



NATIONAL SENIOR GAMES ASSOCIATION
National Games Top 10 Performances and Current Record
Swimming
500 Yard Freestyle



RANK	NAME	STATE	TIME	YEAR	RECORD
Women 50 - 54					
1	Cindy Ciampa	KY	5:50.84	2011	*
2	Susan Ingraham	TX	5:53.93	2011	
3	Karen Blizard	TN	6:09.44	2011	
4	Elizabeth Hogan	MD	6:10.40	2007	*
5	Pam Martin	KY	6:11.20	2009	
6	Susan Ingraham	TX	6:19.50	2013	
7	Ginny Maher	TN	6:20.10	2009	
8	Heather Huettner	KS	6:21.41	2017	
9	Phyllis Quinn	CA	6:23.80	2009	
10	Linda Green	MN	6:26.07	2015	
Women 55 - 59					
1	Kathleen Steffe	CO	6:01.57	2019	*
2	Susan Ingraham	TX	6:03.72	2015	*
3	Elaine Valdez	TX	6:05.43	2011	*
4	Kathy Garnier	CO	6:13.29	2019	
5	Judi Norton	OH	6:14.01	2013	
6	Elizabeth Hogan	MD	6:17.72	2011	
7	Karen Bland	TN	6:22.88	2019	
8	Karen Bland	TN	6:25.01	2017	
9	Jackie Marr	NM	6:25.88	2001	*
10	Judi Norton	OH	6:28.19	2015	
Women 60 - 64					
1	Susan Ritter	OH	5:56.01	2017	*
2	Katherine Branch	VT	6:17.79	2019	
3	Diane Rothenberg	OH	6:24.46	2013	*
4	Jackie Marr	NM	6:32.48	2003	*
5	Elizabeth Kassen	WA	6:38.33	2013	
6	Jackie Marr	NM	6:41.30	2007	
7	Linda Larson	FL	6:47.47	2015	
8	Pat Hilvers	OH	6:49.08	2013	
9	Bonnie Sotire	SC	6:51.43	2013	
10	Randeen Torvik Ragan	TX	6:56.02	2017	

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 50 - 54					
1	Kurt Dickson	AZ	5:00.37	2019	*
2	Thomas Ruehle	MN	5:20.88	2015	*
3	Richard Jordan	TN	5:30.70	2007	*
4	Bill Keating Jr.	OH	5:37.80	2007	
5	Mark Brandt	IL	5:37.86	2017	
6	William Tyler	MA	5:38.69	2013	
7	Dima Krieger	FL	5:40.92	2017	
8	Gregory Strouse	MD	5:41.44	2015	
9	Dima Krieger	FL	5:42.21	2019	
10	Glenn Gruber	CA	5:42.37	2001	*
Men 55 - 59					
1	Rick Colella	WA	5:01.88	2009	*
2	Jim Clemmons	CA	5:17.16	2009	
3	Doug Thain	TN	5:26.49	2017	
4	Steve Waters	TX	5:28.66	2017	
5	Scot Tribuzi	OH	5:29.08	2013	
6	Brian Voisard	FL	5:29.70	2007	*
7	Philipp Djang	NM	5:30.15	2013	
8	Glenn Gruber	CA	5:32.60	2007	
9	Richard Jordan	TN	5:35.12	2009	
10	Tom Meade	NY	5:37.41	2003	*
Men 60 - 64					
1	James Ritter	OH	5:14.53	2017	*
2	Dan Kirkland	WA	5:29.04	2009	*
3	Dan Kirkland	WA	5:35.98	2011	
4	Richard Jordan	TN	5:42.17	2013	
5	Robert Casey	PA	5:42.90	2005	*
6	Jack Gooding	AR	5:50.30	2017	
7	Gaylord Hopkins	FL	5:52.94	2003	*
8	Bill Keating	OH	5:54.83	2013	
9	Michael Huffman	TX	6:06.42	2011	
10	Kevin Scarborough	KY	6:07.98	2015	

