



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



RANK	NAME	STATE	TIME	YEAR	RECORD
<b>Women 50 - 54</b>					
1	Yoko Eichel	CA	8:07.10	2001	*
2	Debbie Topham	MI	8:12.83	2007	
3	Laura Draelos	NM	8:14.69	2013	
4	Kathleen Frable	TX	8:20.00	1997	*
5	Barbara Duplichain	MS	8:20.69	2013	
6	Joann Owen	NM	8:22.00	1997	
7	Sandra Denoon	WV	8:23.83	2007	
8	Emily Lee	MS	8:24.45	1999	
9	Laura Draelos	NM	8:19.87	2015	
10	Rebecca Garson	VA	8:23.42	2015	
<b>Women 55 - 59</b>					
1	Barbara Duplichain	MS	8:14.03	2017	*
2	Barbara Duplichain	MS	8:15.50	2015	*
3	Kathleen Frable	TX	8:19.26	2003	*
4	Nancy Whitney	MD	8:27.78	1993	*
5	Joyce Decker	IL	8:28.60	1991	*
6	Sami Bailey	IN	8:28.70	1993	
7	Cariol Bendall	NY	8:29.13	2013	
8	Emily Lee	MS	8:29.96	2003	
9	Laura Draelos	NM	8:33.84	2019	
10	Charlene Darian	CA	8:35.84	2017	
<b>Women 60 - 64</b>					
1	Shea Darian	AZ	8:31.15	2019	*
2	Yoko Eichel	CA	8:37.46	2007	*
3	Yoko Eichel	CA	8:37.85	2009	
4	Maurine Lia	MO	8:41.00	1997	*
5	Rita Sinkovec	CO	8:42.44	1999	
6	Donna Graham	OH	8:46.52	2011	
7	Rita Sinkovec	CO	8:46.99	2001	
8	Joanne Parks	MI	8:48.00	1997	
9	Doris Flynn	TX	8:48.05	1999	
10	Yoko Eichel	CA	8:48.26	2011	

RANK	NAME	STATE	TIME	YEAR	RECORD
<b>Men 50 - 54</b>					
1	Jonathon Matthews	MT	6:18.05	2009	*
2	Ray Funkhouser	VA	6:50.94	2001	*
3	David Couts	MO	7:01.93	2007	
4	David Couts	MO	7:12.90	2009	
5	Norman Frable	TX	7:14.00	1997	*
6	Steven Shapiro	VA	7:14.18	2007	
7	Robert Shires	IA	7:25.32	2003	
8	Stephen Moore	GA	7:28.46	2003	
9	Steven Shapiro	VA	7:33.11	2005	*
10	Gene Opheim	FL	7:35.33	2001	
<b>Men 55 - 59</b>					
1	Jonathan Matthews	MT	6:59:17	2015	*
2	David Couts	MO	7:10.51	2013	*
3	John Boitano	CT	7:12.70	1989	*
4	Arthur Noll	PA	7:13.70	1991	
5	Presley Donaldson	TX	7:13.90	1991	
6	David Couts	MO	7:14.36	2011	
7	Mark Adams	NM	7:16.00	1997	
8	Paul Johnson	AR	7:18.12	1993	
9	Norman Frable	TX	7:18.18	2003	
10	John Boitano	CT	7:18.60	1991	
<b>Men 60 - 64</b>					
1	Jack Bray	CA	7:15.00	1995	*
2	Mike Budnik	NM	7:19:85	2009	
3	David Baldwim	ME	7:25.43	2005	
4	David Couts	MO	7:26.07	2015	
5	Max Walker	IN	7:35.93	2007	
6	Chris Schmid	OH	7:35.09	2009	
7	Fred Shaffer	PA	7:37.78	1993	*
8	Henry Charrois	Canada	7:38.75	2015	
9	Dick Petruzzi	CA	7:39.00	1997	
10	Bob Barrett	NY	7:40.00	1997	

