



NATIONAL SENIOR GAMES ASSOCIATION
Top 10 Performances and Current Records



Power Walk
1500M

RANK	NAME	STATE	TIME	YEAR	RECORD
Women 50-54					
1	Mandy Owens	NM	9:03.20	2019	*
2	Micheal Barton-Murtagh	MS	9:56.13	2023	
3	Lynette Best-Gray	TX	10:15.83	2022	
4	Vera Minix	LA	10:16.17	2022	
5	Vera Minix	LA	10:27.06	2019	
6	Andrea Everard	DE	10:36.91	2022	
7	Anna Goldhahn	OH	10:37.73	2022	
8	Sonja Dufrene	MS	10:40.56	2025	
9	Lynette Best-Gray	TX	10:49.22	2025	
10	Andrea Everard	DE	10:53.33	2023	
Women 55-59					
1	Mandy Owens	NM	9:04.55	2023	*
2	Mandy Owens	NM	9:13.53	2025	
3	Mandy Owens	NM	9:13.80	2022	*
4	Laura Niel	NM	9:15.79	2019	*
5	Janet Lamoureux	FL	9:21.68	2022	
6	Janet Lamoureux	FL	9:21.70	2023	
7	Amy Siebes	KS	9:43.54	2025	
8	Yvette Gaugh	FL	9:59.12	2022	
9	Martha McCarter	KS	10:00.64	2019	
10	Joan Gallimore	NC	10:08.69	2022	
Women 60-64					
1	Janet Lamoureux	FL	8:58.69	2025	*
2	Jodie Bolt	WA	9:35.62	2025	
3	Penelope Uselton	TN	9:36.74	2023	*
4	Birgitt Zirden-Heulmanns	SC	9:37.83	2025	
5	Jayne Milavec	NM	9:41.68	2023	
6	Penelope Uselton	TN	9:43.02	2025	
7	Erin Potts	CO	9:47.40	2025	
8	Jayne Milavec	NM	9:55.20	2022	*
9	Kelly Bankole	MN	9:58.20	2023	
10	Ann Hegstrom	IA	9:58.43	2019	*

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 50-54					
1	Denny Bradecamp	VA	8:42.88	2023	*
2	Denny Bradecamp	VA	9:02.79	2022	*
3	Brent Stark	OH	9:32.06	2025	
4	Greg Fleischaker	GA	9:52.48	2022	
5	Randall O'Neil	MI	9:57.21	2019	*
6	Karn Yee	MD	10:04.88	2023	
7	Dan Workman	OH	10:09.53	2019	
8	James Ken Moore	AL	12:55.25	2019	
9	Henry Walkingstick	NC	14:03.20	2023	
Men 55-59					
1	Randy O'Neil	MI	8:16.69	2025	*
2	Denny Bradecamp	VA	8:37.54	2025	
3	Rafael Ott	GER	8:44.14	2022	*
4	Daniel Workman	OH	8:47.69	2025	
5	Randy O'Neil	MI	8:51.68	2023	
6	Fabio Delgado	FL	9:02.07	2022	
7	Timothy Rice	ND	9:02.68	2025	
8	Barry Schneiderman	CO	9:02.72	2025	
9	Fabio Delgado	FL	9:05.54	2023	
10	Rulon Jensen	AK	9:06.28	2025	
Men 60-64					
1	Leopoldo Gracia Vilches	MEX	8:40.03	2022	*
2	Matthew McPherson	MI	8:45.16	2022	
3	Brett Hestdalen	SD	8:47.54	2025	
4	Edward Hart	TX	8:50.89	2019	*
5	Anthony Phillips	BRB	8:53.18	2023	
6	Anthony Phillips	BRB	8:55.93	2022	
7	David Coutts	MO	9:03.60	2019	
8	Matthew McPherson	MI	9:07.27	2023	
9	Bruce Chandler	MD	9:09.93	2023	
10	Chris Edlin	TN	9:16.84	2025	



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1	Debbie Riter	SD	9:51.62	2025	*
2	Michele Preisser	NC	9:58.71	2025	
3	Nancy Herring	GA	10:00.63	2019	*
4	Sue Piechota	NY	10:03.17	2019	
5	Sandra Stapleton	SD	10:03.82	2019	
6	Maryanne Daniel	CT	10:10.40	2025	
7	Ann Hegstrom	IA	10:17.03	2022	
8	Teresa Howard	NC	10:22.32	2025	
9	Ann Hegstrom	IA	10:23.14	2025	
10	Deborah Reighard	MD	10:24.67	2025	
Women 70-74					
1	Pamela McKelvey	CO	9:53.56	2022	*
2	Sandi Stapelton	NV	10:18.62	2022	
3	Sue Piechota	FL	10:18.75	2022	
4	Cindy Wildman	OH	10:27.62	2023	
5	Sue Piechota	FL	10:29.67	2023	
6	Cindy Wildman	OH	10:30.32	2022	
7	Sandy Fetherolf	CA	10:31.85	2025	
8	Rebecca Goldstein	OH	10:36.30	2023	
9	Nancy Kapp	NC	10:39.95	2023	
10	Hannah Phillips	VA	10:44.11	2022	
Women 75-79					
1	Pamela McKelvey	CO	10:10.90	2023	*
2	Bonnie Parks	CO	10:46.68	2022	*
3	Sharon Huczek	MI	10:49.73	2025	
4	Sharon Huczek	MI	11:09.88	2023	
5	Constance Eldred	FL	11:20.14	2022	
6	Carol Rolfes	TN	11:20.80	2022	
7	Carol Rolfes	TN	11:24.26	2023	
8	Catherine Mcleod	OH	11:27.74	2025	
9	Marcia Holstad	GA	11:34.91	2025	
10	Princetter Lewis	MI	11:44.25	2019	*

