Pat Mayer			Johnny Jones	
60-64	875	Karen Sour	2005	1217	Rick Winther	2007
		Charlotte Perotti			Jim Holm	
65-69	945	Janice Kingsvold	2007	990	Ron Garris	2007
		Rowena Arnold			Martin Ford	
70-74	771	Sister Pat Mayer	2010	922	Jim Zumwalt	2006
		Phyllis Sheets			Frank Herrera	
75-79	745	Mary Messinger	2006	847	John Megyesi	2010
		Bettie Upright			Frank Herrera	
80-84	753	Mary Messinger	2009			
		Bettie Upright				

Bowling Mixed Doubles Scratch

Age	Score	Partners	Year
50-54	1076	Sister Pat Mayer	2010
		Phil Heine	
55-59	1069	Karen Sour	2005
		Kris Laughlin	
60-64	1093	Marcia Holm	2009
		Jim Holm	
65-69	1107	Rita Youngberg	2010
		Bruce Perotti	
70-74	1021	Janice Carda	2010
		Richard Carda	
75-79	830	Jannine Kendall	2010
		Frank Herrera	
80-84	682	Bettie Upright	2010
		Marty Ford	

AISG Cycling Records

5 K

Age	Time	Women	Year	Time	Men	Year
50-54				12:12	Brian Parker	2010
55-59	11:06.0	Mary Via	2010	12:14	John Berdahl	2005
60-64	11:43	Charlotte Berdahl	2005	09:58.0	Ed Callaghan	2010
65-69				13:04.0	David Hamilton	2010
70-74	13:46	Carol Devoe	2005			
75-79				13:13.0	Bill Blockcolsky	2009

10K

Age	Time	Women	Year	Time	Men	Year
50-54	18:46	Gail Koepf	2005	18:22	Terry Miller	2005
55-59	19:18.0	Gail Koepf	2010	17:13.0	Rocky Reifentuhl	2010
60-64	23:33.0	Linda Garcia	2010	18:50:00 AM	Ed Callaghan	2008
65-69				22:01	Jerry Braniff	2005
70-74	26:14	Carol Devoe	2005	23:43	Dave Devoe	2005
75-79				27:15.0	Bill Blockcolsky	2010

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 Reifentuhl	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

AISG Golf Records

Golf (72 holes)

Age	Score	Women	Year	Score	Men	Year
50-54	259	Ann Spannagel	2006	242	Paul Lindhag	2009
55-59	275	Pat DeRuyter	2009	233	Paul Lindhag	2010
60-64	264	Fran Westervelt	2009	225	Bill Renfrew	2010
65-69	246	Lorraine Burch	2007	252	Ron Teel	2010
70-74	315	Joyce Anderson	2006	262	Kelly Everette	2005
75-79	325	Charlotte Brees	2008	285	Kelly Everette	2006
80-84				328	Andrew Zahare	2010

AISG Race Walk Records

**1500
m**

Age	Time	Women	Year	Time	Men	Year
50-54	10:15	Beth Nava-Allard	2008			
55-59	13:50.0	Barb Stockwell	2010	12:18	Gary Shields	2005
60-64	11:56.0	Bobbie Ritchie	2010	14:55.0	Ed Washburn	2009
65-69	11:57	Cam Carlson	2008	15:04.0	Ron Snipe	2010
70-74	14:04.0	Margret Van Flein	2009			
75-79	16:37.5	Ruth Knapman	2010	12:18	Jack Townshend	2005
80-84	15:04.0	Hope Helms	2010	13:08.5	Jack Ozment	2010
85-89				14:07.0	Glenn Hackney	2010

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	23:37	Rocky Reifentuhl	2010
60-64	28:53:00	Bobbie Ritchie	2010	20:52	Owen Hanley	2003
65-69	33:15	Cam Carlson	2006	23:22	Jim Madonna	2007
70-74	47:03	Ruth Knapman	2006	23:34	Jim Madonna	2010
75-79				29:24	Jack townshend	2003
80-84				31:01	Glenn Hackney	2006
85-89				41:49	Glenn Hackney	2010

