



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Records
Power Walk
5K/5000M



RANK	NAME	STATE	TIME	YEAR	RECORD
Women 50 - 54					
1	Mandy Owens	NM	32:56.97	2019	*
2	Vera Minix	LA	36:31.41	2019	
3	Angelica Jepsen	NM	38:38.90	2019	
4	Sarah Beth Bombardier	VT	38:45.14	2019	
5	Faye Bent	Barbados	39:59.65	2019	
6	Sandi Arnold	WY	40:31.44	2019	
7	Sabrina Beck	IL	41:07.62	2019	
8	Melissa Hadley	CA	41:08.27	2019	
9	Melissa Fisher	TX	42:12.75	2019	
10	Connie Schwab	FL	42:17.71	2019	
Women 55 - 59					
1	Martha Mccarter	KS	34:57.90	2019	*
2	Janet Lamoureux	FL	35:22.03	2019	
3	Jayne Milavec	NM	35:41.26	2019	
4	Beth Rupprecht	NC	36:39.37	2019	
5	Nannette Jones	OK	36:57.31	2019	
6	Roberta Anderson	MI	37:07.78	2019	
7	Jaculin Coyle	WI	38:48.80	2019	
8	Mary Gardner	MD	40:00.70	2019	
9	Sandra Payne	CA	40:20.21	2019	
10	Regina Mazzoli	NV	40:23.02	2019	
Women 60 - 64					
1	Tamara Lewis	AR	35:46.53	2019	*
2	Michele Cowling	FL	35:47.84	2019	
3	Ann Hegstrom	IA	36:29.41	2019	
4	Deborah Gaughan	CA	36:55.68	2019	
5	Janet Ratty	FL	37:00.28	2019	
6	Marlou Russell	CA	37:43.89	2019	
7	Ruth Doyle	NM	38:02.64	2019	
8	Janet Jones	TX	38:03.67	2019	
9	Cynthia Ables	MS	38:36.19	2019	
10	Janet Quinn	CO	39:18.15	2019	

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 50 - 54					
1	James Ken Moore	AL	43:13.36	2019	*
Men 55 - 59					
1	Richard Cordes	CA	34:08.33	2019	*
2	Steven Dahms	ID	35:01.70	2019	
3	Anthony Phillips	Barbados	35:39.86	2019	
4	Samuel Rogers	IN	36:14.45	2019	
5	Brad Warren	IL	36:15.71	2019	
6	Matthew McCarter	KS	37:04.61	2019	
7	Bart Broadman	TX	37:45.96	2019	
8	Bradley Rogers	NY	39:49.99	2019	
9	Alan Murray	MD	40:36.62	2019	
10	Mark Schwab	FL	41:08.65	2019	
Men 60 - 64					
1	Edward Hart	TX	32:02.03	2019	*
2	Peter Stadem	MN	33:39.38	2019	
3	Stephen Pranger	MS	35:40.80	2019	
4	Michael Vallejo	NM	36:00.73	2019	
5	Joachim Sacksen	AZ	36:12.90	2019	
6	Michael McPhillips	VA	36:16.85	2019	
7	Kevin White	PA	37:24.79	2019	
8	James Kaminky	NM	38:15.22	2019	
9	Edwin Ostermann	OH	39:50.09	2019	
10	Lelan DeDios	NM	40:14.02	2019	

* Indicates NSGA record when set



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Records
Power Walk
5K/5000M



RANK	NAME	STATE	TIME	YEAR	RECORD
Women 65 - 69					
1	Sandra Stapleton	SD	35:19.46	2019	*
2	Nancy Herring	GA	35:59.78	2019	
3	Sue Piechota	NY	36:14.42	2019	
4	Cindy Wildman	OH	36:34.91	2019	
5	Linda Walker	UT	37:57.15	2019	
6	Cynthia Beiser	NM	38:49.74	2019	
7	Vickie McCombs	TX	41:10.03	2019	
8	Mary Bryant Mason	GA	41:11.90	2019	
9	Karen Stross	OH	42:00.54	2019	
10	Patricia Winiecki	CA	43:02.31	2019	
Women 70 - 74					
1	Cathy McLeod	OH	37:46.21	2019	*
2	Carol Rolfes	TN	39:15.63	2019	
3	Janet Dooley	NM	39:15.90	2019	
4	Judith Witt	VA	40:32.58	2019	
5	Marguerite Waters	TN	40:48.35	2019	
6	Sandra Olson	TN	43:08.24	2019	
7	Patricia Mass	OH	43:29.06	2019	
8	Margaret Champion	OH	44:46.52	2019	
9	Valerie Rogosheske	MN	44:51.82	2019	
10	Judy Narcisse	IL	46:31.88	2019	
Women 75 - 79					
1	Princetter Lewis	MI	40:53.89	2019	*
2	Catherine Popell	CA	40:57.83	2019	
3	Janice Gergorius	VA	41:14.79	2019	
4	Miriam Jackobs	OH	41:49.66	2019	
5	Kathryn Taylor	CT	42:03.97	2019	
6	BJ Thornburg	KS	42:59.14	2019	
7	Patricia Grande	RI	45:01.48	2019	
8	Lois Huisman	SD	45:34.78	2019	
9	Beverly Cramer	NM	45:44.23	2019	
10	Anita Layne	Barbados	45:48.24	2019	

