



NATIONAL SENIOR GAMES ASSOCIATION  
National Games Top 10 Performances and Current Records  
Racewalk  
5000M



RANK	NAME	STATE	TIME	YEAR	RECORD
<b>Women 50 - 54</b>					
1	Debbie Topham	MI	28:58.50	2007	*
2	Laura Draelos	NM	29:03.00	2015	
3	Laura Draelos	NM	29:42.80	2013	
4	Barbara Duplichain	MS	29:58.20	2013	
5	Rebecca Garson	VA	30:33.00	2015	
6	Dstephanie Matthews	MT	30:40.00	2015	
7	Eileen McManus	MO	31:27.41	2007	
8	Janet Comi	PA	31:02.00	2005	
9	Sandra Denoon	OH	31:05.00	2007	
10	Joyce Prohaska	OH	31:21.00	2005	
<b>Women 55 - 59</b>					
1	Barbara Duplichain	MS	28:56.00	2015	*
2	Sami Ann Bailey	IN	30:04.00	1993	*
3	Yoko Eichel	CA	30:15.00	2003	
4	Joyce Decker	IL	30:16.00	1991	*
5	Barbara Duplichain	MS	30:23.08	2017	
6	Carol Seely	WV	30:26.00	2011	
7	Laura Draelos	NM	30:27.28	2019	
8	Yoko Eichel	CA	30:43.00	2005	
9	Anita Macias-Howard	MN	30:44.00	2011	
10	Joyce Prohaska	OH	31:10.21	2007	
<b>Women 60 - 64</b>					
1	Donna Graham	OH	29:44.00	2011	
2	Yoko Eichel	CA	30:04.77	2007	*
3	Yoko Eichel	CA	30:10.00	2011	
4	Irene Brown	MO	30:49.00	2011	
5	Yoko Eichel	CA	30:59.00	2009	
6	Shea Darian	AZ	30:59.70	2019	
7	M. Ann Harsh	FL	32:12.80	2013	
8	Elsie Kallal	AZ	32:25.36	2007	*
9	Donna Gonzales	MS	32:27.00	2005	
10	Marjorie Pilla	FL	32:32.00	2005	

RANK	NAME	STATE	TIME	YEAR	RECORD
<b>Men 50 - 54</b>					
1	Jonathan Matthews	MT	22:57.00	2009	*
2	David Coutts	MO	26:12.00	2009	
3	David Coutts	MO	26:59.13	2007	*
4	Douglas Johnson	KY	27:10.00	2011	
5	Steven Shapiro	VA	27:22.56	2007	*
6	Robert Shires	IA	27:37.00	2003	
7	Stephen Moore	GA	27:43.00	2003	
8	Steven Shapiro	VA	28:13.00	2002	
9	Jim Scott	IL	28:36.00	2011	
10	Roderick MacElwain	TX	29:02.00	2003	
<b>Men 55 - 59</b>					
1	David Coutts	MO	25:26.00	2011	*
2	Jonathan Matthews	MT	25:50.00	2015	
3	Franklin Brown	IA	25:51.00	1991	*
4	John Boitano	CT	26:00.00	1989	*
5	Presley Donaldson	TX	26:03.00	1991	
6	Paul Johnson	AR	26:13.00	1993	
7	David Coutts	MO	26:39.70	2013	
8	Jim Scott	IL	27:04.00	2013	
9	Gene Opheim	FL	27:39.00	2003	
10	Jim Scott	IL	27:52.00	2015	
<b>Men 60 - 64</b>					
1	Jack Bray	CA	26:22.00	1995	*
2	Robert Barrett	NY	26:59.00	1995	
3	Robert Fine	FL	26:59.00	1991	*
4	David Coutts	MO	27:21.00	2015	
5	Chris Schmid	OH	27:26.00	2009	
6	Mike Budnik	NM	27:26.00	2009	
7	Max Walker	IN	28:02.31	2007	
8	Henry Charrois	Canada	28:10.00	2015	
9	Tom Gerhardt	VA	28:21.00	2011	
10	Steven Hubbartt	GA	28:31.00	2011	

