



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Records
Power Walk
1500M



RANK	NAME	STATE	TIME	YEAR	RECORD
Women 50 - 54					
1	Mandy Owens	NM	9:03.20	2019	*
2	Vera Minix	LA	10:27.06	2019	
3	Darly Barkley	NM	10:58.65	2019	
4	Sandi Arnold	WY	11:20.07	2019	
5	Teresa Ortiz	NM	11:27.23	2019	
6	Faye Bent	Barbados	11:42.03	2019	
7	Sabrina Beck	IL	11:54.76	2019	
8	Melissa Hadley	CA	12:04.43	2019	
9	Natasha Kopp	CA	12:17.00	2019	
10	Gina Bufe	MO	12:31.25	2019	
Women 55 - 59					
1	Laura Niel	NM	9:15.79	2019	*
2	Martha McCarter	KS	10:00.64	2019	
3	Janet Lamoureux	FL	10:16.84	2019	
4	Jayne Milavec	NM	10:17.18	2019	
5	Beth Rupprecht	NC	10:26.15	2019	
6	Lana Orsag	OH	10:27.55	2019	
7	Roberta Anderson	MI	10:29.45	2019	
8	Susan Dent	CA	10:33.24	2019	
9	Ina Sciabarrasi	RI	10:37.09	2019	
10	Jaculin Coyle	WI	11:16.25	2019	
Women 60 - 64					
1	Ann Hegstrom	IA	9:58.43	2019	*
2	Tamara Lewis	AR	10:05.00	2019	
3	Michele Cowing	FL	10:07.61	2019	
4	Nancy Watchie	WA	10:12.40	2019	
5	Janet Jones	TX	10:31.13	2019	
6	Carolyn Newbern	TN	10:35.98	2019	
7	Debra Johnson	GA	10:46.03	2019	
8	Marlou Russell	CA	10:46.81	2019	
9	Janet Ratty	FL	10:47.45	2019	
10	Cynthia Ables	MS	10:48.08	2019	

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 50 - 54					
1	Randall O'Neil	MI	9:57.21	2019	*
2	Dan Workman	OH	10:09.53	2019	
3	James Ken Moore	AL	12:55.25	2019	
Men 55 - 59					
1	Jo-David Keith	TN	9:37.26	2019	*
2	Steven Dahms	ID	9:52.51	2019	
3	Brad Warren	IL	10:11.80	2019	
4	Matthew McCarter	KS	10:58.49	2019	
5	Bart Broadman	TX	10:59.02	2019	
6	Bradley Rogers	NY	11:39.85	2019	
7	Alan Murray	MD	12:03.02	2019	
8	James Coyle	WI	12:03.62	2019	
9	Stanley Leventhal	CA	12:26.43	2019	
10	Robert Chavez	NM	13:02.47	2019	
Men 60 - 64					
1	Edward Hart	TX	8:50.89	2019	*
2	David Coutts	MO	9:03.60	2019	
3	Leopoldo Gracia Vilches	Barbados	9:24.21	2019	
4	Lance Farr	IN	9:34.81	2019	
5	Stephen Pranger	MS	9:56.93	2019	
6	Kevin White	PA	10:14.96	2019	
7	Michael Vallejo	NM	10:21.91	2019	
8	Calvin Gustus	KS	10:41.75	2019	
9	James Kaminky	NM	10:48.77	2019	
10	Michael McPhillips	VA	10:49.41	2019	