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 65 - 69					
1	Tom Champion	IL	32:58.17	2019	*
2	Michael Devaney	AZ	34:59.71	2019	
3	David Ridenour	OH	36:42.73	2019	
4	Charles Waller	KY	36:52.05	2019	
5	Gordon Goodrich	TX	37:45.15	2019	
6	John Bishop Jr.	NM	37:54.65	2019	
7	Thomas Salvador	MI	39:02.58	2019	
8	Stephen Hogan	NM	39:10.93	2019	
9	George Lingg	PA	39:33.65	2019	
10	Bruce Lewkowski	TX	46:31.92	2019	
Men 70 - 74					
1	Thomas Boyden	NM	35:08.06	2019	*
2	Tom Fournoy	TX	35:28.49	2019	
3	William Stross	OH	36:03.61	2019	
4	Duane Steil	MN	36:38.87	2019	
5	Arthur (Art) Ortman	ID	36:46.10	2019	
6	Bill Seabergh	MS	37:44.29	2019	
7	Michael Cushnier	MI	38:00.49	2019	
8	Art Payne	MS	38:03.96	2019	
9	Dan Austad	WA	38:22.58	2019	
10	Thomas Wilcox	NV	38:31.77	2019	
Men 75 - 79					
1	Peter Scovill	CA	37:18.97	2019	
2	Keith McConnell	OR	37:26.49	2019	
3	Larry Nelson	TN	38:41.73	2019	
4	Marvin Stouffer	PA	39:05.29	2019	
5	Charles Gripp	AL	39:56.18	2019	
6	Victor Belarde	NM	40:24.12	2019	
7	Winston Crandall	NM	41:46.53	2019	
8	Nick Blea	NM	43:01.34	2019	
9	James Fricke	WA	45:03.84	2019	
10	Sam Subbaswamy	NM	45:55.97	2019	

* Indicates NSGA record when set



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Records
Power Walk
5K/5000M



RANK NAME STATE TIME YEAR RECORD

Women 80 - 84

1	Youngia Lee	MD	42:40.89	2019	*
2	Dolores Torchio	NM	45:40.91	2019	
3	Marjorie Larragoite	NM	47:10.90	2019	
4	Luise Easton	OH	49:33.06	2019	

Women 85 - 89

1	Alice Mohr	MO	46:45.28	2019	*
2	Esther Felipe	NM	58:16.55	2019	

Women 90 - 94

No entries for this age division

Women 95 - 99

No entries for this age division

RANK NAME STATE TIME YEAR RECORD

Men 80 - 84

1	Steven Popell	CA	38:41.59	2019	*
2	James Mcfadden	OK	38:49.01	2019	
3	John Gilsean	DE	39:06.19	2019	
4	Thomas Wiehle	AZ	39:11.77	2019	
5	John Cook	TX	39:35.67	2019	
6	Michiel Bourdrez	NM	42:34.87	2019	
7	Charley Boyle	TX	42:37.87	2019	
8	Fred Pomeroy	NM	43:46.35	2019	
9	William Gramley	NC	44:43.67	2019	
10	Gerald LeVasseur	ME	46:35.25	2019	

Men 85 - 89

1	Wayne Hinaman	OH	40:59.59	2019	*
2	Stanley Moulton	NH	43:52.57	2019	
3	Bill Felton	TX	44:55.14	2019	
4	Robert Ferguson	MI	47:06.22	2019	
5	Vilmars Strautins	CO	48:11.13	2019	

Men 90 - 94

1	Vance Genzlinger	PA	49:23.94	2019	*
---	------------------	----	----------	------	---

Men 95 - 99

No entries for this age division

* Indicates NSGA record when set