



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Records
Road Race
10K



RANK	NAME	STATE	TIME	YEAR	RECORD	RANK	NAME	STATE	TIME	YEAR	RECORD
Women 50 - 54						Men 50 - 54					
1	Wanda Gau	MN	40:35.1	2015	*	1	William Dixon	VT	35:44	1999	*
2	Darcy Strouse	MD	41:00.4	2015		2	Donald Rossman	TN	35:53	1997	*
3	Rochelle Wirth	MN	42:10.5	2015		3	James Jackson	TX	36:11	2019	
4	Roberta Meyer	KY	42:44.3	2015		4	Thys Bax	IL	36:14	1999	
5	Mary Ryczek	MA	43:20	1999	*	5	Michael Jenkins	TX	36:26	2003	
6	Angie Ransom	AR	45:33	2001		6	Michael Barr	OH	36:33	2003	
7	Jacqueline Blair	MI	44:36	2009		6	Joe McNamara	VT	36:39.3	2015	
8	Christina Troffer	CA	44:40	2009		8	Steve White	TX	37:25	1999	
9	Karen Newman	VT	45:08.0	2015		9	Donald Baker	KS	37:25	1997	
10	Kathy Foucal	NM	45:30	2003		10	Bernie Candy	FL	37:28	1999	
Women 55 - 59						Men 55 - 59					
1	Louise Walters	CA	42:16	1997	*	1	Jerry McGath	MS	34:19	1997	*
2	Francis Ard	LA	42:24	1993	*	2	Jerry McGath	MS	35:33	1995	*
3	Sherri Hall-Curl	CA	43:02	2009		3	Jerry McGath	MS	35:38	1993	*
4	Zofia Turosz	CT	43:03	1997		4	David Mellady	AZ	36:02	1997	
5	Nancy Littlefield	UT	43:46	1999		5	Bill Borla	CT	36:16	1999	
6	Sherri Hall-Curl	CA	43:51.6	2007		6	David Graham	CN	36:19	1997	
7	Susie Kluttz	NC	44:03	1993		7	Bill Harding	TX	36:23	1997	
8	Suzanne Cordes	CA	44:05	2017		8	Brian Reller	IN	36:33	2017	
9	Rosemary Spraker	VA	44:36	2019		9	Philip Jones	LA	37:28.6	2011	
10	Rusty Barnett	CA	44:40	1997		10	Bobby Paxton	MN	37:55.1	2015	
Women 60 - 64						Men 60 - 64					
1	Sabra Harvey	TX	41:58	2009		1	Joe Fernandez	MA	36:56	1991	*
2	Nancy Rollins	IL	43:55	2009		2	Fred Dice	OK	37:26	1997	
3	Andriette Wickstrom	IA	44:50.8	2015		3	Joseph Fernandez	MA	37:27	1993	
4	Suzanne Cordes	CA	44:53	2019		4	Richard Silva	RI	37:47	1997	
5	Lupe Parsons	FL	46:26	1997	*	5	Edward Stabler	NY	38:09	1991	
5	Eugenie Candon	AL	46:26	2019		6	Bill Borla	CT	38:20	2001	
6	Lynn Bjorklund	NM	47:00	2019		7	Jack Gentry	AR	38:29	1989	*
7	Kathy Foucar	NM	47:02.7	2011		8	Bill Borla	CT	38:37	2003	
8	Tami Graf	MD	47:22	1997		9	Bill Long	OH	39:09.4	2013	
9	Elizabeth Carey	IN	47:56	2017		10	Phil Jones	LA	39:20	2017	
10	Jean Bongiorno	SC	48:00	1999							