10K

Age	Time	Women	Year	Time	Men	Year
50-54	48:20	Gailo Koepf	2003	40:00	Steve Bainbridge	2003
55-59	1:44:42	Charlotte Berdahl	2003	45:22	Howard Hansen	2003
60-64						
65-69				54:35	Jim Madonna	2003
70-74	1:46.07	Ruth Knapman	2003	57:22	Dave Devoe	2003

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	2010/07
70-74				171	Erich Hoffmann	2010
75-79				189	Joe Nava	2008
80-84				179	Joe Nava	2010

Rifle

Age	Score	Women	Year	Score	Men	Year
50-54	192	Beth Nava-Allard	2008	195	Kevin McCarthy	2007
55-59	160	Pat Moss	2007	168	John Berdahl	2007
60-64	168	Charlotte Berdahl	2008	181	Craig Salsbury	2010
65-69	189	Cam Carlson	2008	194	Paul Maki	2010
70-74				187	Erich Hoffmann	2010
75-79				200	Bud Burris/J Nava	2010/08
80-84				199	Joe Nava	2010

Trap Shoot - 25 Targets

Age	Score	Women	Year	Score	Men	Year
50-54	24	Tricia Yocum	2008/07	23	Greg Yocum	2005
55-59	24	Karen Lidster	2005	25	Greg Yocum	2008/07
60-64				24	Jerry Parsons	2005
				24	John Hewitt	2007
65-69				25	Jerry Parsons	2008
70-74	6	Diane Perkins	2010	24	Wendy Beach	2005
75-79				23	Jim Beaman	2007
80-84				22	Joe Nava	2010

Trap Shoot - 50 Targets

Age	Score	Women	Year	Score	Men	Year
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 Shoot - 100 Targets

Age	Score	Women	Year	Score	Men	Year
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 McDowel	2005	43.25	Fred Freer	2010
55-59	54.65	Janet Schichness	2004	39.38	Ken Hickey	2004
60-64	48.53	Mary Jane Dickey	2004	43.59	Ken Hickey	2007
65-69	1:12.68	Helen Norton	2010	52.71	Ron Snipe	2010
70-74	1:40.84	Peggy Birkenbuel	2010			
75-79				55	Bill Blockcolsky	2007
80-84	2:14.89	Betty Carlson	2006			

50**Breaststroke**

Age	Time	Women	Year	Time	Men	Year
50-54	48.68	Dana Hyams	2009	39.03	David Withoff	2009
55-59	54.59	Maggie Billington	2003	48.15	Dennis Quinn	2004
60-64	54.64	Maggie Billington	2008	38.28	Ken Hickey	2005
65-69	52.9	Margret VanFlein	2004	56.61	Jerry Harwood	2007
70-74	52.47	Margret VanFlein	2008	1:32.25	William Ragan	2010
80-84	3:36.15	Betty Carlson	2005			

50 Butterfly

Age	Time	Women	Year	Time	Men	Year
50-54	59.79	Donna Kime	2004	28.49	Scott Lemley	2006
55-59	54.59	Maggie Billington	2003	1:02.09	Ed Callaghan	2007
60-64	1:20.91	Helen Norton	2005	48:28	Ken Hickey	2007
65-69	1:14.52	Helen Norton	2010	1:05.59	Ron Snipe	2010

50 Freestyle

Age	Time	Women	Year	Time	Men	Year
50-54	41.9	Ginny McDowell	2010	30.15	David Peck	2003
55-59	37.34	Barbara Sweet	2003	28.58	Steve Weis	2010
60-64	45.78	Maggie Billington	2005	35:09	Ken Hickey	2007
65-69	45.68	Margret VanFlein	2003	45:49	Jerry Harwood	2007
70-74	49.93	Margret VanFlein	2008	49.03	Bill Blockcolsky	2006
75-79				48:03	Bill Blockcolsky	2007

