



NATIONAL SENIOR GAMES ASSOCIATION
Top 10 Performances and Current Records



Power Walk
5K

RANK	NAME	STATE	TIME	YEAR	RECORD
Women 50 - 54					
1	Mandy Owens	NM	32:56.97	2019	*
2	Micheal Barton-Murtagh	MS	33:11.17	2023	
3	Vera Minix	LA	36:31.41	2019	
4	Vera Minix	LA	37:28.74	2022	
5	Faye Bent	BRB	37:45.76	2023	
6	Renee Galen	IN	37:59.60	2023	
7	Andrea Everard	DE	37:59.64	2023	
8	Anna Goldhahn	OH	38:25.30	2022	
9	Angelica Jepsen	NM	38:38.90	2019	
10	Sarah Beth Bombardier	VT	38:45.14	2019	
Women 55 - 59					
1	Mandy Owens	NM	33:13.76	2023	*
2	Mandy Owens	NM	33:14.57	2022	*
3	Carrie Lindsey	TX	33:16.97	2023	
4	Janet Lamoureux	FL	33:23.56	2023	
5	Janet Lamoureux	FL	33:30.39	2022	
6	Martha Mccarter	KS	34:57.90	2019	*
7	Yvette Gaugh	FL	35:02.47	2022	
8	Vera Minix	LA	35:17.21	2023	
9	Melinda McWilliams	MD	35:18.25	2023	
10	Allison Acevedo	PA	35:19.21	2023	
Women 60 - 64					
1	Penelope Uselton	TN	33:22.57	2023	*
2	Jayne Milavec	NM	33:59.98	2023	
3	Janet Lemoureux	FL	34:15.64	2025	
4	Teresa Howard	NC	34:29.36	2023	
5	Penelope Uselton	TN	34:37.01	2025	
6	Angela Jackson	BRB	34:38.60	2023	
7	Jodie Bolt	WA	35:05.34	2025	
8	Tamara Lewis	AR	35:46.53	2019	*
9	Michele Cowling	FL	35:47.84	2019	
10	Jodie Bolt	WA	35:59.00	2023	

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 50 - 54					
1	Dennis Bradecamp	VA	30:33.33	2023	*
2	Dennis Bradecamp	VA	32:38.47	2022	*
3	Brent Stark	OH	34:57.25	2025	
4	Kam Yee	MD	36:33.72	2023	
5	Greg Fleischaker	GA	37:14.48	2022	
6	James Ken Moore	AL	43:13.36	2019	*
Men 55 - 59					
1	Randall O'Neil	MI	30:06.99	2023	*
2	Fabio Delgado	FL	30:07.22	2023	
3	Randy O'Neil	MI	31:14.89	2025	
4	Denny Bradecamp	VA	31:18.30	2025	
5	Daniel Workman	OH	31:55.29	2025	
6	Rafael Ott	GER	32:00.71	2022	*
7	Randall O'Neil	MI	32:12.96	2022	
8	Dan Workman	OH	32:16.55	2023	
9	Barry Schneiderman	CO	32:27.89	2025	
10	Rulon Jensen	AK	32:33.88	2023	
Men 60 - 64					
1	Leopoldo Gracia Vilches	MEX	31:36.67	2022	*
2	Matthew McPherson	MI	31:43.73	2023	
3	Anthony Phillips	BRB	31:52.13	2023	
4	Harold Dockins	FL	31:58.14	2022	
5	Edward Hart	TX	32:02.03	2019	*
6	Matthew McPherson	MI	32:05.33	2022	
7	Bruce Chandler	MD	32:21.30	2023	
8	Vawn Edele	VT	32:23.39	2023	
9	Brett Hestdalen	SD	32:35.48	2023	
10	Anthony Phillips	BRB	32:50.72	2022	



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1	Debbie Riter	SD	34:43.93	2025	*
2	Sandra Stapleton	SD	35:19.46	2019	*
3	Michele Preisser	NC	35:23.19	2025	
4	Nancy Herring	GA	35:59.78	2019	
5	Ann Hegstrom	IA	36:12.44	2022	
6	Teresa Howard	NC	36:13.59	2025	
7	Sue Piechota	NY	36:14.42	2019	
8	Margaret Milner	ME	36:32.45	2023	
9	Debbie Jarzombek	TX	36:34.01	2023	
10	Cindy Wildman	OH	36:34.91	2019	
Women 70 - 74					
1	Cindy Wildman	OH	34:37.97	2023	*
2	Hannah Nedzbala	NH	34:44.42	2023	
3	Cindy Wildman	OH	35:29.78	2022	*
4	Pamela McKelvey	CO	35:31.71	2022	
5	Sue Piechota	FL	36:43.42	2023	
6	Sue Piechota	FL	36:46.87	2022	
7	Rebecca Goldstein	CT	36:48.90	2023	
8	Adele Wagner	MD	37:27.80	2025	
9	Sandy Fetherolf	CA	37:40.46	2025	
10	Cathy McLeod	OH	37:40.90	2023	
Women 75 - 79					
1	Pamela McKelvey	CO	34:50.93	2023	*
2	Bonnie Parks	CO	37:37.14	2022	*
3	Sharon Huczek	MI	37:50.81	2023	
4	Hannah Nedzbala	NH	38:30.74	2025	
5	Sharon Huczek	MI	38:46.82	2025	
6	Catherine McLeod	OH	39:12.79	2025	
7	Constance Eldred	FL	39:29.07	2022	
8	Carol Rolfes	TN	39:30.91	2023	
9	Marcia Holstad	GA	39:46.39	2025	
10	Kathleen Meares	LA	40:17.59	2022	