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 65-69					
1	Harold Dockins	FL	8:44.61	2025	*
2	Tom Champion	IL	8:49.82	2022	*
3	Michael Stewart	MI	8:58.06	2022	
4	Richard Cook	GA	8:58.78	2022	
5	Leopoldo Gracia Vilches	MEX	9:08.50	2023	
6	Tom Champion	IL	9:12.36	2019	*
7	Leopoldo Gracia Vilches	MEX	9:14.22	2025	
8	Lance Farr	IN	9:16.40	2025	
9	Jim Flint	VT	9:18.24	2025	
10	Michael Stewart	MI	9:24.02	2023	
Men 70-74					
1	Tom Champion	IL	9:25.49	2023	*
2	William Riley	IL	9:32.14	2023	
3	Bradley Gore	KY	9:38.32	2025	
4	Thomas Boyden	NM	9:48.45	2019	*
5	Paul Lawson	CA	9:51.09	2019	
6	Shabeg Singh	VA	9:53.20	2025	
7	William Stross	OH	9:55.20	2022	
8	Tom Flournoy	TX	9:57.96	2019	
9	Kevin Dunkel	MI	9:58.21	2025	
10	Russell McMahon	OH	10:00.57	2025	
Men 75-79					
1	Stephen Slechta	NC	9:38.44	2025	*
2	Gary Leinhart	TX	9:45.93	2022	*
3	Arthur Ortman	ID	9:52.22	2022	
4	William Stross	OH	10:01.15	2023	
5	Stephen Slechta	NC	10:09.32	2023	
6	Gary Leinhart	TX	10:13.52	2023	
7	Tom Flournoy	TX	10:19.68	2025	
8	James Mcgruder	OH	10:21.30	2025	
9	Dale Monroe-Cook	IL	10:25.53	2025	
10	Daryl Simpson	KY	10:26.39	2023	



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Women 80-84					
1	Princetter Lewis	MI	11:48.72	2025	*
2	Ruth Everson	IN	12:15.54	2022	*
3	Marilyn Berg	MA	12:29.25	2025	
4	Miriam Jackobs	OH	12:32.21	2023	
5	Youngja Lee	MD	12:37.63	2019	*
6	Mirella Panozzo	MI	12:56.38	2023	
7	Dolores Torchio	NM	13:05.13	2019	
8	Caroline Homentowski	PA	13:18.01	2019	
9	Ying Chen	OH	13:24.09	2025	
10	Bonnie Sayre	NV	13:35.76	2023	
Women 85-89					
1	Ellen Demsky	CA	12:17.92	2025	*
2	Essie Farla	FL	12:45.12	2022	*
3	Youngja Lee	MD	12:45.29	2022	
4	Youngja Lee	MD	12:54.43	2023	
5	Miriam Jackobs	OH	13:40.21	2025	
6	Alice Mohr	MO	13:58.81	2019	*
7	Eleanor Pendergraft	TN	15:07.62	2022	
8	Audrey Smith	FL	15:10.68	2023	
9	Audrey Smith	FL	15:26.88	2025	
10	Marjorie Beatty	IA	15:31.00	2022	
Women 90-94					
1	Eleanor Pendergraft	TN	15:03.62	2025	*
2	Phyllis Karsten	CA	18:55.87	2019	*
3	Alice Carroll	NY	23:19.68	2023	
4	Jean Dubois	NM	34:05.85	2019	

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 80-84					
1	Louis Dwyer	MD	8:42.85	2025	*
2	Tom Kirkwood	IA	9:43.86	2023	*
3	John Disterdick	TN	10:29.04	2022	*
4	Sujan Puar	NJ	10:38.18	2022	
5	Donald Zalenski	DE	10:46.22	2025	
6	Ellis Whitt	NC	10:51.51	2023	
7	John Ord	MD	10:52.47	2023	
8	John Disterdick	FL	10:55.01	2023	
9	Sujan Puar	NJ	10:57.50	2023	
10	Steven Popell	CA	10:58.55	2019	*
Men 85-89					
1	James Beckett	CA	10:34.22	2023	*
2	James Beckett	CA	10:50.76	2025	
3	David Chase	MN	11:26.18	2025	
4	Richard Zerbe	WA	11:33.42	2023	
5	Thomas Wiehle	AZ	11:41.98	2023	
6	Wayne Hinaman	OH	11:48.89	2023	
7	Wayne Hinaman	OH	11:50.11	2022	*
8	Wayne Hinaman	OH	12:11.70	2019	*
9	Thomas Wiehle	AZ	12:13.49	2022	
10	Stanley Moulton	NH	12:43.73	2019	
Men 90-94					
1	Hugh Brotherton	FL	11:49.43	2022	*
2	Thomas Tobias	VA	12:21.01	2023	
3	Wayne Hinaman	OH	12:32.23	2025	
4	Augustine Ormrod, Sr	FL	12:36.81	2022	
5	Mackway Vieira	WA	13:30.88	2025	
6	Vance Genzlinger	PA	14:08.73	2019	*
7	Aubrey Fussell	NC	14:11.09	2022	
8	John Del Colle	TN	14:20.92	2019	
9	Richard Soller	OH	15:34.86	2023	
10	Robert Ferguson	MI	15:43.81	2022	



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RANK	NAME	STATE	TIME	YEAR	RECORD
Women 95-99					
1	Clara Satterfield	SC	17:22.49	2022	*
Women 100+					
1	Hollyce Kirkland	TN	20:39.60	2019	*

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 95-99					
No entries for this age division					
Men 100+					
No entries for this age division					