100**Backstroke**

Age	Time	Women	Year	Time	Men	Year
50-54	2:36.06	Christine Shields	2003	1:23.37	David Feree	2003
55-59	2:03.75	Lisa Lebeau	2007	1:29.65	Ken Hickey	2004
60-64	1:50.75	Mary Jane Dickey	2004	1:25.22	Ken Hickey	2005
65-69	2:18.28	Nora Braniff	2004	2:30.28	Jerry Harwood	2007
75-79				1:58.91	Bill Blockcolsky	2008

100 Breaststroke

Age	Time	Women	Year	Time	Men	Year
50-54	1:43.65	Dana Hyams	2009	1:22.43	David Withoff	2010
55-59	54.81	Maggie Billington	2004	2:14.06	Ed Callaghan	2006
60-64	2:01.65	Maggie Billington	2005	1:42.78	Ken Hickey	2006
65-69	1:58.21	Margret VanFlein	2004	2:26.50	Ron Snipe	2010
70-74	1:59.75	Margret VanFlein	2008			

100 Freestyle

Age	Time	Women	Year	Time	Men	Year
50-54	1:27.56	Dana Hyams	2009	1:03.16	Scott Lemley	2006
55-59	1:23.30	Barbara Sweet	2003	1:04.03	Steven Weis	2009
60-64	2:02.81	Donna Kime	2009	1:53.44	John Walsh	2008
65-69	2:14.49	Helen Norton	2007	1:55.73	Jerry Harwood	2007
70-74	1:58.38	Margret Van Flein	2008			
75-79				1:53.47	Bill Blockcolsky	2008

**100
IM**

Age	Time	Women	Year		Time	Men	Year
50-54	1:39	Ginny McDowell	2005		1:22.43	David Withoff	2010
55-59	1:47.46	Barbara Sweet	2004		2:01.52	Ed Callaghan	2007
60-64	2:10.42	Mary Jane Dickey	2004		1:36.94	Ken Hickey	2005
65-69	2:17.96	Helen Norton	2010		3:09.06	William Ragan	2009
70-74	2:18.75	Margret VanFlein	2009				

200 Freestyle

Age	Time	Women	Year		Time	Men	Year
50-54	3:12.86	Carol Romberg	2003		2:32.81	Dave Ferree	2003
55-59	3:15.28	Barbara Sweet	2004		2:21.75	Steven Weis	2010
60-64	4:59.50	Helen Norton	2005		3:20.21	Ken Hickey	2009
65-69	5:09.84	Helen Norton	2009		4:25.46	Jim Madonna	2004

500 Freestyle

Age	Time	Women	Year		Time	Men	Year
50-54					7:04.4	Dave Peck	2003
55-59	10:44.71	Maggie Billington	2004		6:18.49	Steven Weis	2010
60-64	10:27.13	Maggie Billington	2005		11:24.45	Ed Callaghan	2008
65-69	10:30.28	Nora Braniff	2005		12:55.50	Jim Madonna	2004

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		7.40	Jim Holt	2004
60-64	8.48	Bobbie Ritchie	2010		8.33	B J Hall	2003
65-69	10.00	Barbara Rondine	2004		8.00	B J Hall	2004
70-74	14.00	Ruth Knapman	2005		8.04	John Impson	2010
75-79					10.10	Jack Townshend	2004
80-84	18.98	Mary Binkley	2007				
85-89	23.30	Alyce Hansell	2008				
90-94					28.10	Tim Sander	2008

100 m

Age	Time	Women	Year		Time	Men	Year
50-54	17.50	Kerry Hansell	2008		13.50	Tom Ojala	2006
55-59	16.20	Bobbie Ritchie	2005		13.90	Jim Holt	2003
60-64	16.52	Bobbie Ritchie	2010		17.75	Mike Frerichs	2010
65-69	20.90	Barbara Rondine	2004		15.70	Jim Madonna	2006
					15.70	B J Hall	2004
70-74	33.52	Peggy Bikenbuel	2010		15.48	John Impson	2010
75-79					16.32	Jack Townshend	2003
85-89	49.50	Alyce Hansell	2008				