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<b>Women 65 - 69</b>					
1	Patricia Nesley	DC	8:14.85	1993	*
2	Miriam Gordon	FL	8:15.65	1993	
3	Joan Rowland	NY	8:20.76	1993	
4	Karen Swisher	KS	8:41.83	2017	
5	Maurine Lia	MO	8:57.10	2001	
6	Maurine Lia	MO	8:59.43	1999	
7	Margareta Lambert	CO	9:04.08	1987	*
8	Joanne Figone	CA	9:07.12	2017	
9	Karen Swisher	KS	9:07.77	2019	
10	Miriam Gordon	FL	9:08.30	1991	
<b>Women 70 - 74</b>					
1	Maurine Lia	MO	9:05.43	2003	*
2	Yoko Eichel	CA	9:24.950	2017	
3	Kathleen Frable	UT	9:33.670	2017	
4	Luise Nottage	NM	9:34.80	1991	*
5	Maurine Lia	MO	9:36.41	2007	
6	Luise Nottage	NM	9:41.48	1993	
7	Velma Jacobs	CO	9:42.56	1987	*
8	Jane Nightingale	TX	9:49.00	1997	
9	Paulette Caron	NM	9:50.50	2001	
10	Yoko Eichel	CA	9:58.59	2019	
<b>Women 75 - 79</b>					
1	Millie Bolton	OH	10:09.00	1997	*
2	Maurine Lia	MO	10:09.81	2011	
3	Velma Jacobs	CO	10:18.35	1993	*
4	Helen Sutter	FL	10:20.05	1989	*
5	Eileen Bendtsen	MN	10:26.88	2001	
6	Essie Faria	FL	10:27.33	2011	
7	Jean Brunnenkant	KS	10:30.37	1993	
8	Janet Mason	OK	10:36.24	2011	
9	Millie Bolton	OH	10:38.48	1999	
10	Rita Sinkovec	CO	10:43.82	2015	

RANK	NAME	STATE	TIME	YEAR	RECORD
<b>Men 65 - 69</b>					
1	Alfred Du Bois	WI	7:50.54	2001	*
2	Alfred Du Bois	WI	7:50.87	1999	*
3	Bob Barrett	NY	7:52.83	2003	
4	Ray Everson	IN	7:59.41	1999	
5	Bob Barrett	NY	8:01.04	1999	
6	Ted Moore	NV	8:01.21	2005	
7	Norman Frable	UT	8:05.36	2011	
8	Edward Gawinski	DE	8:08.53	1993	*
9	Alfred Du Bois	WI	8:11.00	1997	
10	Bob Fine	FL	8:11.00	1997	
<b>Men 70 - 74</b>					
1	Jack Bray	CA	7:48.28	2003	*
2	Jack Bray	CA	8:12.45	2005	
3	Alfred Du Bois	WI	8:23.07	2003	
4	James Beckett	CA	8:25.44	2009	
5	Alfred Du Bois	WI	8:25.53	2005	
6	A. Cokey Daman	VA	8:27.00	1991	*
7	John Nervetti	NJ	8:31.00	1995	
8	A. Cokey Daman	VA	8:32.80	1989	*
9	Edward Gawinski	DE	8:35.00	1997	
10	Norman Frable	UT	8:38.23	2017	
<b>Men 75 - 79</b>					
1	Alfred Du Bois	WI	8:57.24	2007	*
2	William Patterson	NC	9:15.30	1991	*
3	Edward Seeger	VA	9:15.40	1991	
4	Alan Poisner	KS	9:16.54	2011	
5	Alan Poisner	KS	9:19.59	2013	
6	Philip Lawrence	AZ	9:27.20	1991	
7	Bill Patterson	NC	9:30.27	1993	
8	Herb Appell	NC	9:32.00	1995	
9	Cleo Casady	MO	9:37.16	1989	*
10	Gary Steck	CA	9:37.76	2013	

