



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Records
Road Race
5K



RANK	NAME	STATE	TIME	YEAR	RECORD		RANK	NAME	STATE	TIME	YEAR	RECORD
Women 50 - 54							Men 50 - 54					
1	Josephine Marchetti	CT	18:55	1997	*		1	Guy Berthiaume	ME	16:27	1997	*
2	Darcy Strouse	MD	19:30.6	2015			2	Alex Silverman	MA	16:53	1997	
3	Wanda Gau	MN	19:52.0	2015			3	Donald Rossman	TN	17:01	1997	
4	Colleen Burns	NM	19:54	2001			4	Michael Barr	OH	17:10	2003	
5	Kathy Foucar	NM	20:27	2001			4	William Dixon	VT	17:10	1999	
6	Colleen Burns	NM	20:34	2003			6	Donald Baker	KS	17:25	1997	
7	Roberta Meyer	KY	20:39.6	2015			6	Philip Jones	LA	17:25	2009	
8	Kathy Foucar	NM	20:52	2003			8	Michael Jenkins	TX	17:26	2003	
9	Jacqueline Blair	AK	20:53	2009			8	Kyle Hubbart	CO	17:26	2009	
10	Yoko Eichel	CA	21:11	1999			10	Steve White	TX	17:27	1999	
							10	Mark Furkis	IN	17:27	2007	
Women 55 - 59							Men 55 - 59					
1	Yvette Lavigne	CA	19:36	1997	*		1	Jerry McGath	MS	16:35	1997	*
2	Collen Burns	NM	20:11	2009			2	David Mellady	AZ	17:10	1997	
3	Louise Walters	CA	20:15	1997			3	Jerry McGath	MS	17:18	1993	*
4	Collen Burns	NM	20:36	2007			4	Bill Harding	TX	17:21	1997	
5	Zofia Turosz	CT	20:45	1997			4	Robert Milner	NY	17:21	1991	*
6	Susie Kluttz	NC	20:46	1993	*		6	John Pelton	VT	17:24	1997	
7	Sherri Hall-Curl	CA	20:49	2009			7	Philip Jones	LA	17:39	2011	
8	Peggy Ainslie	WA	21:02	1989	*		8	Matthys Bax	IL	17:47	2003	
9	Sue Fletcher	AZ	21:07	1997			9	Guy Berthiaume	ME	18:01	2001	
10	Suzanne Cordes	CA	21:09.3	2015			10	Michael Barr	OH	18:09	2007	
Women 60 - 64							Men 60 - 64					
1	Sabra Harvey	TX	19:55	2009	*		1	Jack Gentry	AR	17:27	1989	*
2	Nancy Rollins	IL	20:59	2009			2	Richard Silva	RI	17:43	1997	
3	Julia Virkus	MN	21:18.1	2015			3	Bill Borla	CT	17:45	2001	
4	Andriette Wickstrom	IA	21:32.03	2015			4	Joe Fernandez	MA	17:47	1991	
5	Rebecca Baum	IL	21:39	2007			5	Bill Borla	CT	18:12	2003	
6	Suzanne Cordes	CA	21:48	2019			6	Fred Dice	OK	18:16	1997	
7	Lupe Parsons	FL	21:50	1997	*		7	Gray Patton	IA	18:18	2007	
8	Yoshiko Takahashi	NY	21:54	1997			8	Paul Heitzman	KS	18:19	1995	
9	Janet Freeman	OH	21:57	1997			9	Steve Blanchard	OK	18:20	1993	
10	Mary Melehan	FL	22:13	1997			9	Craig Anderson	WA	18:20	2009	
							10	Mark Furkis	IN	18:20.7	2015	