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Women 65 - 69							Men 65 - 69					
1	Elizabeth Kassen	WA	7:00.02	2017	*		1	Mark Modjeska	AZ	5:52.90	2019	*
2	Jackie Marr	NM	7:03.89	2011	*		2	Marc Anderson	MN	5:56.97	2015	*
3	Linda Bamber	GA	7:12.39	2019			3	Alan Bernard	CA	5:59.12	2015	
4	Mary-Chris Kay	OH	7:17.06	2019			4	Richard Jordan	TN	6:01.04	2019	
5	Judith Laney	CO	7:21.50	2019			5	Chip Glidden	MO	6:04.26	2015	
6	Colleen Burns	NM	7:21.61	2015			6	Bill Dawson	CA	6:14.18	2009	*
7	Mary Pohlmann	IL	7:23.47	2011			7	Richard Todd	CA	6:20.70	2007	
8	Betty Burfeind	IL	7:24.00	2013			8	William Lauer	TN	6:23.98	2003	*
9	Colleen Burns	NM	7:26.37	2017			9	Harry Greenfield	OH	6:31.48	2013	
10	Tamara Steil	MI	7:32.20	2019			10	David Farifield	CA	6:32.70	2005	
Women 70 - 74							Men 70 - 74					
1	Jackie Marr	NM	7:29.62	2013	*		1	Gaylord Hopkins	FL	6:15.75	2011	*
2	June Carson	FL	7:30.46	2019			2	Alan Bernard	CA	6:17.65	2019	
3	Susan Munn	CA	7:35.18	2009	*		3	Glenn Gruber	CA	6:25.95	2019	
4	Colleen Burns	NM	7:35.71	2019			4	William Lauer	TN	6:36.50	2007	*
5	Diane Stowell	HI	7:47.10	2007	*		5	William Lauer	TN	6:40.80	2005	*
6	Jane Birkhead	TX	7:50.06	2011	*		6	Timothy Kute	NC	6:45.18	2015	
7	Molly Myers	TN	7:53.56	2019			7	William Lauer	TN	6:48.52	2009	
8	Sally Bolar	AZ	7:56.73	2009			8	William Murray	CO	6:50.40	2007	
9	Brenda Payne	TN	8:01.18	2017			9	David Vail	ME	6:51.19	2013	
10	Colleen Reid	CA	8:04.03	2019			10	David Jarvis	FL	7:00.59	2017	
Women 75 - 79							Men 75 - 79					
1	Diane Stowell	HI	8:07.10	2009	*		1	Graham Johnston	TX	6:21.40	2007	*
2	Betty Lorenzi	WI	8:15.83	2003	*		2	Graham Johnston	TX	6:33.57	2009	
3	Jane Katz	NY	8:31.70	2019			3	Tony Ralphs	CA	6:53.61	2019	
4	Jackie Marr	NM	8:35.31	2019			4	William Lauer	TN	7:15.19	2013	
5	Petey Smith	RI	8:35.39	2001	*		5	Sid Hall	OH	7:21.04	2011	
6	Dionne Caldwell	CA	8:50.14	2009			6	Sid Hall	OH	7:27.88	2013	
7	Shirley Fishlock	FL	8:52.50	2011			7	William Murray	CO	7:35.88	2013	
8	Dionne Caldwell	CA	9:00.93	2011			8	David Miller	SC	7:36.03	2015	
9	Florence Carr	FL	9:02.84	2001			9	Robert Blake	MO	7:38.21	2001	*
10	Joan Campbell	FL	9:05.50	2005			10	Robert Mayo	CA	7:38.95	2009	

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Women 80 - 84							Men 80 - 84					
1	Dionne Caldwell	CA	9:24.31	2013	*		1	Graham Johnston	TX	7:02.70	2011	*
2	Billie-Ann Burrill	RI	9:49.75	2001	*		2	Graham Johnston	TX	7:21.89	2013	
3	Alice Hanes	IL	10:26.32	2011	*		3	Sidney Hall	OH	7:36.96	2015	
4	Carol Mungavin	TX	10:30.19	2017			4	William Lauer	TN	7:43.45	2017	
5	Martha Henderson	FL	10:33.73	2019			5	William Murray	CO	7:44.49	2017	
6	June Hence	NM	10:41.48	2019			6	Joel Lockwood	MI	7:54.40	2015	
7	Ruth Johnson	DC	10:42.68	2013			7	George Foster	CO	8:23.77	2019	
8	Ruth Johnson	IA	10:50.56	2015			8	Stephen Hadley	CO	8:25.83	2011	
9	Alice Hanes	IL	10:54.60	2013			9	Robert Blake	MO	8:36.80	2005	*
10	Marilyn Beckner	TN	10:58.36	2019			10	Donald Hubbard	CA	8:39.40	2007	
Women 85 - 89							Men 85 - 89					
1	Joan Campbell	FL	12:11.85	2019	*		1	Joel Lockwood	MI	8:12.63	2019	*
2	Carol Galbraith	VA	11:05.82	2003	*		2	Jurgen Schmidt	CA	8:21.71	2009	*
3	Martha Castillo	TX	12:19.90	2007			3	Thomas Maine	IL	8:27.41	2011	
4	Alice Hanes	IL	12:47.85	2017			4	Dan Miles	NM	9:25.70	2007	*
5	Doris Russell	MD	12:49.80	2005			5	Thomas Maine	IL	9:34.42	2013	
6	Ann Aceves	NM	14:07.74	2019			6	Ole Larson	NC	9:48.20	2007	
7	Mary Lathram	VA	14:27.31	2003			7	Burt Bronk	MD	10:30.33	2017	
8	Shirley Chase	FL	14:29.65	2011			8	John Geis	NC	10:42.33	2017	
9	Gladys Williamson	IL	15:06.10	2007			9	John Daily	OH	10:51.64	2013	
10	Ida Bokelman	IN	15:25.65	2015			10	Ward Barstow	PA	10:58.10	2007	
Women 90 - 94							Men 90 - 94					
1	Gladys Williamson	IL	15:55.23	2009	*		1	Thomas Maine	IL	9:42.46	2015	*
2	Mary Vowell	TN	16:27.67	2017			2	Thomas Maine	IL	11:15.35	2017	
3	Gladys Williamson	IL	17:17.23	2011			3	William Payne	WI	14:14.52	2019	
4	Wilma Goldmann	AK	17:52.32	2017			4	Arthur Kidd	AR	16:10.56	2011	*
5	Shirley Chase	FL	17:54.89	2015			5	Edgar Larson	NC	16:31.01	2015	
6	Gladys Williamson	IL	18:41.02	2013			6	John Collings	MD	17:17.09	2017	
7	Shirley Chase	FL	19:27.00	2017			7	Lowell Coon	MO	17:45.34	2015	
8	Glenda Crites	IL	21:42.40	2007	*		8	Joseph Daws	TN	18:05.59	2017	
9	Shirley Chase	FL	23:09.41	2019								
10	Mary Vowell	TN	26:31.86	2019								
Women 95 - 99							Men 95 - 99					
1	Gladys Williamson	IL	22:22.82	2015	*		1	Boyd Campbell	NC	16:38.30	2005	*

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