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<b>Women 80 - 84</b>					
1	Laura Payne	TX	10:32.80	1991	*
2	Dolores Yeck	TN	10:44.410	2017	
3	Polly Clarke	CO	10:49.20	1991	
4	Millie Bolton	OH	11:20.42	2003	
5	Eva Dunn	NM	11:22.00	1995	
6	Velma Jacobs	CO	11:30.00	1997	
7	Estelle G. Frendberg	AZ	11:40.83	1993	
8	Susie Hughes	TX	11:42.20	1991	
9	Eva Vogelsang	AZ	12:03.95	2009	
10	Shirley Goff	AR	12:10.24	2007	
<b>Women 85 - 89</b>					
1	Velma Jacobs	WY	12:18.95	2001	*
2	Josephine Gregg	OH	12:32.00	1997	*
3	Rose Malone	TN	12:36.00	1995	*
4	Estelle Frendberg	AZ	12:40.62	1999	
5	Alice Segar	MI	12:43.91	2007	
6	Ceil Edrich	SD	12:53.45	2013	
7	Velma Jacobs	WY	12:57.82	2003	
8	Shirley Mays	NC	13:11.14	2013	
9	Allie Walker	TN	13:12.00	1995	
10	Phyllis Karsten	CA	13:15.10	2013	
<b>Women 90 - 94</b>					
1	Estelle Frendberg	AZ	13:20.41	2005	*
2	Jean Brunnenkant	KS	13:22.77	2007	
3	Dessie Gilmore	NC	13:45.24	1999	*
4	Estelle Frendberg	AZ	14:13.48	2003	
5	Estelle Frendberg	AZ	14:33:00	2007	
6	Jean Brunnenkant	KS	14:42.66	2009	
7	Phyllis Karsten	CA	14:50.54	2017	
8	Phyllis Karsten	CA	18:00.03	2019	
<b>Women 95 - 99</b>					
1	Jean Brunnenka	KS	15:47.22	2011	*

RANK	NAME	STATE	TIME	YEAR	RECORD
<b>Men 80 - 84</b>					
1	Alan Poisner	KS	9:49.30	2015	*
2	Kurt Straus	AZ	10:04.20	1991	*
3	Boyd Rollins	UT	10:07.07	2009	
4	Ted Sager	FL	10:13.41	2013	
5	Tony Diamond	DC	10:14.01	2009	
6	James Veenstra	IL	10:15.60	2019	
7	Alan Poisner	KS	10:16.16	2017	
8	Alfred Dubois	WI	10:19.26	2015	
9	Bill Patterson	NC	10:24.00	1997	
10	Anthony Silvidi	OH	10:27.54	2001	
<b>Men 85 - 89</b>					
1	Alan Poisner	KS	10:15.75	2019	*
2	Abe Ulanoff	MI	10:58.34	2003	*
3	Robert Ferguson	MI	11:16.17	2017	
4	Alfred DuBois	WI	11:19.17	2019	
5	Richard Fargo	PA	11:24.56	2003	
6	D. Paul Miller	IL	11:24.56	2003	
7	Anthony Silvidi	OH	11:26.10	2005	
8	Fred Adams	MO	11:29.58	2019	
9	Ken Long	NC	11:41.61	2013	
10	George Irish	NV	11:42.29	2011	
<b>Men 90 - 94</b>					
1	Abe Ulanoff	MI	12:28.21	2007	*
2	Waldo McBruney	KS	12:49.49	1993	*
3	Ken Long	NC	12:58.76	2017	
4	Robert Stewart	VA	13:49.05	2003	
5	Julius Spielberg	MI	13:56.00	1995	
6	Thomas Young	KS	14:06.05	2007	
7	Vance Genzlinger	PA	14:28.70	2019	
8	Levie Goard	VA	14:58.02	2003	
9	Julius Spielberg	MI	15:26.00	1997	
10	Thomas Young	KS	16:19.90	2011	
<b>Men 95 - 99</b>					
1	Julius Spielberg	MI	12:54.12	1999	*
2	Guy Sibley	IL	17:48.81	1993	*
3	John Fleck	PA	19:39.40	1991	*
4	Walter Mackey	PA	22:33.06	2005	

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