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Women 65 - 69							Men 65 - 69					
1	Marge Ferris	IN	21:23	1997	*		1	Paul Heitzman	KS	17:38	1997	*
2	Jeannie Rice	OH	22:02.7	2015			2	Joseph Fernandez	MA	18:00	1997	
3	Colleen Burns	NM	22:38.4	2015			3	Bill Borla	CT	19:07	2007	
4	Marge Hoffman	SC	22:57	1997			4	James Beall	MI	19:11	1995	*
5	Dorothy Bradley	WY	22:58	1997			5	Walter Gale	CT	19:12	1997	
6	Nancy Rollins	IL	22:58.2	2015			6	Gerard Malaczynski	MI	19:23	2007	
6	Jeannie Rice	OH	23:01.4	2013			7	Gary Patton	IA	19:25	2011	
8	Nancy Rollins	IL	23:08.4	2013			8	Carl Ellsworth	CA	19:26	1997	
9	Sharon Dolan	MI	23:29	2009			8	Bill Borla	CT	19:26	2009	
10	Margie Stoll	TN	23:29	2009			10	Patrick Gallagher	MO	19:27	1991	*
Women 70 - 74							Men 70 - 74					
1	Jane Treleven	WA	22:59	2019	*		1	Fred Frost	SD	18:59	1997	*
2	Agnes Reinhard	WI	24:08	1997	*		2	Will Metz	MT	19:39	1991	*
3	Margie Stoll	TN	24:30	2011			3	Cokey Daman	VA	20:17	1989	*
4	Marge Hoffman	FL	24:42	1999			4	Gary Patton	IA	20:21	2017	
5	Nancy Rollins	IL	24:53	2019			5	Ernie Hirschfeld	MO	20:42	1999	
6	Louise Akers	VA	25:07	1997			6	Austin Newman	NJ	20:44	1989	
7	Heide Moebius	PA	25:23	2009			7	Paul Amadio	OH	20:53	1989	
8	Rebecca Baum	IL	25:24	2017			8	Patrick Gallagher	MO	20:59	1997	
9	Nancy Smalley	CO	25:50	1997			9	Gary Patton	IA	21:37	2019	
10	Shirley Goff	AR	26:15	1997			10	Robert McConnell	MI	21:57	2017	
Women 75 - 79							Men 75 - 79					
1	Rita Kilker	MO	28:04.5	2015	*		1	Will Metz	MT	21:03	1997	*
2	Lola Ackerman	AZ	28:17	2019			2	Austin Newman	NJ	21:31	1991	*
3	Millie Bolton	OH	28:29	1997	*		3	Ed Benham	MD	22:02	1987	*
4	Margie Stoll	TN	29:03	2017			4	William Tribou	CT	22:17	1997	
5	Agnes Hollicky	UT	29:30	2007			5	David Jeffrey	AL	22:19	2017	
6	Valera Jones	TN	29:47	2011			6	Eugene Keller	OH	22:36	1991	
7	Pearl Mehl	CO	29:52	1989	*		7	Edmund Vuolo	CT	22:38	1991	
8	Elaine Geyer	FL	29:56	1997			7	Juan Sastoque	TX	22:55	2009	
9	Heide Moebius	PA	30:21	2017			9	Robert Hasseler	NY	22:55	2011	
10	Tami Graf	MD	30:33	2011			10	Mike Kirkwood	WI	23:48	2017	



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Women 80 - 84							Men 80 - 84					
1	Lois Gilmore	WI	30:07	2011	*		1	Ed Benham	MD	21:46	1989	*
2	Heide Moebius	PA	30:40	2019			2	Edmund Vuolo	CT	24:56	1997	
3	Rita Kilker	MO	31:15	2019			3	Harold Carey	IN	25:25	2003	
4	Maria Georgiev	FL	33:14	2015			4	Bill Tribou	CT	25:54	2001	
5	Juanita Gonzalez	CA	33:30	2019			5	Eugene Keller	OH	25:59	1995	
6	Lois Gilmore	WI	34:01	2013			6	Robert Hasseler	NY	26:00	2017	
7	Marilyn Walters	FL	34:05	2011			7	Gordon Johnson	FL	26:37	1999	
8	Nessie Hollicky	CG	34:35	2011			8	Nianxiang Xie	MD	27:02	2009	
9	Mary Kaplan	TX	35:06	2019			9	Jim Hamilton	NC	27:08	2003	
10	Shirley Mccrea	FL	35:48	2011			10	Jesse Jolly	TN	27:30	1997	
Women 85 - 89							Men 85 - 89					
1	Maria Georgiev	FL	37:57	2019	*		1	Jerzy Kuszakiewicz	TX	27:54	2001	*
2	Ivy Granstrom	CN	38:22	1997			2	Bill Tribou	CT	31:36.1	2007	
3	Susie Hughes	TX	40:00	1993	*		3	Larry Johnson	NM	31:40.2	2007	
4	Allie Walker	TN	40:59	1995	*		4	Peter Miazza	MS	31:47	2017	
5	Andrea Harrison	GA	43:01	2019			5	Peter Miazza	MS	32:15.7	2015	
6	Rose Monda	AZ	43:35	1991			6	George Mathes	AZ	32:39	2019	
7	Dottie Gray	MO	43:58	2011	*		7	Juan Sastoque	TX	32:43	2019	
8	Olive Drew	KS	45:48	2001			8	Kenneth Blanchard	LA	33:56.2	2015	
9	Frances Smith	AR	46:01	2001			9	Donald Moffat	FL	33:38	2019	
10	Eleanore Pease	TN	46:45	1999			10	Roy Englert	VA	34:33	2009	



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Women 90 - 94							Men 90 - 94					
1	Rose Monda	AZ	49:11	1995	*		1	Roy Englert	VA	37:37.6	2013	*
2	Dottie Gray	MO	51:43	2015	*		2	Joe Barger	TX	39:02.3	2015	
3	Doreen Johnstone	FL	53:04	2017			3	Joe Barger	TX	44:27	2017	
4	Dottie Gray	MO	55:08	2017			4	Francis Albaugh	PA	46:43.9	2013	
5	Maryellen Brundle	AR	57:20	2011			5	Richard Soller	OH	47:24	2019	
6	Arda Perkins	FL	58:25	2001			6	Albert Davis	AR	51:46	2009	*
7	Terry Hamilton	NC	1:01:18	2019			7	Harold Hoffmann	NC	52:57	2003	*
8	Arda Perkins	FL	1:01.40	2003			8	Byron Logan	NC	54:28	2017	
9	Olive Drew	KS	1:12.02	2009			9	E.G. Meyer	WY	57:37	2011	
10	Mary Kirsling	NM	1:16.06	2013			10	Joe Barger	TX	58:14	2019	
Women 95 - 99							Men 95 - 99					
1	Arda Perkins	FL	1:19:03	2007	*		1	Roy Englert	VA	43:34	2017	*