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		31.20	David McDowell	2006
60-64	35.00	Bobbie Ritchie	2010		31.80	Ross Bolding	2008
65-69	51.00	Cam Carlson	2009		33.0	Jim Madonna	2006
70-74	01:49.0	Peggy Birkenbuel	2010		33.70	John Impson	2010
75-79					47.10	Jack Townshend	2004
80-84	1:48.48	Mary Binkley	2007				

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	1:16.7	Sabra Harvey	2005		59.9	Jim Loftus	2006
60-64	02:03.7	Pat Diskin	2008		01:02.2	Jim Loftus	2010
65-69	2:45.0	Peggy Birkenbuel	2007		1:14.7	Jim Madonna	2005
70-74	03:54.6	Diane Perkins	2010		1:13.5	Jim Madonna	2006
75-79					02:35.2	Bill Blockcolsky	2009
85-89	04:23.5	Alyce Hansell	2008		04:23.8	Ken Hansell	2008

800 m

Age	Time	Women	Year		Time	Men	Year
50-54	3:06.98	Gail Koepf	2003		2:36.29	Rocky Reifentstuhel	2003
55-59	4:06.58	Charlotte Berdahl	2003		2:14.8	Jim Loftus	2005
60-64	4:37	Charlotte Berdahl	2006		02:41.1	Ross Bolding	2008
65-69	04:45.4	Cam Carlson	2009		2:49	Jim Madonna	2006
70-74	07:58.7	Peggy Birkenbuel	2010		03:05.5	Jim Madonna	2009
75-79					04:19.1	Jack Townshend	2005
85-89	08:56.4	Alyce Hansell	2008		08:56.1	Ken Hansell	2008

1500 m

Age	Time	Women	Year		Time	Men	Year
50-54	5:51.47	Dorli McWayne	2003		04:44.9	Roger Sayre	2009
55-59					5:36.59	Howard Hansen	2003
60-64	9:42	Charlotte Berdahl	2007		5:38.68	Owen Hanley	2003
65-69	9:29	Cam Carlson	2006		5:53	Jim Madonna	2006
70-74					06:11.8	Jim Madonna	2009
75-79					08:27.6	Jack Townshend	2005

3000 m

Age	Time	Women	Year		Time	Men	Year
50-54	12:50.0	Jane Lanford	2009		10:11.0	Roger Sayre	2009
55-59	15:54.3	Anne Hanley	2003		11:11.8	Dan Callahan	2006
60-64					12:04.9	Owen Hanley	2003
65-69	19:34.0	Cam Carlson	2009		13:15.4	Jim Madonna	2006
70-74					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' 2.75"	Pat Diskin	2008		91' 11"	Chuck Lemke	2006
65-69	47' 7.5"	Peggy Birkenbuel	2004		122' 4"	Paul Beckman	2004
70-74	39' 1.5"	Peggy Birkenbuel	2010		65' 5"	Dan Hollerman	2009
75-79					84'2"	Bill Blockcolsky	2007
80-84					58' 5.25"	Jack Ozmont	2010
85-89	25' 9.75"	Alyce Hansell	2008		41' 7.5"	Ken Hansell	2008
90-94					47'	Tim Sanders	2007
100+					6' 8"	Harrie Hughes	2003

