



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Records
Cycling
5K Time Trial



RANK	NAME	STATE	TIME	YEAR	RECORD
Women 50 - 54					
1	Jane Fyffe	NY	6:47.27	2011	*
2	Benedicta Halecky	KY	6:50.90	2011	
3	Kathleen Petrillo	FL	7:04.00	2013	
4	Linda Margraf	TX	7:07.02	2011	
5	Tish Kelly	FL	7:07.40	2011	
6	Diane Evans	UT	7:07.93	2011	
7	Lisa Perkins	CT	7:11.00	2013	
8	Stacey Sullivan	CA	7:18.10	2019	
9	Dawn Neisser	CA	7:27:00	2009	*
10	Tish Kelly	FL	7:31.00	2013	
Women 55 - 59					
1	Kathy Petrillo	FL	6:39.00	2019	*
2	Catherine Dickson	AZ	7:00.30	2019	
3	Diane Shanklin	UT	7:06.50	2019	
4	Suzanne Wilson	NE	7:08.52	2011	*
5	Patty Thompson	AL	7:19.49	2011	
6	Jane Fyffe	NY	7:20.00	2013	
7	Annette Kennedy	MA	7:22.08	2011	
8	Tamara Savage	FL	7:24.25	2011	
9	Julie Kaplan	CA	7:25.00	2009	*
10	Benedicta Halecky	KY	7:34.00	2013	
Women 60 - 64					
1	Susan Rice	NM	6:49.10	2019	*
2	Laura Jackson	OR	7:10.50	2019	
3	Benedicta Halecky	KY	7:10.60	2019	
4	Sonya Minnerly	TX	7:10.71	2011	*
5	Kimberly Besuden	FL	7:16.20	2019	
6	Donna Ingle	NV	7:17.24	2011	
7	Jody Twer	PA	7:21.30	2011	
8	Dolores Coughlin	NC	7:24.30	2011	
9	Deborah Barton	TX	7:30.02	2011	
10	Kim Bear	NM	7:32.60	2019	

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 50 - 54					
1	Paul Kerst	LA	6:13.43	2011	*
2	Tom Rodgers	TX	6:14.37	2011	
3	James Kramer	AZ	6:18.20	2019	
4	Graeme Mardon	TX	6:19.55	2011	
5	Kent Menzel	IN	6:19.87	2011	
6	Jon Boggs	WV	6:21.84	2011	
7	Frank Moak	MS	6:23.00	2013	
8	James Carlson	KY	6:24.20	2019	
9	Peter Wimberg	OH	6:27.00	2013	
10	Michael Munk	AL	6:29.00	1999	*
Men 55 - 59					
1	Scott Sifferman	MO	6:02.08	2011	*
2	Clif Cassidy	TX	6:13.00	2013	
3	Skip Rogers	PA	6:14.87	2011	
4	Elmer Colyer	IA	6:20.00	2013	
5	Joe Little	WA	6:22.27	2011	
6	Clif Cassidy	TX	6:23.58	2011	
7	Frank Kurzawa	TX	6:25.96	2011	
8	Stuart Hall	TX	6:30.05	2011	
9	John Burrell	TN	6:31.00	2013	
10	Charles Kelly	FL	6:32.00	2013	
10	Dennis Weinbeck	KS	6:32.00	2013	
Men 60 - 64					
1	Ronald Rosnagle	FL	6:06.20	2019	*
2	Bradley Howard	NM	6:22.00	2019	
3	Fred Galata	NE	6:24.37	2011	*
4	Kevin Rose	IA	6:25.90	2019	
5	Dave Viney	FL	6:29.00	2013	
6	Bill Miller	NM	6:30.00	2019	
7	Bernell Rice	MO	6:32.00	2011	
8	Frank Welker	NM	6:33.30	2019	
9	James Themig	CT	6:33.37	2011	
10	Thomas Hendricks	NM	6:36.00	1999	*