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Women 65 - 69							Men 65 - 69					
1	Nancy Herring	GA	10:00.63	2019	*		1	Tom Champion	IL	9:12.36	2019	*
2	Sue Piechota	NY	10:03.17	2019			2	Michael Devaney	AZ	9:47.43	2019	
3	Sandra Stapleton	SD	10:03.82	2019			3	Jim Bordoni	CA	9:54.44	2019	
4	Cindy Wildman	OH	10:46.97	2019			4	Charles Waller	KY	10:09.15	2019	
5	Linda Walker	UT	11:01.44	2019			5	David Ridenour	OH	10:09.76	2019	
6	Carla Carpenter	NV	11:02.17	2019			6	Eric Van Zytveld	CO	10:12.34	2019	
7	Cynthia Beiser	NM	11:04.07	2019			7	Ken Way	CA	10:44.14	2019	
8	Kathy Brenton	IN	11:20.69	2019			8	Thomas Salvador	MI	10:49.88	2019	
9	Karen Stross	OH	11:35.07	2019			9	Woody Deitrich	WA	11:00.20	2019	
10	Kathy Gibbs	OR	11:37.30	2019			10	John Bishop Jr.	NM	11:01.01	2019	
Women 70 - 74							Men 70 - 74					
1	Kathleen Meares	LA	10:48.82	2019	*		1	Thomas Boyden	NM	9:48.45	2019	*
2	Cathy Mcleod	OH	11:03.53	2019			2	Paul Lawson	CA	9:51.09	2019	
3	Wandagean Abiera	MD	11:24.12	2019			3	Tom Flournoy	TX	9:57.96	2019	
4	Carol Rolfes	TN	11:24.23	2019			4	Bill Seabergh	MS	10:06.89	2019	
5	Jeanne Leske	WY	11:27.95	2019			5	William Stross	OH	10:10.63	2019	
6	Judith Witt	VA	11:33.35	2019			6	Duane Steil	MN	10:23.85	2019	
7	Catherine Bishop	KY	12:01.24	2019			7	Kenneth Winiecki	CA	10:27.96	2019	
8	Corrine Brown	OH	12:06.08	2019			8	Thomas Wilcox	NV	10:28.41	2019	
9	Marguerite Waters	TN	12:13.54	2019			9	Arthur (Art) Ortman	ID	10:31.38	2019	
10	Margaret Champion	OH	12:28.93	2019			10	David Majsterek	NM	10:47.34	2019	
Women 75 - 79							Men 75 - 79					
1	Princetter Lewis	MI	11:44.25	2019	*		1	Keith McConnell	OR	10:32.90	2019	*
2	Janice Gergorius	VA	11:48.08	2019			2	Marvin Stouffer	PA	10:56.50	2019	
3	Miriam Jackobs	OH	11:48.46	2019			3	Charles Gripp	AL	11:09.12	2019	
4	Hannah Ashworth	AR	11:51.18	2019			4	Victor Belarde	NM	11:31.57	2019	
5	Sharon Valentine	TX	12:13.24	2019			5	Winston Crandall	NM	11:48.85	2019	
6	BJ Thornburg	KS	12:24.29	2019			6	Don Wright	MN	11:52.03	2019	
7	Kathryn Taylor	CT	12:27.50	2019			7	Doug Lance Jr.	OH	11:58.82	2019	
8	Betty Frydrychowicz	FL	12:34.48	2019			8	James Fricke	WA	12:34.90	2019	
9	Patricia Grande	RI	12:51.30	2019			9	Nick Blea	NM	12:41.50	2019	
10	Barbara Hensley	OH	13:02.25	2019			10	Joe Beard	NV	13:30.16	2019	

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Women 80 - 84

1	Youngja Lee	MD	12:37.63	2019	*
2	Dolores Torchio	NM	13:05.13	2019	
3	Caroline Homentowski	PA	13:18.01	2019	
4	Luise Easton	OH	14:12.50	2019	
5	Kathryn Guimaraes	MN	14:57.38	2019	
6	Eleanor Pendergraft	TN	16:09.13	2019	

Women 85 - 89

1	Alice Mohr	MO	13:58.81	2019	*
2	Marion Good	OH	15:53.03	2019	
3	Esther Felipe	NM	15:56.00	2019	
4	MaryAnn Johnson	NM	18:22.60	2019	
5	Alice Carroll	NY	19:31.11	2019	

Women 90 - 94

1	Phyllis Karsten	CA	18:55.87	2019	*
2	Jean Dubois	NM	34:05.85	2019	

Women 95 - 99

No entries for this age division

Women 100+

1	Hollyce Kirkland	TN	20:39.60	2019	*
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RANK NAME STATE TIME YEAR RECORD

Men 80 - 84

1	Steven Popell	CA	10:58.55	2019	*
2	John Gilsenan	DE	11:16.85	2019	
3	James Mcfadden	OK	11:17.90	2019	
4	Thomas Wiehle	AZ	11:21.75	2019	
5	John Cook	TX	11:41.71	2019	
6	Fred Pomeroy	NM	12:24.65	2019	
7	Charley Boyle	TX	12:25.70	2019	
8	Michiel Bourdrez	NM	12:43.98	2019	
9	Leomard Reimer	WI	12:46.48	2019	
10	Gerald LeVasseur	ME	13:59.83	2019	

Men 85 - 89

1	Wayne Hinaman	OH	12:11.70	2019	*
2	Stanley Moulton	NH	12:43.73	2019	
3	Antonio Sandoval	CO	12:51.91	2019	
4	Robert Ferguson	MI	13:06.92	2019	
5	Bill Felton	TX	13:30.46	2019	

Men 90 - 94

1	Vance Genzlinger	PA	14:08.73	2019	*
2	John Del Colle	TN	14:20.92	2019	
3	Leonard Leventhal	CA	22:56.52	2019	

Men 95 - 99

No entries for this age division

Men 100+

No entries for this age division

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