Shot Put

Age	Dist.	Women	Year		Dist.	Men	Year
50-54	22' 5.25"	Jayne McDonagh	2008		30' 4.5"	Jeff Howe	2010
55-59	25' 2.75"	Bobbie Ritchie	2009		28' 8.5"	Ed Rouleau	2007
60-64	26' 0.75"	Bobbie Ritchie	2007		34' 8.25"	George McAulay	2010
65-69	20'	Peggy Birkenbuel	2006		37' 1"	Ron Small	2010
70-74	19' 6"	Peggy Bikenbuel	2010		24' 1.75"	Jim Madonna	2008
75-79					27' 4"	Bill Blockcolsky	2008
80-84					20' 2.75"	Jack Ozmont	2010
85-89	10' 11.75"	Alyce Hansel	2008		13' 3.5"	Ken Hansell	2008
90-94					20' 11"	Tim Sanders	2007

Javelin

Age	Dist.	Women	Year	Dist.	Men	Year
50-54	44' 0.75"	Diann Darnall	2003	106' 4"	Ron Harper	2010
55-59	51' 11"	Bobbie Ritchie	2007	73' 5"	Howard Hansen	2006
60-64	45' 5"	Bobbie Ritchie	2010	85' 1"	Michael Madden	2010
65-69	48'	Peggy Birkenbuel	2006	96' 10"	Paul Beckman	2004
70-74	43' 6"	Peggy Birkenbuel	2010	59' 4"	Jim Cavanaugh	2007
75-79				61' 4.5"	Bill Blockcolsky	2010
80-84				43' 0"	Jack Ozmont	2005
85-89				43' 1"	Tim Sanders	2005
90-94				40' 6"	Tim Sanders	2006
100+				9' 0"	Harrie Hughes	2003

Long Jump

Age	Dist.	Women	Year	Dist.	Men	Year
50-54	7' 8.25"	RJ Nelson	2010	14' 8"	Ron Harper	2010
55-59	9' 10"	Bobbie Ritchie	2006	10' 9.75"	John Fox	2003
60-64	10' 0.5"	Richie Musick	2005	9' 8"	Willy Cork	2004
65-69	8' 9.25"	Barbara Rondine	2004	10' 8"	Jim Madonna	2007
70-74	4' 7.25"	Ruth Knapman	2004	9' 7"	Dave Devoe	2005
75-79				8' 1.75"	Jack Townshend	2004
80-84	3' 8"	Mary Binkley	2007			

Standing Long Jump

Age	Dist.	Women	Year	Dist.	Men	Year
50-54	5' 0"	Francine Cork	2004	6' 10.25"	Gary Shields	2003
55-59	5' 11"	Bobbie Ritchie	2007	7' 3.5"	Ed Rouleau	2007
60-64	6' 0.75"	Bobbie Ritchie	2010	5' 11.25"	Michael Madden	2010
65-69	6' 9"	Cam Carlson	2006	7' 0.5"	Paul Beckman	2004
70-74	3' 4.5"	Ruth Knapman	2005	4' 8"	Jim Cavanaugh	2007
75-79				5' 1.5"	Bill Blockcolsky	2010
80-84				4' 4"	Jack Ozmont	2010
85-89				3' 9"	Tim Sander	2005
90-94				3' 3"	Tim Sander	2007

Triple Jump

Age	Dist.	Women	Year	Dist.	Men	Year
50-54	18' 1"	Francine Cork	2003	22' 7"	David Peck	2003
55-59	17' 11.5"	Bobbie Ritchie	2007	24' 3"	George Rodriguez	2005
60-64	24' 4.5"	Bobbie Ritchie	2010	25' 11"	Michael Madden	2010
65-69	10' 9'	Peggy Birkenbuel	2004	9' 1.5"	Ron Snipe	2010
70-74	10' 0 "	Ruth Knapman	2003	15' 9.5"	Jim Cavanaugh	2007

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 Sanders	2003

AISG Triathlon Records

Triathlon

Age	Time	Women	Year	Time	Men	Year
50-54	1:28:21	Gayle Martin	2010	1:08:44	David Withoff	2010
55-59	1:17:08	Gail Koepf	2008	1:08:30	Rocky Reifenstuhl	2008
60-64	1:46:47	Sarah McConnell	2010	1:20:43	Ed Callaghan	2010
65-69				1:39:07	Bob Perkins	2010