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Women 65 - 69							Men 65 - 69					
1	Kim Soule	AZ	6:22.00	2019	*		1	Scott Sifferman	MO	5:52.50	2019	*
2	Donna Ingle	NV	6:34.00	2019			2	Richard Stewart	CO	6:00.70	2019	
3	Diane McNally	NM	7:07.50	2019			3	John Hawley	NY	6:07.00	2019	
4	Barbara Allen	MN	7:10.90	2019			4	Steven Long	AZ	6:10.60	2019	
5	Gracie Stroup	TN	7:11.40	2019			5	Eric Van Zytveld	CO	6:19.90	2019	
6	Monica Steidele	NM	7:15.10	2019			6	Greg Bollella	CA	6:25.70	2019	
7	Marge Kaufmann	WI	7:25.30	2019			7	Richard Camping	NY	6:25.80	2019	
8	Mary Arnold	VA	7:31.00	2019			8	David Crawford	TX	6:26.60	2019	
9	Gay Woodhouse	WY	7:31.50	2019			9	Jerry Wickham	CA	6:27.60	2019	
10	Vicki Johnston	MN	7:38.70	2019			10	Anthony Riccio	CO	6:29.40	2019	
Women 70 - 74							Men 70 - 74					
1	Cheryl Cherry	FL	7:07.20	2019	*		1	Sandy Scott	FL	6:02.37	2011	*
2	Deborah Barton	TX	7:15.40	2019			2	Gerhard Laule	OK	6:19.20	2019	
3	Pamela Latham	CA	7:28.70	2019			3	Thomas Neary	ID	6:19.40	2011	
4	Martha Iverson	CO	7:29.20	2019			4	George Liolios	OH	6:27.20	2019	
5	Rebecca Walley	MS	7:47.60	2019			5	Scott Bulfinch	NE	6:30.50	2019	
6	Ruth Hamilton	VA	7:51.20	2019			6	John Mikkonen	NC	6:31.43	2011	
7	Barbara Gicquel	CA	7:53.27	2011	*		7	James McCarver	AZ	6:34.60	2019	
8	Bonnie Losick	Mex	8:01.70	2019			8	Jairo Alvarez	LA	6:35.34	2011	
9	Lynn Pickard	NM	8:18.10	2019			9	Trevor Wallis	NC	6:36.18	2011	
9	Kathy Schreckengost	PA	8:26.40	2019			10	Paul Rouse	OH	6:39.40	2019	
Women 75 - 79							Men 75 - 79					
1	Eleanor Hamre	CO	8:16.06	2011	*		1	David Burnett	CT	6:51.40	2019	*
2	Louise McGonigal Watts	Can	8:45.30	2019			2	Walt Axthelm	CO	6:54.19	2011	*
3	Joyce Quadri	PA	8:52.18	2011			3	Durward Higgins	TN	7:03.80	2019	
4	Sheridan Bentson	CA	9:05.50	2019			4	Donahue Wildman	CA	7:11.02	2011	
5	Donna Orange	CA	9:07.20	2019			5	Philip Shew	NM	7:16.10	2019	
6	Joyce Quadri	PA	9:15.00	2009	*		6	Richard Reynolds	AZ	7:17.78	2011	
7	Gwen Seccombe	CO	9:26.46	2011			7	David Ellefson	NC	7:19.58	2011	
8	Lois Jazo	IL	9:33.50	2019			8	Phillip Needham	KY	7:23.70	2019	
9	Elizabeth Bramhall	WY	9:35.00	1999	*		9	David Shanks	FL	7:27.58	2011	
10	Ann Shuman	IA	9:35.80	2019			10	Fred Vogt	TX	7:30.90	2019	



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RANK	NAME	STATE	TIME	YEAR	RECORD		RANK	NAME	STATE	TIME	YEAR	RECORD
Women 80 - 84							Men 80 - 84					
1	Ann Chadwick	AZ	9:29.00	2019	*		1	Walt Axthelm	CO	8:17:00	2013	*
2	Leah Tarleton	WA	10:04.69	2015	*		2	Dave Watts	Can	8:17.60	2019	
3	Phyllis Goodlad	FL	10:13.80	2011	*		3	Dean Wilkinson	TX	8:20.30	2019	
3	Jody Olson	MT	10:24.26	2011			4	Norm Morey	NY	8:28.59	2011	
5	Margaret Eckenrode	PA	10:28.00	2009			5	Roger Coombes	CA	8:37.20	2019	
6	Lou Ann Schils	WI	10:45:89	2015			6	Donald Kjelleren	VT	8:39.00	2013	
7	Julia Hawkins	LA	11:28.00	1999	*		7	Charles Downs	IL	8:39.81	2011	
8	Carol Tasca	DE	11:33.30	2019			8	Van Bares	MA	8:40.02	2011	
9	Laverna Soiset	NC	11:35.90	1993	*		9	Jim Turner	CA	8:45.90	2019	
10	Dolly Williams	TX	11:40.00	2013			10	William Otto	FL	8:46.00	2013	
Women 85 - 89							Men 85 - 89					
1	Phyllis Goodlad	FL	11:29.00	2013	*		1	Walt Axthelm	CO	8:07.30	2019	*
2	Jody Olson	ID	12:01.10	2019			2	Robert Bergen	CA	8:28.56	2011	*
3	Elizabeth Bramhall	CO	12:04.00	2009	*		3	Patrick Bunch	KS	8:55.00	2019	
4	Sally Pace	AZ	13:04.00	2019			4	William Otto	FL	9:01.40	2019	
5	Agnes Reinhard	WI	13:31.09	2011			5	Ralph Hoyle	NY	9:03.60	1995	*
6	Marilyn Olen	CO	13:39.00	2013			6	Robert Peterson	IA	9:10.86	2015	
7	Edith Hebblethwaite	HI	13:42.00	1999	*		7	Brian McGrath	FL	9:13.00	1999	
8	Katherine Palombo	NM	13:52.40	2019			8	Neil Coleman	GA	9:23.80	2019	
9	Margaret Eckenrode	PA	14:01.49	2015			9	John Sinibaldi	FL	9:35.00	1999	
10	Julia Hawkins	LA	14:06.70	2001			10	Norm Morey	NY	10:06.84	2015	
Women 90 - 94							Men 90 - 94					
1	Carol Collins	TX	15:00.91	2011	*		1	Larry Johnson	NM	10:02.94	2011	*
2	Carol Collins	TX	16:41.00	2013			2	Lee Wheeler	TX	11:51.70	2019	
							3	George Walsh	ME	12:19.00	2013	
							4	John Eckenrode	PA	12:59.50	2019	
							5	Harry Pepper	TX	13:16.30	2001	
							6	John C. Taylor	GA	13:16.73	2011	
							7	Ladislav Jakubek	NC	13:25:44	2017	
							8	John C. Taylor	GA	13:26.00	2013	
							9	David Ward	MA	14:38.30	2007	
							10	John C. Taylor	GA	15:25.97	2015	



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RANK NAME STATE TIME YEAR RECORD

Women 95 - 99

No entries for this age division



RANK NAME STATE TIME YEAR RECORD

Men 95 - 99

1	Julius Spielberg	MI	12:54.12	1999	*
2	D Paul Miller	IL	13:39.00	2013	
3	Guy Sibley	IL	17:48.81	1993	*
4	John Fleck	PA	19:39.40	1991	*
5	Walter Mackey	PA	22:33.06	2005	