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<b>Women 65 - 69</b>							<b>Men 65 - 69</b>					
1	M. Ann Harsh	FL	31:22.00	2015	*		1	Norman Frable	UT	27:03.00	2011	
2	Miriam Gordon	FL	31:30.00	1991	*		2	James Corbeil	FL	28:15.69	2007	*
3	Janet Higbie	IN	31:40.15	2007			3	Bob Barrett	NY	28:47.00	2003	
4	Karen Swisher	KS	31:46.24	2017			4	Ray Everson	IN	28:50.00	1999	
5	Maurine Lia	MO	31:56.00	1999			5	Edward Gawinski	DE	29:01.00	1993	*
6	Joan Rowland	NY	31:59.00	1991			6	Edward Gawinski	DE	29:07.00	1995	
7	Miriam Gordon	FL	32:16.00	1993			7	Gary Leinhart	TX	29:08.00	2011	
8	Louise Walters	CA	32:23.00	2005			8	Bob Barrett	NY	29:17.00	1999	
9	Donna Gonzales	MS	32:30.00	2011			9	William Moremen	CA	29:45.00	1993	
10	Karen Swisher	KS	32:30.35	2019			10	Steve Harper	MT	28:56.00	2015	
<b>Women 70 - 74</b>							<b>Men 70 - 74</b>					
1	Janet Higbie	IN	32:07.00	2011			1	Jack Bray	UT	28:36.00	2003	
2	Yoko Eichel	CA	33:58.31	2017			2	Jim Horton	TX	29:21.00	2011	
3	Margaret Walker	PA	34:06.00	1995			3	A. Cokey Daman	VA	29:42.00	1989	*
4	Maurine Lia	MO	34:14.00	2003			4	A. Cokey Daman	VA	29:55.00	1991	
5	Luise Nottage	NM	34:35.00	1991	*		5	James Beckett	CA	30:24.00	2009	
6	Yoko Eichel	CA	34:37.23	2019			6	Klaus Timmerhaus	CO	30:26.00	1995	
7	Miriam Jackobs	OH	34:45.00	2011			7	Normal Frable	UT	30:28.00	2015	
8	Imogene Watkins	MS	34:58.00	1991	*		8	Jack Bray	CA	30:29.01	2006	
9	Kathleen Frable	UT	35:06.67	2017			9	Gary Steck	CA	31:28.00	2009	
10	Donna Gonzales	MS	35:20.00	2015			10	Richard Campbell	CA	31:28.11	2019	
<b>Women 75 - 79</b>							<b>Men 75 - 79</b>					
1	Maurine Lia	MO	33:40.00	2011			1	Alan Poisner	KS	31:19.00	2011	
2	Essie Faria	FL	33:59.00	2011			2	Edward G. Seeger	VA	32:15.00	1991	*
3	Janet Mason	OK	35:10.00	2011			3	Philip Lawrence	AZ	32:49.00	1989	*
4	Betty Allgood	NC	35:10.00	2011			4	Philip Lawrence	AZ	33:03.00	1991	
5	Martha Keenum	MS	35:41.00	2011			5	Bill Patterson	NC	33:41.00	1993	
6	Katherine Marrs	WI	36:18.00	2005			6	Martin Peterson	FL	33:46.00	1991	
7	Estelle Frenberg	AZ	36:41.00	1989			7	Alfred Dubois	WI	33:54.67	2007	
8	Miriam Miller	PA	36:48.00	1989	*		8	Bill Patterson	NC	33:56.00	1991	
9	Velma Jacobs	CO	36:51.00	1991			9	Charles Williams	GA	33:57.34	2007	
10	Jean Brunnenkant	KS	36:55.00	1993	*		10	Gary Steck	CA	34:09.70	2013	

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<b>Women 80 - 84</b>							<b>Men 80 - 84</b>					
1	Polly Clarke	CO	37:40.00	1991			1	Robert Ferguson	MI	33:22.00	2011	
2	Louise Swanson	WA	39:04.00	1989			2	Alan Poisner	KS	35:09.00	2015	
3	Estelle Frenberg	AZ	39:06.00	1993	*		3	Kurt Straus	AZ	35:29.00	1991	*
4	Estelle Frenberg	AZ	39:27.00	1995	*		4	Ken Long	NC	35:29.00	2011	
5	Eva Vogelsang	AZ	40:05.00	2009			5	Boyd Rollins	UT	36:17.00	2009	
6	Eleanor Miller	NC	40:13.00	1995			6	Francis Albaugh	PA	36:23.00	2005	
7	Carolyn Selby	MI	40:27.00	2011			7	James Veenstra	IL	37:06.06	2019	
8	Donna Larson	IL	40:35.00	2011			8	Byron Fike	OH	37:23.00	1989	*
9	Betty Allgood	NC	40:51.00	2015			9	Alfred Dubois	WI	37:27.00	2015	
10	Bess Grimm	FL	41:51.00	2005			10	Fred Adams	MO	37:37.00	2015	
<b>Women 85 - 89</b>							<b>Men 85 - 89</b>					
1	Alice Segar	MI	41:37.75	2007			1	Alan Poisner	KS	37:22.05	2019	*
2	Estelle Frenberg	AZ	45:03.00	1999			2	Abe Ulanoff	MI	39:05.00	2003	*
3	Anna Ward	MO	46:56.00	1991	*		3	D. Paul Miller	IL	40:08.00	2003	
4	Eleanor Cheek	NC	47:33.00	1991	*		4	Richard Fargo	PA	40:20.00	2003	
5	Jean Brunnenkant	KS	48:54.00	2005	*		5	Fred Adams	MI	40:41.95	2019	
6	Mary Haines	CT	49:32.00	2003			6	Alfred DuBois	WI	40:47.62	2019	
7	Ceil Edrich	SD	52:33.00	2015			7	Stanley Adkins	KY	40:53.00	2011	
8	Arda Perkins	FL	57:44.00	1999			8	Robert Ferguson	MI	41:38.15	2017	
9	Sue Matthews	PA	58:08.00	1991			9	Alfred Nelman	Canada	41:52.10	2013	
10	Grace Wahba	WI	1:01:01.09	2019			10	Weldon Bigony	TX	41:53.00	2005	
<b>Women 90 - 94</b>							<b>Men 90 - 94</b>					
1	Jean Brunnenkant	KS	48:57.29	2007			1	Abe Ulanoff	MI	45:15.84	2007	*
2	Phyllis Karsten	CA	49:50.00	2015			2	Vance Genzlinger	PA	49:43.55	2019	
3	Jean Brunnenkant	KS	50:26.00	2009	*		3	Thomas Young	KS	50:48.21	2007	*
							4	Thomas Young	KS	51:46.00	2009	
							5	Julius Spielberg	MI	54:16.00	1995	*
<b>Women 95 - 99</b>							<b>Men 95 - 99</b>					
No entries for this age division							1	Julius Spielberg	MI	59:45.00	1999	*

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