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 65 - 69					
1	Leopoldo Gracia Vilches	MEX	31:58.97	2023	*
2	Richard Cook	GA	32:24.93	2022	*
3	Michael Stewart	MI	32:44.68	2023	
4	Tom Champion	IL	32:58.17	2019	*
5	Lance Farr	IN	33:10.10	2025	
6	Kevin Dunkel	MI	33:13.42	2023	
7	Leopoldo Gracia Vilches	MEX	33:27.14	2025	
8	Randall Davis	IA	33:44.40	2025	
9	Bruce Chandler	MD	34:26.71	2025	
10	David Ridenour	OH	34:33.46	2023	
Men 70 - 74					
1	Tom Champion	IL	33:25.46	2023	*
2	John Marx	NY	34:38.70	2023	
3	William Riley	IL	34:45.82	2023	
4	Kevin Dunkel	MI	34:57.14	2025	
5	Thomas Boyden	NM	35:08.06	2019	*
6	Bradley Gore	KY	35:09.88	2025	
7	Tom Flournoy	TX	35:28.49	2019	
8	Charles Waller	KY	35:31.87	2023	
9	Tom Flournoy	TX	35:39.17	2023	
10	Shabeg Singh	VA	35:42.63	2025	
Men 75 - 79					
1	William Stross	OH	34:24.02	2023	*
2	Donald Beynon	PA	35:34.30	2023	
3	Daryl Simpson	KY	35:44.68	2023	
4	Gary Leinhart	TX	35:50.14	2022	*
5	Stephen Slechta	MC	35:56.91	2025	
6	Arthur Ortman	ID	36:39.73	2022	
7	Phillip Klein	TX	36:49.78	2023	
8	Tom Flournoy	TX	36:54.40	2025	
9	Donald Zalenski	DE	36:57.56	2023	
10	Robert Nicholson	NY	37:02.45	2023	



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Women 80 - 84					
1	Princetter Lewis	MI	42:36.96	2025	*
2	Youngja Lee	MD	42:40.89	2019	*
3	Marilyn Berg	MA	43:26.72	2025	
4	Ruth Everson	IN	43:53.76	2022	
5	Miriam Jackobs	OH	44:16.28	2023	
6	Dolores Torchio	NM	45:40.91	2019	
7	Ying Chen	OH	46:15.61	2025	
8	Marjorie Larragoite	NM	47:10.90	2019	
9	Ellen Demsky	CA	47:12.70	2023	
10	Barbara Bogart	TN	48:30.81	2023	
Women 85 - 89					
1	Ruth Everson	IN	41:59.65	2023	*
2	Ruth Everson	IN	42:39.09	2025	
3	Youngja Lee	MD	44:56.53	2022	*
4	Essie Faria	FL	45:29.58	2022	
5	Alice Mohr	MO	46:45.28	2019	*
6	Ellen Demsky	CA	47:25.89	2025	
7	Miriam Jackobs	OH	47:34.64	2025	
8	Youngja Lee	MD	49:31.57	2023	
9	Audrey Smith	FL	51:29.03	2023	
10	Eleanor Pendergraft	TN	53:57.82	2023	
Women 90 - 94					
1	Eleanor Pendergraft	TN	53:24.64	2025	*
Women 95 - 99					
No entries for this age division					

RANK	NAME	STATE	TIME	YEAR	RECORD
Men 80 - 84					
1	Tom Kirkwood	IA	34:47.16	2023	*
2	Sujan Puar	NJ	36:56.30	2023	
3	John Robb	VA	37:18.75	2023	
4	Steven Popell	CA	38:41.59	2019	*
5	John Disterdick	TN	38:41.85	2022	
6	James Mcfadden	OK	38:49.01	2019	
7	Philip Rogosheske	MN	38:56.59	2025	
8	John Gilsean	DE	39:06.19	2019	
9	Thomas Wiehle	AZ	39:11.77	2019	
10	John Ord	MD	39:12.93	2023	
Men 85 - 89					
1	James Beckett	CA	37:08.96	2023	*
2	James Beckett	CA	39:05.45	2025	
3	Thomas Wiehle	AZ	40:31.91	2023	
4	Wayne Hinaman	OH	40:49.05	2023	
5	Wayne Hinaman	OH	40:59.59	2019	*
6	Wayne Hinaman	OH	41:24.90	2022	
7	David Chase	MN	43:02.48	2025	
8	Alan Firlein	MD	43:41.39	2023	
9	Stanley Moulton	NH	43:52.57	2019	
10	Bill Felton	TX	44:55.14	2019	
Men 90 - 94					
1	Hugh Brotherton	FL	43:15.50	2022	*
2	Thomas Tobias	VA	43:16.79	2023	
3	Wayne Hinaman	OH	46:34.31	2025	
4	Vance Genzlinger	PA	49:23.94	2019	*
5	Joseph Cary	PA	50:09.81	2022	
Men 95 - 99					
No entries for this age division					