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Women 65 - 69							Men 65 - 69					
1	Marge Ferris	IN	44:36	1997	*		1	Joseph Fernandez	MA	37:15	1997	*
2	Jeannie Rice	OH	46:42.4	2015	*		2	Paul Heitzman	KS	38:09	1997	
3	Sharon Dolan	MI	47:33	2009			3	Bill Borla	CT	40:05	2009	
4	Marge Hoffman	SC	47:51	1997			4	Jim Blount	FL	40:16	1995	*
5	Margie Stoll	TN	47:51.2	2007			5	Bill Borla	CT	40:20.7	2007	
6	Dorothy Bradley	WY	48:21	1997			6	Jack Gentry	AR	40:36	1993	*
7	Margie Stoll	TN	49:26	2009			7	Paul Heitzman	KS	40:48	1999	
8	Pepper Davis	FL	50:07	1993			8	Robert Qualls	CA	40:59	2019	
9	Nessie Hollicky	CA	50:28	1997	*		9	Patrick Gallagher	MO	41:06	1991	*
10	Betsy Hall	NH	50:42	1999			10	Dale Goering	NM	41:09	1997	
Women 70 - 74							Men 70 - 74					
1	Marge Hoffman	FL	51:25	1999	*		1	Will Metz	MT	41:57	1991	*
2	Agnes Reinhard	WI	51:29	1997	*		2	Ernie Hirschfeld	MO	43:11	1999	
3	Margie Stoll	TN	52:07.8	2011	*		3	Cokey Daman	VA	43:48	1989	*
4	Heide Moebius	PA	52:53	2009			4	Mark Wallenbrock	NM	44:01	2019	
5	Ann Kahl	FL	53:37	1999			5	Patrick Gallagher	MO	44:31	1995	
6	Danuta Kubelik	FL	54:02	2019			6	Patrick Gallagher	MO	44:43	1997	
7	Sue Herscher	FL	56:12	2019			7	Will Metz	MT	44:46	1993	
8	Valera Jones	TN	56:35.2	2007			8	Austin Newman	NJ	44:50	1989	
9	Loretta Shehan	NY	56:42	1993			9	Jerry Gammill	WA	45:03.1	2013	
10	Wilma Calvin	CA	57:14.7	2007	*		10	Robert McConnell	MI	46:10	2017	
Women 75 - 79							Men 75 - 79					
1	Lola Ackerman	AZ	57:43	2019	*		1	Oscar Burris	MS	44:13	1997	*
2	Rita Kilker	MO	58:32.1	2015	*		2	Will Metz	MT	44:33	1997	
3	Margie Stoll	TN	1:00:10	2017			3	David Jeffery	AL	45:25	2017	
4	Ruth Munro	HI	1:00:12	1999			4	Austin Newman	NJ	45:28	1991	*
5	Elizabeth Gerhardt	MO	1:00:15	1999			5	Ed Benham	MD	45:35	1987	*
6	Wanda Hall	TX	1:00:18	1999	*		6	Edmund Vuolo	CT	48:14	1991	
7	Wilma Calvin	CA	1:00:25	2009	*		7	Eugene Keller	OH	49:21	1991	
8	Heide Moebius	PA	1:00:28	2017			8	Dennis Christian	TN	49:33.4	2015	
9	Nona Todd	AZ	1:00:29	1999			9	Robert Hasseler	NY	50:04.6	2011	
10	Louise Martin	VA	1:02:25	1993	*		10	Richard Modafferi	NY	50:22.8	2013	

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Women 80 - 84							Men 80 - 84					
1	Heide Moebius	PA	1:02:33	2019	*		1	Ed Benham	MD	47:05	1989	*
2	Genevie Perry	IN	1:12:37	2017	*		2	Edmund Vuolo	CT	53:16	1997	
3	Mary Kaplan	TX	1:12:47	2019			3	Dudley Healy	NJ	53:22	1997	
4	Frances Barger	AR	1:19:09.2	2015	*		4	Eugene Keller	OH	53:40	1995	
5	Rose Monda	AZ	1:22.41	1987	*		5	Dudley Healy	NJ	53:48	1995	
6	Mavis Borthick	TN	1:00:34	1999	*		6	Gordon Johnson	FL	54:39	1999	
7	Louise Martin	VA	1:16:02	1997	*		7	Robert Hasseler	NY	55:00	2017	
8	Mavis Borthick	TN	1:19:47	1997	*		8	Hans-Rudolf Gahler	WA	56:51	2009	
9	Mia Wilshusen	AZ	1:23:27	1987			9	Stanley Moulton	NH	57:36.9	2015	
10	Ivy Granstrom	CN	1:23:32	1995			10	Bob Davidson	CT	58:06	2009	
Women 85 - 89							Men 85 - 89					
1	Susie Hughes	TX	1:21:50	1993			1	Orion Poole	GA	1:00:36	1999	*
2	Ivy Granstrom	CN	1:26:38	1997	*		2	David Heiman	CA	1:03:33	2001	
3	Rose Monda	AZ	1:34:43	1991			3	Donald Moffat	FL	1:11:21	2019	
4	Wanda Hall	TX	1:38:18.9	2007	*		4	James Howell	AL	1:11:51.6	2007	
5	Louise Martin	VA	1:39:57	2003			5	Goryun Nigogosyan	NY	1:14:43	2003	
6	Dottie Gray	MO	1:41:45.6	2011			6	Joe Barger	TX	1:15:01.5	2011	
7	Mary Kirsling	NM	1:42:26	2009			7	Joe Barger	TX	1:16.41	2013	
8	Maryellen Brundle	MO	1:46:48.7	2007			8	Jere Allen	AL	1:17:03	2019	
9	Wanda Hall	TX	1:48:37	2009			9	Lloyd Joyce	TX	1:17:31	2019	
10	Frances Barger	AR	1:51:36	2019			10	Kenneth Blanchard	LA	1:17:56.0	2015	
Women 90 - 94							Men 90 - 94					
1	Maryellen Brundle	AR	2:13:15.1	2011			1	Roy Englert	VA	1:21:48.0	2015	*
							2	Joe Barger	TXq	1:22:05.0	2015	
							3	George Boucher	SC	1:31:18	2003	*
							4	Goryun Nigogosyan	NY	1:36:45	2007	
Women 95 - 99							Men 95 - 99					
No entries for age division							No entries for age division					

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